

Celebrating 50 Years of Support: Thank You from The 3H Foundation



This year marks a truly special milestone for The 3H Foundation - **our 50th birthday!** For half a century, we have been dedicated to supporting people with disabilities and their carers, helping them access life-enhancing breaks, experiences, and opportunities that promote wellbeing, independence and joy.

As we reflect on this incredible journey, we are overwhelmed with gratitude for the outpouring of birthday wishes, kind words and heartfelt messages we've received from our community, partners and supporters. Your encouragement and recognition mean the world to us. From our humble beginnings in 1975 to becoming a trusted charity that has touched thousands of lives, our mission has remained the same: to make a difference. Whether it's through supported holidays, respite breaks, or empowering young carers, every initiative has been driven by compassion and a commitment to inclusion. **To everyone who sent us birthday messages - thank you.** Your support reminds us why we do what we do and here's to 50 years of care, connection and community - and to many more to come.

Supporter Spotlight

Specsavers Staff Conquer Snowdon Again! -

For the second year running, a dedicated team from Specsavers has scaled the heights of Snowdon, the tallest peak in Wales.

In July, a group of twelve staff members from the Specsavers Tonbridge and Tunbridge Wells branches took on the challenging climb to raise funds for The 3H Foundation.

Despite facing 29 degree heat, steep paths and aching legs, the team persevered to the top and raised much needed funds to support people with disabilities and carers.

Congratulations to the Specsavers team for once again reaching new heights - literally and figuratively - in support of The 3H Foundation.



Holiday Grants



This summer, The 3H Foundation has proudly supported dozens of families through our **Holiday Grant Programme**, helping people with disabilities and their carers enjoy much-needed breaks, rest and quality time together.

With the rising cost of living, many families face barriers to taking a holiday. Thanks to our grants, these barriers were lifted for many this year - allowing them to experience the joy of a change of scenery, new adventures and precious moments of relaxation.

One grant recipient shared, "It is amazing on how just a few days away make such a difference, physically and mentally. It felt as soon as we reached our destination we could finally breathe. We returned refreshed and ready to accept challenges thrown at us."

The Holiday Grant Programme is a cornerstone of our mission to support carers and individuals with disabilities.

A Lasting Legacy

The 3H Foundation is deeply honoured to have received a **generous legacy gift** from one of our long-standing supporters, whose commitment to our mission has spanned many years. This heartfelt donation will help us continue providing life-changing group holidays for people with disabilities and their carers - bringing joy, rest and connection to those who need it most.

Legacy gifts are a powerful way to make a lasting impact and this particular contribution reflects a belief in our work. The donor, who wanted to support us even beyond their lifetime, has left behind a **legacy of kindness** that will continue to touch lives for years to come.



A Breath of Fresh Air



The 3H Foundation recently hosted a Carer Respite Day at the beautiful **Caracol Glamping** site in Groombridge, offering a well-deserved break for a group of dedicated carers. Nestled in the heart of the Kent countryside, the tranquil setting provided the perfect escape for those who spend their days supporting others.

The day was designed to give carers time to relax, recharge and connect with others who understand the challenges of caring. Guests were welcomed with refreshments and invited to explore the peaceful surroundings, unwind in nature and enjoy a range of gentle activities tailored to promote wellbeing.

From mindful walks through the woodland to quiet moments in the glamping domes, the experience was all about creating space for rest and reflection. Many carers shared how valuable it was to simply have time for themselves - free from responsibilities and in the company of others who truly understand.

One attendee said, ***"It was a day I'll never forget, as I got to be me, not mum, not taxi, not nurse or a PA, but Shabnum. I'm so grateful for the support you have blessed us with."***

The 3H Foundation's carer programme continues to offer respite opportunities through spa days, hampers and short breaks, recognising the vital role carers play and the importance of supporting their wellbeing.

We extend our heartfelt thanks to Caracol Glamping for their warm hospitality and to all the carers who joined us.

Smooth Sailing and Countryside Calm

The 3H Foundation was delighted to share the success of our 2025 group holidays, which brought relaxation and connection to participants through two unforgettable experiences - sailing adventures and a peaceful retreat at Nutley Edge. This year's group holidays were all about creating accessible, supported opportunities for people with disabilities and young carers to unwind, try new things and build lasting friendships.



Sailing into Summer

Our sailing holiday offered participants the chance to take to the water, learn new skills and experience the thrill of navigating the waves. With expert guidance and full support, guests enjoyed hands-on sailing, team activities and plenty of laughter. For many, it was their first time on a boat - and a memory they will treasure forever.

Tranquillity at Nutley Edge

Meanwhile, our retreat at Nutley Edge provided a serene escape in the heart of the Sussex countryside. Guests enjoyed nature walks, crafts, gentle yoga and evening activities.



A Generous Gift

The 3H Foundation is thankful for a **donation from the Crane Charitable Funds**, whose generosity will enable us to continue delivering our much-loved group holidays for people with disabilities and their carers.

This funding comes at a time when many families are facing increased financial pressures and limited access to respite opportunities. Thanks to the Crane Charitable Fund's support, we can continue offering inclusive, supported breaks that provide not only rest and relaxation, but also friendship, confidence-building and unforgettable memories.



Fun and Fundraising!

The 3H Foundation is delighted in the success of our **Quiz Night**, held at the welcoming and lively Red Lion pub. The evening brought together supporters, locals, and trivia enthusiasts for a night of fun, fundraising and friendly competition. Thanks to the generosity of attendees, the event raised over £300, which will go directly toward providing respite breaks and wellbeing experiences for families who need them most.

We'd like to extend a huge thank you to:

The Red Lion for hosting us and keeping everyone well-fed and refreshed. Our amazing quizmaster, who kept the energy high and the questions flowing and everyone who donated raffle prizes, bought tickets, and joined in the fun!

THE
RED
LION

QUIZ
NIGHT

RAISING MONEY FOR

The 3h Foundation


Celebrating 50 Years!

Tuesday 3rd June
7:45pm Start £5 per head
£3 of each entry will be donated to
The 3h Foundation



The Red Lion, 82 Lower Green Road, Rusthall, Kent, TN4

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redlionrusthall.co.uk