



How Can I Help?

Alice House Hospice is a local charity that needs over £3 million each and every year to keep its doors open for people living throughout east Durham and Hartlepool.

This money funds medical and nursing staff, catering and cleaning teams, support for bereaved families and children, buys food and specialist equipment for patients, pays for heating and lighting and a whole host of other staff and maintenance items that together helps bring Hospice care to our community.

There are many ways you can help. Volunteering, donating bric-a-brac and clothing, fundraising and financial contributions; we are grateful for all your help.



Volunteering

Volunteers support every aspect of Hospice life. Whether you have 2 hours a week or 2 days there are plenty of roles to choose from.

- Sorting clothing in our charity shops.
- Preparing patient and visitor meals in the kitchen.
- Keeping the Hospice gardens tidy.
- Helping Clinical Teams in the Day Care and Inpatient Units.
- Helping the Events and Fundraising Teams.



So please call us to chat about your interests.

Join the Hospice Lottery

The Alice House Lottery has been running for over 21 years.

Costs to deliver services has risen in that time as we help more people than ever before, but it still only costs £1 to play and you could win one of these prizes, each week.



Events

There are many events throughout the year to take part in and which help raise vital funds towards the £3 million goal. *This year these events include:*



We would love to get one thousand supporters to join us in this campaign to reach a shared goal of one million miles across the year.

All we ask is that each participant raises just £100 in donations or sponsorship throughout the year; that's only 28p per day which is less than the average cost of a takeaway cup of coffee per week.

Santa Fun Run

Join our merry band of Santas and Rudolfs for a festive run in the beautiful surroundings of Ward Jackson Park in the centre of Hartlepool.

The run, or walk if you prefer, is on a short route starting and

finishing at The Place in the Park where you will be able to indulge yourself with a hot drink and mince pie.



Light up a Life

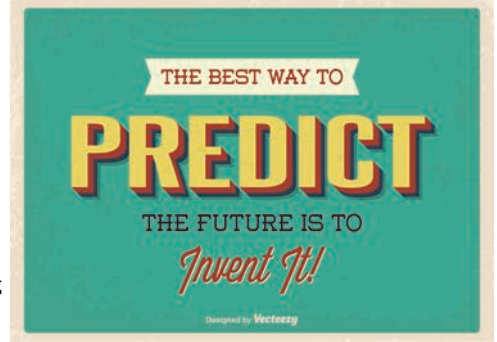
Remember a loved one this Christmas and dedicate a light on our celebratory Christmas Tree ... every memory counts. You can dedicate a light on our Light up a Life tree, which will be lit in tribute to all those in our thoughts. You will receive a personalised commemorative card and a badge to wear in their memory. You are also invited to join us at one or all of our Light up a Life memorial services.

Gifts in Wills

We will need to raise more in the future because not only are we living for longer, but we are living with illnesses for much longer so more people will need Hospice care.

Leaving a gift in your will to Alice House is one of the best ways of making sure Hospice care will be around for our children and our children's children.

Your pledge, however much, could help fund the wonderful work of the doctors, nurses, care staff, catering team, counsellors and volunteers and everyone else who helps to deliver amazing services for people who will be living with life-limiting and terminal illnesses in years to come.



Fundraising



You may have your own ideas about how to raise money; it could be in honour of someone special to you, it may be from your own 'bucket list' – a skydive, bungee jump, a tough mudder, the Great North Run or you may prefer a more civilised afternoon tea with close friends.

However you wish to do it we are here to support you.

For any more help or information, please contact:

Fundraising Team

Alice House Hospice, Alice House, Wells Avenue,
Hartlepool, TS24 9DA

Tel: 01429 855581 or Email fundraising@alicehousehospice.co.uk

For more information why not visit our website at www.alicehousehospice.co.uk