## **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 VOLUNTEER'?

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

Catering	Help recruit pubs for our Mega March Hospice
Flower arranging	<ul> <li>Acting as a box office for events</li> </ul>
<ul> <li>Raffle ticket seller at events</li> <li>Administration duties such as minute-taking</li> </ul>	IT support - website, graphic design
<ul> <li>Publicity &amp; marketing</li> </ul>	Databse management
Mailing/envelope stuffing team	<ul> <li>Bring your friends to FSH events</li> <li>Heavy lifting - strong arms and backs needed!</li> </ul>
Car-parking marshalling	<ul> <li>Allow us to include your name on our supporters list to receive news of new events</li> </ul>
Christmas Gift Fair helper	<ul> <li>supporters list to receive news of new events</li> </ul>

### COULD YOU PLEASE LET US KNOW?

Name	
Address	
	Postcode
Tel No	Email



#### PLEASE RETURN YOUR FORM TO:

Patti Whitaker, Great Streele Oast House, Echingwood Lane, Framfield TN22 5SA If you require more details please don't hesitate to contact Patti on Tel: 07979 603460 Email: patti.whitaker@friendsofsussexhospices.org.uk or go to our website: www.friendsofsussexhospices.org.uk

# Friends of Sussex Hospices is a registered charity run entirely by volunteers to support the running costs of the 13 hospice care providers

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 Beacon The Sussex Snowdrop Trust