

Dear Ruth,

Thank you to everyone at Chapel Properties for supporting Barry and Tim's Sandlings Path in a Day Challenge. They successfully raised £7,468 on behalf of East Anglia's Children's Hospices (EACH) and we are incredibly grateful for your generosity.

It is only with supporters like you, EACH can continue providing care services for children and young people with life-threatening conditions across Cambridgeshire, Essex, Norfolk and Suffolk.

Your support enables us to provide services such as art therapy sessions to any child or family that requires it. Art therapy offers children an outlet to express themselves and find their voice in an extremely complex and confusing situation. These sessions funnel emotions in a creative and productive way, helping to alleviate symptoms of anxiety, depression and stress, and is particularly well-suited to give children and families this kind of emotional support as it provides an escape from a difficult situation and helps foster an atmosphere of fun, joy and life that is crucial to helping families make the most of the time they have left, and providing light in the darkest of moments.

We continue to support families in different and innovative ways. Contact with families includes phone calls, texts, video calls, face-to-face interaction and online groups. We also continue to develop online wellbeing resources and activities to support the emotional health and wellbeing needs of all family members.

If you would like to find out more about how we are adapting to support families during COVID-19 and beyond, please visit our website www.each.org.uk or please contact me directly.

On behalf of everyone at EACH, thank you for your generosity and support.

Georgina

Community Fundraising Assistant, Suffolk and East Essex

ROYAL PATRON: HRH The Duchess of Cambridge

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Connect with us:

