



SPRING 2025 NEWS UPDATE

Putting ability into disability

Registered Charity No. 286306

How did 3H begin?



The 3H foundation was founded in 1975 by a young couple with a son diagnosed with muscular dystrophy. They were unable to find a suitable holiday which would safely accommodate a guest with disabilities. The couple also knew that looking after a family member with disabilities can leave their carers in need of a period of respite and therefore set out to provide holidays where children with disabilities could have fun and their parents had time to recuperate.

50 years on, the charity has grown and evolved to support people with disabilities and carers have a period of respite either on a holiday, a day out or through receiving a home-based respite hamper.

SUPPORTER SPOTLIGHT

The Worshipful Company of Wheelwrights has supported our work over many years. We are very grateful for their most recent grant which enables young people with a mobility disability to have a UK break away.



**Worshipful Company
Of Wheelwrights**



HOLIDAY GRANTS

Our holiday grants programme re-opened on 17th March and the next round of applications came flooding in! A much needed break away is as important as ever for some families. So far we have managed to promise holiday grants to more people than ever!



We also want to thank Chris who ran the Brighton marathon. They raised over £1500 between them and we are grateful for their support of 3H.



CARERS

In previous years our adult hampers have been supporting unpaid carers with a little bit of respite and 'me time' just when it has been needed.

We are currently seeking funding for our 2025 hampers and if you would like to donate to this programme or indeed to any of the work The 3H Foundation does, please text: IMPACT50 to 70970 to donate £5 or IMPACT50 to 70191 to donate £10.



GROUP HOLIDAYS

Our first sailing holiday in 2025 will be taking place in May off the south coast. The young people from Oakley School, Tonbridge will climb aboard the Queen Galadriel for their sailing trip of a lifetime!

The adult group holiday places are filling up fast and we were pleasantly surprised to find one of our adult group holiday guests, had been a guest on one of our children's holidays! Over the last few years more and more guests from holidays past have come back to join us. It is wonderful to see some old 3H friends!

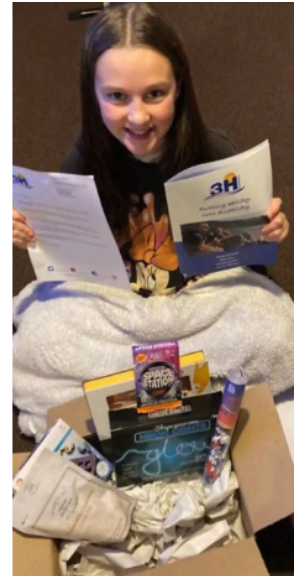


TEENSPLUS

The Pod based in Somerset and, Sandwell Young Carers, based in Birmingham each received twenty activities hampers to distribute to some of their young carers.

One member of staff told us:

'For parent carers aware of their lack of capacity to support their young carer as well as they would like; for their child to receive a fun-filled hamper means so much. It's not just about the gifts inside—it's about giving them something that is theirs, a moment to feel special and for parents to say thank you, and a reminder that they matter too. It won't take away their responsibilities, but it can bring a little joy, a much-needed break, and the reassurance that they are being seen and appreciated for everything they do.'



The 3H Foundation
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