

# Hands Up!

to raise money and have fun



Whatever your passions and skills there are plenty of opportunities for you to put your *Hands Up!* and help Chestnut Tree in East Sussex. Here are just a few ideas, get in touch and we can help find the perfect fundraising opportunity for you.

-  Organise a fundraising activity in your community
-  Take part in a challenge event
-  Become a volunteer – in our shops or in your community
-  Make a donation, or become a regular giver and join our Circle of Friends
-  Join our weekly Lottery
-  Get your company involved
-  Donate your goods to our shops in Seaford, Brighton, Hove, Eastbourne or Uckfield
-  Leave a gift in your Will
-  Pay for a day of care
-  Get your group or club involved



# Hands Up!



for Chestnut Tree



Find out more

[www.chestnut-tree-house.org.uk/handsup](http://www.chestnut-tree-house.org.uk/handsup)

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Registered charity no 256789

Help us reach more children in East Sussex





# Hands Up!

to make every day count

**Chestnut Tree is the children's hospice service for East Sussex. Each year, we look after hundreds of local children with life-shortening conditions, their siblings and families, giving them the chance to live life to the full - for as much time as they have together.**

**But, it's not enough. Because for every child with a life-shortening condition we care for in East Sussex, there is another with their hands up, waiting for our help.**

Our goal is to double the number of children in East Sussex that we are caring for. To do that we need to raise more money and awareness in East Sussex so we need local people like you to put your *Hands Up!* and say "Yes! I'll help these children."

Chestnut Tree offers children and families care in their own homes, allowing parents and carers to take a well-earned break from the round-the-clock



“The staff at Chestnut Tree were phenomenal; they ensured that my daughter was virtually pain free and comfortable. Their understanding of her allowed her personality to shine through to the end and they enabled her to die in the way that she wanted. We received more support than we will remember during those days and that support continues to this day.”

And, when the time comes, our team are there to support the whole family with specialist medical care and bereavement support at the end of the child's life, giving them the opportunity to say goodbye in their own time and way, wherever that might be.

“It really is fantastic knowing that we have the support of Chestnut Tree. We have a really strong relationship with our community nurse meaning I know she will look after our daughter with the same care and attention that I would. I also know that Chestnut Tree is there for us every step of the way, offering a friendly face and expert knowledge to make our lives easier.”

responsibilities of caring for a sick child. This might mean a few hours uninterrupted sleep, a warm bath, or time to spend with their other children.

We also offer support to the entire family following diagnosis and through the whole disease process. From advice and information through to play therapy and counselling, our community nurses are there with a helping hand whenever and wherever it is needed.

**Our care really is invaluable to the families we look after so please put your *Hands Up!* and help raise vital funds today. Together we can make every day count – the good days, the bad days and the last days.**

