

## Supporter Spotlight

On 28th June some of the amazing people from Specsavers Tunbridge Wells and Tonbridge went on a fundraising adventure conquering Snowdon.

Their quest saw them scale Wales' highest peak on a 9 mile round trip. They raised £1606 by giving up their time and taking on this challenge!



"The views were breath taking, the company was inspiring, and the cause made every step worth it. A huge thank you to everyone who supported us, whether by donating or cheering us on! Together, we're making a difference!"  
- Sam Cook, Community Champion at Specsavers



## Holiday Grants

Families have been making the most of the warm weather to get away on holiday.



Staying in cabins and caravans, in lodges and hotels, our holiday grant families have been enjoying beaches and entertainment across the country!

Your best memory? *"Our best memory was the children's entertainment, they fully involved my children and made my children forget about normal life!"* - Sophie



Currently we have funding for family holidays and carer breaks still available for residents living in a few areas. Information about our holiday grants and funds are available on our website.

## New Trustee

We have recently welcomed a new trustee to The 3H Foundation. Nicci Levy, a local resident, has been a social worker for over 30 years. Nicci will bring a wealth of knowledge to 3H and we all look forward to working with her.



[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

Two of our group holidays have already taken place. Our first over 18s group holiday in May with our new holiday partners, Outward, took place at Nutley Edge.



Eight guests from around the country came together for a break away in the Sussex countryside. A day trip to Brighton with an escape room and dinner out, cream teas, fruit tasting, The Bluebell Railway and cocktails/mocktails were just some of the activities the guests enjoyed.

The weather couldn't have been any better enabling the guests to also relax while taking in the far reaching views between days out and onsite activities.

*"Nutley is absolutely gorgeous and the staff...made the experience brilliant."* - Katie

The highlight of the holiday? *"The funfair ride on Brighton pier"* - Kathy



Our second group holiday has just returned from sailing the south coast.

A group of young people from Basingstoke and District young carers had an amazing week in the sun aboard The Queen Galadriel.



## Fundraising Focus

Movement for Good is the Benefact Group programme of giving, awarding over £1 million through 370 grants to charities in 2024. For The 3H Foundation to have a chance of securing a grant we need the help of our supporters.

You can nominate us here: [Movement for Good - The 3H Foundation](#)

## Carers

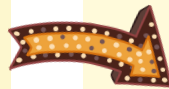
The feedback we have received from carers about the spa days has really shown how important these short respite breaks are.

*"It had been so long since I had a break that I actually broke down on arrival, overwhelmed by the relief and gratitude I felt...Thank you once again for your generosity and for making this special day possible for us. This opportunity not only provided us with a day of respite but also reminded us that we are not alone in our journey as carers."* - Sabrina



## Community Fundraising

Summer brings the opportunity for The 3H Foundation to get the 'hook a duck' out and have a chat to people about the charity. In July we were invited to have a stall at Langton Green village fete and despite the changeable weather and Euros Football, there was a good turn out!



## TeensPLUS

The TeensPLUS challenges are still very popular and feedback shows how much they are needed. "Hi just sending some pics of Logan making scones out of the massive box of things you sent him. It's made him feel so special. Thankyou so much." - Margo