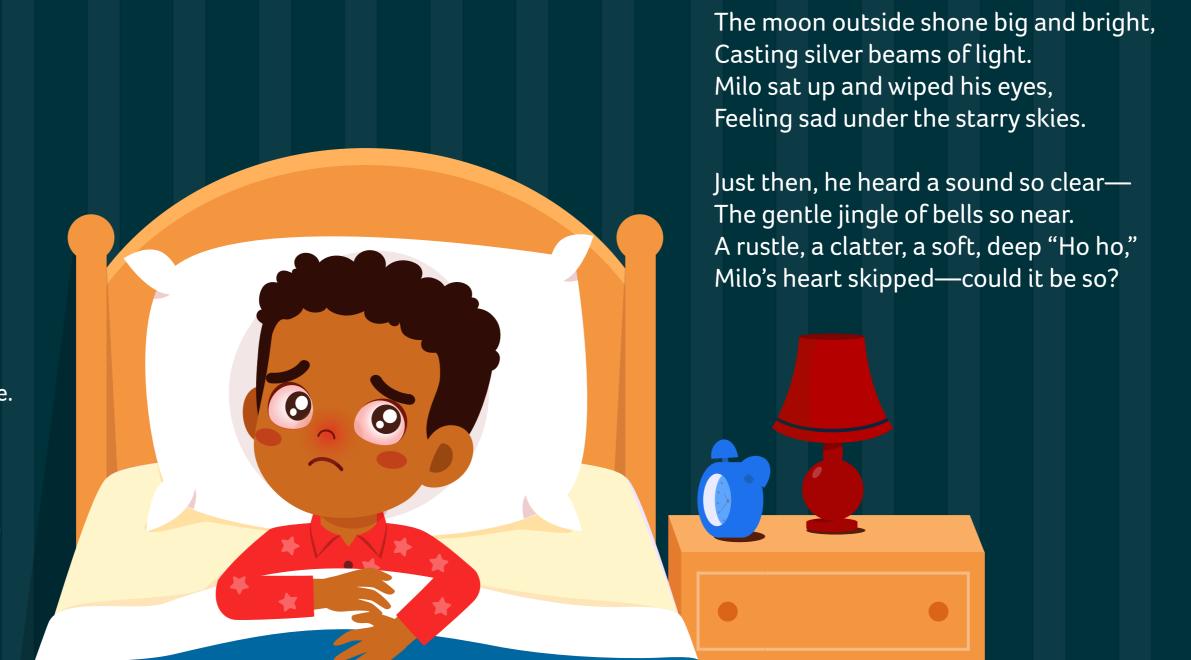




On Christmas Eve, with snow piled high, Milo lay awake with a little sigh. His nose was stuffy, his eyes felt sore, His allergies bothered him more and more.

He twisted and turned in his cozy bed, Worries swirling in his head. "I'm supposed to be asleep," Milo said, "Or Santa won't come; he'll pass instead."









Santa stood up with a nod and smile, And watched Milo sleep for a little while. "Sleep well, my boy, and know it's true, · Christmas magic is always with you."

Out the window, he flew with care, Into the crisp, cool midnight air. And Milo, snug in his bed at last, Dreamed of Santa and stories past.

So, if you worry that sleep won't come, Remember, Santa visits everyone. • .• Awake or asleep, he finds his way, To bring love and magic on Christmas Day.





Merry Christmas everyone



Children living with indoor allergy don't even get a day off from the symptoms at Christmas.

Allergy UK has created a bursary to provide air purifiers to households in need, so they breathe easier all year round. To help make this happen, please consider donating to our 'Wellcome Home' campaign.

Visit: www.allergyuk.org/breatheeasy

Text INDOOR followed by your donation amount (e.g. INDOOR5) to 70085

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