



How to Host a Successful Postcards Holiday Party



Invites

Make sure to invite people two to three weeks before your event. This is long enough for people to have not scheduled a thousand other things, but short enough that they're unlikely to forget it's happening! Remember that things get crazier as we head into the holiday season, too, so having things at unusual party times may be helpful: Sunday afternoons, early Friday evenings, or earlier in the month of December is probably your best bet. A good amount of time is two to three hours, but an alternative is to have it be a lazier sort of thing, running for a longer period of time, where people can show up whenever and leave whenever.

You can [set up a Facebook event](#) if your friends and family are internet-savvy, but the best way to invite them is definitely in person, via text message, or by calling. People are a lot more likely to come to an event if they, specifically, have been invited, rather than part of a mass outreach! Strongly encourage people to RSVP.

Ordering what you need

We have lists of items and suggestions on [our Pinterest Boards here](#). Rather than clicking on every link, you can browse through by visiting our [Pinterest board for Postcard Parties](#). Otherwise, follow each of the links below.

Here's a list of items that you need or may want for your Postcards Party. They're roughly in order of most to least necessary. You should order them when you send out your invites so that they have plenty of time to arrive.

- **Your postcards**, by [placing a request here](#)
- **Printouts of the Postcards language**, which you can [cut-and-paste from the main page, here](#), or you can print out the copy of the language **we've included on our last page**. If you're throwing a really big party, just ask your printer to print the last page multiple times until you have a lot of copies of the language.
You can laminate them, too -- this will make them harder for passing back and forth, and water-resistant, and you can use them for next time. Check out the laminate we recommend on our ['Other essentials' Pinboard here](#).
- **Pens and other writing utensils**. Nothing worse than asking people to write and having every pen out of ink and every marker dried up! You can see our [Pinterest board for writing utensils here](#), but these are just fun suggestions. You can also check out your local dollar store or art supply chain for fresh pens.
- **A way to store/keep writing utensils neatly**. We made a [Pinterest Board for easy ways to make pen and pencil holders here](#). You can just [use small baskets](#) to hold pens or pencils as well, and many people have pen and pencil holders lying around the house. However, a holder is pretty simple to make:

- Grab some of your **empty Thanksgiving cans** you were going to recycle and clean them, removing labels. If necessary, quickly sand the edge to avoid spiky bits.
- Grab some **holiday wrapping paper**. Glue or tape the holiday paper around the can.
- Tie a **ribbon** around the top and glue it in place to hide any jagged edges.
- Take **small, heavy objects** and place at the bottom of the can to ensure it stays upright. Some suggestions:
 - Nuts and bolts
 - The glass rounds that go at the bottom of fish tanks
 - River stones

Now you have pen/pencil holders that are holiday-themed! You can toss them when you're done or put something more all-season on the outside of the tin if you decide to keep using them.

- **Butcher paper/brown art paper** -- also not entirely necessary, but it's great to have a surface that people can eat on and get ink all over without damaging anything. Moreover, butcher paper gives guests an immediate scribbling place where they can test out pens before using them, or try out designs before putting them on a real postcard. Butcher paper is great -- you roll it out and when the gathering is done, you roll it back up and dispose of it. [We have a few suggestions for where to get that here.](#)
- **Party favors** -- while not necessary, these are a really nice way of thanking the people who've come to your Postcards party. [We have a few ideas here.](#)

Creating a great holiday atmosphere

Consider [making wassail to drink](#), which is easy and fills up the house with delicious winter smells.

Would you also be showing [a holiday movie](#) or two? Playing [holiday music](#)? (Yes, do click on those three links!) If you are having a postcards party that isn't a holiday party, consider showing *Unrest*.

If you're inviting people with ME or other complex chronic illness, you might want to consider having a '**quiet room**' or area where people can rest before either heading home, or heading back.

Wassail is a low-stress treat. Consider what other snacks you might provide that won't leave hands sticky but sustain your guests.

Showing your hard work!

I always forget to take pictures when I get busy! You can mitigate this problem by assigning one or two people to be 'photographers' at your get-together. Don't forget to snap a pic of your 'set-up' before the guests arrive, though, because that may help others in the future. You can send those photos to info@meaction.net or post them to social media and tag @meactnet.

Thank you so, so much for making Postcards to Doctors part of your holiday traditions this year!

Sincerely,

Jaime and Julia

Dear Dr. _____,

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/cfs) is a common, debilitating disease you need to know about! Most doctors are still not getting the diagnosis right. Our CME has practical advice you can use to diagnose and treat people like me! Check out the Unrest CME at unrest.film/cme.

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