



each

East Anglia's
Children's Hospices



Summer

Challenge

Family

All you need to know

Fundraising pack



Thank you for signing up to take part in our Summer Family Challenge!

Take on six family friendly challenges over the six weeks of the summer holidays and raise £60 to help us support families each and every step of the way.

Getting started

Now you've registered, it's time to start planning...

- Read through this fundraising pack for all the tips and information you'll need.
- Get together as a family and decide which challenges you'd like to take on.
- You'll receive an email with a link to your online giving page. Share this with family and friends to let them know you're fundraising for EACH, encourage them to make a small donation with the aim of raising £60.
- Download the Summer Family Challenge chart to show your progress.
- Have lots of family fun completing the challenges over the summer holidays.
- Let us know at community@each.org.uk or on **01223 800807** when you've completed the challenges so we can say thank you and send you a certificate!
- Most importantly, have fun!

Useful Info

- Our challenges are family friendly and only need resources you'll usually find at home.
- Pick the challenges that suit your family, location, budget and abilities.
- Feel free to add your own challenge ideas or tweak ours to suit you.
- Whilst we suggest one challenge a week over the holidays, it's up to you if a different schedule suits your plans better.
- When out and about completing challenges, please be conscious of road safety and respect private property.

£60

£



The £60 raised could pay for:

- A counsellor for 3 hours.
- A music therapist for over 2 hours.
- 30 hand and footprint kits for memory making.

Meet Jake...



It's not easy being a sibling when your brother or sister has a life-threatening condition. Life takes a traumatic twist and, at a tough time for the whole family, it's hard for a child to comprehend. That's why our siblings' days are such a vital part of our services. They run during school holidays to give brothers and sisters, including those who are bereaved, an opportunity to meet and have fun.

Thirteen-year-old Jake Carlin is one of those to feel the benefits of our sibling days. Jake's four-year-old sister, Libby, has Bohring-Opitz syndrome – a rare genetic condition that affects the development of many parts of her body – and spends time at Milton. Libby needs 24/7 care, is unable to sit, crawl or walk and needs to be watched at all times.

It's a lot for parents Kirsty and Gary to cope with, not to mention Jake. However, the cricket-mad teenager finds comfort from our siblings' events.

"I've made a lot of friends and it's nice meeting other children in a similar situation," he said. "We've got something in common. Some of my friends at school don't understand but it's different at the siblings' days."

One particular highlight for Jake was the trip to Clip 'n Climb, in Cambridge: "It was great fun! I was nervous to start with but when I got the hang of things it became much easier. I enjoy the family events, too. There are people there to do things with me so mum and dad can be with Libby."

Kirsty is equally positive and says these events have given Jake an opportunity to talk about his feelings and just be a child: "They've been brilliant. When Libby was first diagnosed, we were worried about Jake. We didn't want him to feel left out. The siblings' events have helped so much because the focus is solely on those children. It gives them a chance to be who they want to be and, in Jake's case, to be him in his own right, rather than being known as Libby's brother. He has the chance to talk about his feelings but also enjoy himself.

"A lot has changed since Libby's diagnosis. As a family, we were always out and about having fun but obviously that's become tricky because of Libby. We have to spend a lot of time at home and visiting hospital so these events are important for Jake. He deserves that time to have fun. It's lovely for him and, from our point of view, it takes some of the pressure off. These events give him a chance to connect with other children who find themselves in a similar position and are going through the same things. It makes them realise they're not alone and Jake has made some lovely bonds and friendships."

Frequently asked questions

What services do you offer?

Our services include specialist nursing care, short breaks, wellbeing activities, therapies, counselling and volunteer services in the family home; all tailored to meeting the individual needs of the whole family.

What area do you cover?

We provide services in Cambridgeshire, Essex, Norfolk and Suffolk.

How many hospices do you have?

We have three; Milton in Cambridge, The Nook near Norwich and The Treehouse in Ipswich. We also offer care to families at home and in the community depending where they would like to receive it.

What age children do we care for?

We support families at any point from pregnancy through to the young person's 18th birthday. For bereaved families there is no cut off point for our services. We offer care and support to the whole family, including parents, siblings and grandparents, providing a range of therapies and wellbeing support as well as expert medical care.

Why do we need the money?

We rely on donations for the majority of our income and in 2024 we need to raise £7.5 million from fundraising and £8.7 million in income from our shops. That's £9,500 per hospice, per day we need to raise to provide the services we offer. We only receive 15% of our income from statutory sources.

Paying in your money

Donations received through your online giving page will come directly to EACH so there is nothing more to do. If you have any other donations to pay in:

- You can pay online at www.each.org.uk/donate, using Summer Family Challenge as your reference.
- Send a cheque addressed to EACH to Finance team, Church Lane, Milton, Cambs, CB24 6AB. Don't forget to include a cover note telling us about your fundraising so we can thank you!
- For BACs payments contact us at community@each.org.uk for our bank details.

Get in touch

For more information and support please call 01223 800807 or email community@each.org.uk.

www.each.org.uk

