



in aid of  
East Anglia's  
Children's Hospices

# The Big Tea Break



## Feed your wellbeing

Join in The Big Tea Break and make a difference to local children and young people with life-threatening conditions.



Registered Charity No. 1069284

[each.org.uk/TheBigTeaBreak](http://each.org.uk/TheBigTeaBreak)



Text **BIGTEABREAK** to **70085** to donate £3  
Texts will cost the donation amount plus one standard network rate.