

# Volunteering for Friends of Sussex Hospices



## Do you have any time that you could offer to help us raise funds for hospices in Sussex?

We are a hardworking team and we would like to recruit further volunteers to work with us or simply support the work we do and the events we arrange.

## Would you like to become a 'Friend of the Friends'?

You are invited to tick the list below to let us know your interests.

- |   |   |
|---|---|
| <input type="radio"/> Catering                                      | <input type="radio"/> Help recruit pubs for our Mad March Pub Quiz  |
| <input type="radio"/> Flower arranging                              | <input type="radio"/> Acting as a box office for events   |
| <input type="radio"/> Raffle ticket seller at event/s               | <input type="radio"/> IT support  |
| <input type="radio"/> Administration duties such as minute-taking   | <input type="radio"/> Bring your friends to FSH events  |
| <input type="radio"/> Public Relations/Event Promotion              | <input type="radio"/> Allow us to include your name on our supporters list to receive news of new initiatives etc.  |
| <input type="radio"/> Mailing/envelope stuffing team                | <input type="radio"/> Become a member of the fundraising committee; we currently have vacancies on our West Sussex committee. Six meetings per year are held at which fundraising events are discussed and reviewed |
| <input type="radio"/> Car-parking marshalling                       |   |
| <input type="radio"/> Heavy lifting - strong arms and backs needed! |   |

## Could you please let us know?

Your name: .....Email: .....

Address: .....

.....Postcode: .....Tel: .....



Please return your form to:

Kathy Gore OBE DL, Framfield Grange, Framfield, East Sussex TN22 5PN

If you require more details please don't hesitate to contact Kathy on Tel: 01825 890494

Email: [gore@framfield.com](mailto:gore@framfield.com) or go to our website: [www.friendsofsussexhospices.org.uk](http://www.friendsofsussexhospices.org.uk)

**Friends of Sussex Hospices** is a registered charity (no. 1089306) run entirely by volunteers to support the running costs of the 12 hospice care providers that serve the adults and children of Sussex. *(The Hospices we support are listed below)*

Chestnut Tree House Children's Hospice  
Demelza Hospice Care for Children  
Hospice in the Weald  
Leo House at Home

Martlets Hospice  
St Barnabas House  
St Catherine's Hospice  
St Michael's Hospice

St Peter & St James Hospice  
St Wilfrid's Hospice - Chichester  
St Wilfrid's Hospice - Eastbourne  
The Sussex Snowdrop Trust