



## Supporter Spotlight

As well as companies and grant-making trusts, The 3H Foundation is supported by many personal individuals.

In 2023, we received £20,020.20 from our individual donors and we wanted to take the opportunity to express our heartfelt thanks for their kindness and for the difference that this makes possible to the lives of people with disabilities and those who care for them.



*Thank You*

## Carers

We were pleased to begin our year of carer support with a hamper draw for carers who signed up to our carers register last year.

The kind donation of a hamper went to a parent carer in our carer register draw!



[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

The 3H Foundation, in association with Outward, is offering two exciting and enjoyable group holidays for people with disabilities aged 18 and over this year.

Our holidays will be held at the beautiful location of Nutley Edge.

Originally a working farm, the venue with its charming accommodation is set in 11 acres and located just outside Ashdown Forest, East Sussex.

The holiday cottages situated around the old farmhouse are available with private bedrooms, Flat-Screen TVs and Wi-Fi. Each cottage is fully equipped and has a private outdoor area. Wheelchair accessible cottages are available which include an accessible bed and wet-room.

Accommodation, food, transport from a pick-up point and activities are included in the holiday. Experienced managers and support staff are fully trained in administering medication, providing personal care and other types of support in accordance with CQC regulations.

One to one support is available.

For more information and an online application form please visit our website:

[www.the3hfoundation.org.uk/group-holidays/](http://www.the3hfoundation.org.uk/group-holidays/)



# TeensPLUS

The Oaks Specialist College approached us at the end of 2023 for funding as they had "a group of 10 intrepid explorers who, for their Prince's Trust curriculum, want to climb!"

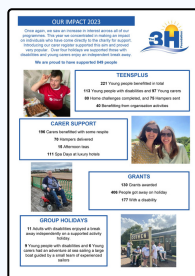
We were pleased to be able to help the learners work on their problem-solving, interaction and communication skills in a real world situation while getting a step closer to gaining their qualification!



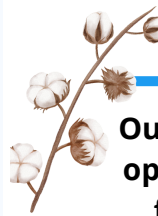
## 2023 Impact Report

2023 was another busy year for 3H and we were pleased to be able to help 849 people through our four programme areas.

More information about the number of people we supported can be found in our impact report:  
[www.the3hfoundation.org.uk/impact-report-2023/](http://www.the3hfoundation.org.uk/impact-report-2023/)



# Holiday Grants



Our popular holiday grants programme opened on 8th January and application forms have been streaming in. We received over 650 applications in the first two weeks!

If you have already applied for a holiday grant, please bear with us as, being only a small team of four part-time staff, it will take us a little while to go through all the applications!

We enjoyed reading holiday feedback in 2023 and are looking forward to hearing more this year!

*"Yes, we had some time outs, but what a brilliant week of Archery - golf- bowling-pool- swimming pool with lots of slides and every evening different shows that were honestly amazing! It was a holiday packed full of memories for us both and It would not have happened without your help!" - Deborah*



## Fundraising Focus

Are you looking to run a marathon or take part in a race this year?

If so, 3H would greatly appreciate being chosen as your charity to fundraise for! Every year people just like you raise money for charities through sporting events and every penny counts. If you would like to talk to us about fundraising, please get in touch.

