



# AUTUMN 2024

## putting ability into disability

Registered Charity No. 286306

## Supporter Spotlight



We are celebrating our wonderful volunteers in this newsletter. We are very grateful to have a regular group of volunteers who help us pack our hampers and challenges, research holiday venues, help at events and fix our IT and databases.



We wouldn't be able to support all the people we do without their help. Thank you!

## Save the Date!

Come and see us at Royal Victoria Place in Tunbridge Wells on 22nd November where we will be selling Christmas decorations, holding a raffle and tombola and talking about what The 3H Foundation does to support people with disabilities and carers. Prizes so far donated by *Waitrose, Morrisons, Fenwick, Fullers Butchers, Hoopers, The Warren, Molton Brown, Sankey's and Elite Pubs.*



[www.the3hfoundation.org.uk](http://www.the3hfoundation.org.uk)

Contact us on: 01892 860207 or email: [info@the3hfoundation.org.uk](mailto:info@the3hfoundation.org.uk)



## Group Holidays

In late summer two group holidays took place in the South of England!

12 young people from CASPA, an organisation which supports autistic / neurodivergent young people, set sail on the Queen Galadriel with a Cirdan Sailing Trust crew. They had an amazing time and sailed to Cowes on the Isle of Wight!

4 adult guests from across the country came together for an action packed group holiday at Nutley Edge in East Sussex. The guests enjoyed archery, The Bluebell Railway, meals out, a trip to Eastbourne, a cabaret night, quizzes plus lots of fun and laughter! Guests were planning to join us again next year even before the holiday had ended. We call that a success!



## Carers

Some carers on our carer register received a surprise in the post recently when a hamper of respite and well-being goodies arrived on their doorstep!

The 3H Foundation has continued to send out respite hampers since the 2021 lockdown as many carers find their caring role isolates them at home.

# Holiday Grants

We have been receiving some lovely feedback from people who managed to get away on holiday with the help of one of our grants.

*"The whole family was so fed up with what our life turned into just because of the cancer and treatment and the problems after treatment caused so much stress.*

*[After the holiday we felt] Relaxed, Recharged, More connected as a family The whole family needed this so much ... we loved a week in Cornwall so beautiful."*

*- Tony*



*"Not being able to get out of your house without someone with you, your house becomes a prison.*

*[The holiday] gave me time to relax and unwind and not worry about anything. It also gave me space to walk and be gasping for breath and not feeling self conscious...*

*I had a brilliant time and would like to thank you." - Deborah*



# TeensPLUS

This summer we were able to help three groups provide days out for their young people.

The Autism Group approached The 3H Foundation for funding to continue their nature activities with the Bucks, Berks and Oxon Wildlife Trust. 18 autistic young people enjoyed the nature project over a number of sessions in the summer holidays benefiting from being outdoors, building confidence and self-esteem. "My child really enjoyed meeting with the other young people from different clubs organised by the Autism Group. He is not usually good with initiating conversations with new people but he seems to have felt very comfortable speaking to the others at the Nature Club."

The Hart Voluntary Action young carer and West Norfolk young carer groups took their young people to theme parks for an exciting and fun respite day. "The young carers said how much they enjoyed the activity, and for those who attended, this was the only fun break they had during the summer holidays."



# Fundraising Focus

As a charity we depend on the kindness and generosity of our supporters. Legacy gifts are a very special way to make a real difference for the future of the charity and enable us to continue supporting people with disabilities and carers.

Please visit our website, email or call if you would like more information.