



IPSWICH St Elizabeth
Hospice

Registered Charity No. 289154

Tea @ 3

Throughout the summer months, St Elizabeth Hospice is inviting people to hold fundraising tea parties or simply make a donation to have a cup of tea. Tea @ 3 is a simple and fun way you can raise money for the Hospice either at work, school or home.

Did you know that as a nation we get through 165 million cups of tea a day? Therefore why not gather your work colleagues for a tea break, invite your friends round for tea and cakes or host a coffee morning. You could even give your tea party a theme – a mad hatters tea party, cream tea or teddy bears picnic. Maybe you could have a cake stall as well and ask for a donation for a cup of tea and a slice of cake. You can hold the event at home, in the garden, at work, in a local café or tea shop, at school or in your local community or village hall.

By taking part in Tea @ 3 you will be supporting St Elizabeth Hospice to provide care and support to patients in East Suffolk who have a life-limiting illness. The focus of the Hospice is quality of life - aiming to meet patient's physical, emotional, social and spiritual needs whilst giving support and help to family, friends and carers. St Elizabeth Hospice is an independent charity and all of the wide ranging services are provided free of charge. It costs £8 per minute to run the Hospice, with annual running costs of £4.2 million.

For more information about holding your own Tea @ 3, please contact the fundraising office on 01473 723600, email fundraising@stelizabethhospice.org.uk or visit our website www.stelizabethhospice.org.uk

ENDS

Word Count: 281

Photo: An example of what you could serve at Tea @3



Key facts about St Elizabeth Hospice

- St Elizabeth Hospice was established in 1989 and cares for patients in East Suffolk who have a life-limiting illness for whom the focus of care is quality of life.
- Our services include an in-patient unit, day care services, out-patient clinic, a Hospice at Home service, family support team, occupational therapy, physiotherapy and complementary therapies such as massage, reiki and aromatherapy.
- All of the wide ranging services are provided free of charge. It costs £8 per minute to run St Elizabeth Hospice with annual running costs of £4.2 million.

For further information about St Elizabeth Hospice, its work or how you can get involved please contact Helen Causer or Leanne Thorndyke on 01473 723600 or visit www.stelizabethhospice.org.uk