

5 ways to support your local Hospice from your own home

West Essex and East Herts charity, St Clare Hospice, has reported a potential £100,000 gap in their voluntary income over the coming weeks, due to the cancellation of all forthcoming fundraising events and the temporary closure of their nine charity shops, in response to the coronavirus (COVID-19) pandemic.

The organisation, which this year celebrates its 30th Birthday since its founding in 1990, has launched an 'urgent fundraising appeal' in a hopeful bid to help minimise any impact on continuing to provide specialist palliative care to local people in the community.

To ensure their services can continue running now, and for years to come, the Hospice is encouraging local people to take part in a series of 'virtual' fundraising activities that can be achieved from the comfort of your own home – most of which whilst still relaxing on the sofa!

1. Use your daily exercise to take part in St Clare's Virtual 5K

And you can do this either at home, or in the local neighbourhood when you're out walking or running once a day! This is a great way to keep fit and go the distance for your local Hospice. All you have to do is take a photo/screenshot of your fitness tracker. Sign up at stclarehospice.org.uk/virtual5k

2. Play the St Clare Lottery

You could be in with a chance of winning £1,000, or up to 24 other cash prizes, every week when you play the St Clare Lottery! An entry is just £1 per weekly entry. Sign up at stclarehospice.org.uk/lottery

3. Set up a Facebook Fundraiser

Set up a fundraiser in aid of St Clare Hospice using Facebook! You can encourage our friends and family to donate – and no matter how much you raise, every penny counts. Set up a fundraiser at facebook.com/fund/stclarehospice

4. Shop online via St Clare's eBay shop

There are plenty of bargains to be had in St Clare's eBay shop! From quirky collectables to designer clothing, you can get premium, pre-loved goods delivered straight to your door. Shop now at ebay.co.uk/str/st-clare-hospice

5. Use online, charity shopping portals like EasyFundraising or AmazonSmile

You can generate donations to St Clare whilst doing your normal, online shopping – at no extra cost to you! Visit easyfundraising.org.uk or smile.amazon.co.uk and select St Clare Hospice, then continue your online shop as normal.

For more information, or for assistance in signing up to any of St Clare's virtual fundraising activities, please call 01279 773750 or email fund@stclarehospice.org.uk. Please note that response times may be longer during this time, but a member of the team will come back to you as soon as possible.

To donate to St Clare Hospice's Urgent Fundraising Appeal directly, please visit stclarehospice.org.uk/urgent-fundraising-appeal