

Can you help put the fun in fundraising?

EACH cares for local children with life-threatening conditions and complex healthcare needs, and supports their family. The children may only have a very short time to live, others may reach early adulthood, but **EACH's** aim is always the same – to enhance their quality of life and support their family. **Can you help us raise funds to meet our target of £4.8 million?**



each

East Anglia's
Children's Hospices

Are you thinking of taking a Gap Year?

If so, you can see the world *and* help **EACH** in the process! We offer *treks* around the following (with a minimum sponsorship):

Costa Rica, Sahara, Peru, China, Iceland, Kilimanjaro and Nepal

We also offer *cycle rides* including: **London to Paris, Paris to Geneva and Vietnam**

Just contact your local fundraising team for more info!



Fundraising Events

Having experience of hosting or helping with a fundraising event can really help boost your CV and UCAS application, if you are thinking of going to university. Your local Community Fundraiser can help give you ideas for events, supply **EACH** materials and provide advice and help. Why not organise a gig, hold a party, or co-ordinate a sponsored event? There are so many different ways you can help!

Learning more about your local children's hospice...

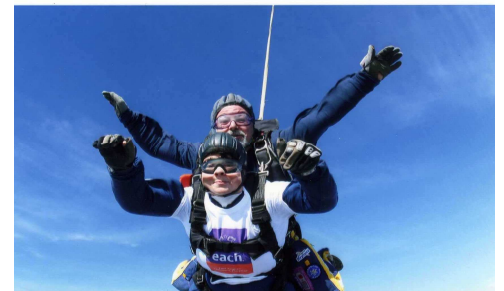


Your local Fundraiser would be delighted to come and speak to students about **EACH** and fundraising. We are flexible and happy to speak at a time which is suitable for students. We can speak at assemblies, lessons or come in to promote awareness during lunchtimes.

Fancy jumping out of a plane?!



If you're the daring type – why not take part in a tandem skydive for **EACH**? From 2 miles high and securely harnessed to your skydiving instructor, you can experience the ultimate 'rush' as you exit the aircraft and freefall for the first mile before your instructor opens the parachute. Go on, you know you want to!



For more details on any of the above, please contact your local fundraising team:

Essex – 01206 848450

Norfolk - 01953 715559

Cambs - 01223 205180

Suffolk - 01473 237243

E-mail: funding@each.org.uk

Website: www.each.org.uk



How can your money help **EACH**?

- **£20.00** could pay for a nursing care kit
- **£37.00** could pay for a session of music therapy
- **£74.00** can pay for two hours of bereavement support



Registered Charity No. 1069284