Scottish Huntington's Association

HATS FOR HUNTINGTON'S

LITTLE HATS. BIG DIFFERENCE.



Thank you for requesting your Hats for Huntington's guide!

You have joined our community getting crafty this Christmas and making life better for families living with Huntington's disease all year round.

Hats for Huntington's is a simple Christmas project with a big heart.

Taking part is easy. Make as many hats as you can and sell them to friends, family, and your local community - or send them in to us!

Every hat you make helps fund our vital specialist services across Scotland.

GET INVOLVED

Let us know how you are taking part by emailing:
fundraising@hdscotland.org

WHY YOUR SUPPORT MATTERS

Huntington's disease is caused by an inherited faulty gene that damages the brain over time. As the disease progresses it can affect movement, thinking processes, and mental health. This can cause people to lose the ability to walk, talk, eat, drink, and care for themselves, requiring specialist support from those who understand the condition.

Scottish Huntington's Association is the only charity in the country exclusively dedicated to supporting families impacted by Huntington's disease.

Your fundraising helps us be there for families through every step of their Huntington's journey. Thank you.



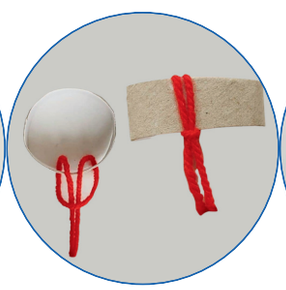
SOURCE YOUR MATERIALS

- Toilet roll
- Scissors
- Wool
- Ferrero Rocher chocolates

GET MAKING



Cut the toilet roll up into 2cm rings. Cut 35 lengths of wool measuring 20cm each.



Fold each length of wool in half and wrap round the ring, pulling loose ends through the loop.



Repeat until ring is covered, then twist and pull all the loose ends through centre of the ring.



Tie off the top to make the bobble of the hat.



Pop a Ferrero Rocher chocolate inside to make the perfect tree or table decoration.

TURN YOUR HATS INTO FUNDRAISING

Once you have a collection of little hats, it's time to put them to work! You could:



Host a Hats for Huntington's craft night
Bring friends together, supply the wool (and cups of tea) and ask everyone to help make and sell the hats.



Sell them as Christmas tree or table decorations
Charge a minimum donation of £2 per hat and sell to friends, family, and at local Christmas events.



Send any hats you have left over to us
You can post any hats you don't sell and we will sell them at the Family Gathering and our Christmas event to raise event more!

SEND IN YOUR FUNDS OR HATS

Visit hdscotland.org/get-involved/ways-to-donate to pay in your fundraising or send your hats to:

Scottish Huntington's Association,
Business First,
Burnbrae Road,
Paisley, PA1 2FB

THANK YOU

We are so grateful for every hat made and every pound raised as part of this campaign.