



SPRING 2024

putting ability into disability

Registered Charity No. 286306

Supporter Spotlight

We are celebrating three of our supporters in our Spring newsletter. The Brighton Marathon and Brighton 10K were held on the first weekend in April.

Charlie and Ben both completed the Brighton 10K in under an hour, starting in Hove gardens and following the course along Brighton seafront before finishing back in Hove.



Jack, who ran his first marathon began the 26.2 mile run in the heart of the city and finished on the seafront.

So far they have raised £906 between them!



Holiday Grants

The Holiday Grant programme received hundreds of applications at the beginning of the year and we have been able to award many grants so far, some of which have already been used for a break away!

Once again we hear how important a holiday in different surroundings can be. Bobbie and her family enjoyed a lovely holiday in March.

"We've never felt so relaxed and Bobbie loved it. Thank you"

Carers

The carer spa days are in full swing and carers across the South East have been enjoying a relaxing day in Hempstead House and Ashdown Park Hotel.

One carer told us that the "lovely spa day [was] very much enjoyable [and did] the world of good".



www.the3hfoundation.org.uk

Contact us on: 01892 860207 or email: info@the3hfoundation.org.uk



TeensPLUS

The first challenge of 2024 was a huge success!

Due to their popularity we have increased the number of challenge packs per challenge to enable more people to take part.

The Spring pack challenged young people with disabilities and young carers to make Brownies, Winter biscuits, Seed Balls and a Terrarium.

"We just wanted to say a huge THANKS to you all at The 3H Foundation for Jem's TeenPLUS Challenge box. Jem loved the baking and happily participated in the gardening related activities. His younger brother Seb (12) also got involved and thoroughly enjoyed it all. As a family, it has created some wonderful memories and given us the confidence to try more activities."



At the beginning of April we announced our young carer hamper winner. We were pleased to be able to send a little bit of respite through the post!



Hello Spring



Group Holidays

Our first group holiday of the year is approaching fast!

At the beginning of May our holiday makers will be enjoying the East Sussex countryside in the beautiful Nutley Edge.

A week of activities and outings, topped off with meals out and relaxation in the calming onsite yurt sounds like a perfect break away.



We welcomed the leader of Tunbridge Wells council into our office to explain a little about the charity and the work we do. Ben Chapelard wanted to learn more about The 3H Foundation and how he could support our celebrations for our 50th Anniversary in 2025.



Fundraising Focus

If you follow us on social media you will be aware that we often post about 'Easy Fundraising'. This is an easy to use, free way of donating to charities and is a great way to support The 3H Foundation at no cost to yourself. If you would like to know more visit their website: www.easyfundraising.org.uk and choose The 3H Foundation as your chosen charity!