

INTRODUCING OUR NEW AMBASSADORS - CHAMPIONS OF INCLUSION AND ACCESSIBILITY

We're proud to welcome two inspiring new ambassadors to our charity:

Callie-Ann Warrington and Carrie-Ann Lightley — each bringing passion, expertise, and a shared commitment to making the world more inclusive.

Callie-Ann Warrington is a Paralympian silver medallist and record-breaking athlete whose dedication to accessibility goes far beyond the sporting arena. Alongside her impressive athletic achievements, Callie-Ann works as a radiographer and is currently leading a fundraising campaign to build a fully accessible 50-metre swimming pool and leisure centre. Her vision is to ensure that everyone, regardless of ability, has the opportunity to enjoy sport and recreation. We're thrilled to have Callie-Ann on board and look forward to the impact her advocacy and energy will bring to our community.

Carrie-Ann Lightley is one of the UK's leading voices in accessible travel. Through her widely-read blog, travel guides, reviews, and press work, she inspires and empowers disabled people to explore the world. Named one of the top 100 most influential disabled people in the UK, Carrie-Ann brings a wealth of experience and a deep passion for inclusive travel. Her involvement will help us continue to champion opportunities for disabled individuals and their families to enjoy meaningful breaks and adventures.

Together, Callie-Ann and Carrie-Ann embody the values we hold dear — accessibility, inclusion, and empowerment. We're excited to collaborate with them and amplify the voices of those we support.



SUPPORTER SPOTLIGHT

Start December with a touch of tradition and creativity! On 5th December, Tilly Bee Flowers will be hosting a festive wreath-making workshop in Rusthall, Tunbridge Wells, complete with drinks and nibbles to get everyone into the seasonal spirit.

As part of the event, a raffle will be held in support of The 3H Foundation, helping raise funds for our work with carers and those with disabilities. Each place costs £50 per person (£10 of which will also be donated to 3H) and includes all the materials needed to craft a beautiful, bespoke wreath.

We are delighted Tilly Bee Flowers is holding an event to fundraise for our programmes, thank you!



HOLIDAYS

As our Group Holiday and Holiday Grant programmes close for our 50th year, we're still receiving heartfelt messages from those who benefitted from the opportunity to get away. These stories remind us why we do what we do.

We continue to share the message that holidays aren't a luxury—they're a lifeline. For many, these breaks offer the only chance to rest, recharge, and experience something new. The impact is lasting.

Thank you to everyone who helped make these holidays possible.

STOP PRESS!

As 2025 winds down, it's the perfect time to start dreaming of fun, sunshine and adventure. We're excited to announce that applications for our 2026 group holidays will open at the end of November!

Our hampers are a small but meaningful way to show carers they are not forgotten. Each one is designed to bring a smile, offer a moment of relief, and remind recipients that they are appreciated and supported.



Two of our team members will be adding their creative touch to our tree in preparation for the festival's opening. Throughout the week, visitors can enjoy the stunning displays, and at the end of the festival, the trees will be auctioned off. All proceeds will support local charities and community initiatives — making this a celebration that truly gives back.



King Charles the Martyr Christmas Tree Festival

11th to 14th December

Thursday | Friday | Saturday | 11am-6pm

Sunday 11am-3pm

Join us for Wassail and Wine

Thursday 11th December 6.30 to 7.30pm

TEENSPLUS

In October, we sent out hampers to young carers, filled with fun activities and thoughtful gifts designed to offer a moment of respite. These hampers are especially meaningful during school holidays, when many young carers are unable to meet up with friends due to their responsibilities at home. Each time we send a hamper, we hear from youth workers telling us just how much they're appreciated. It's a small gesture that makes a big difference.

We also launched our Autumn Challenge, designed to give young carers a chance to discover new hobbies and enjoy some well-deserved 'me' time. Each challenge pack is thoughtfully prepared to include everything needed to dive straight into the activities — no extra supplies required.

From baking and crafting to gardening and wildlife activities, the challenges offer a variety of fun and engaging options. These activities not only provide a break from daily responsibilities but also encourage young carers to try something new, build confidence, and enjoy moments of joy and accomplishment.

We're proud to support young carers in finding time for themselves, and we look forward to seeing the wonderful creations that come out of this season's challenge.



[Donate](#)

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