

## Tea at 3

Tea at 3 is a simple yet fun way to catch up with friends, family and colleagues whilst raising money for St Margaret's Somerset Hospice.

Throughout June and July supporters of hospices across Britain will be raising cups and funds in Britain's biggest tea party.

The money you raise will help fund more nurses and other healthcare professionals, as well as providing practical and emotional help for families coping with a life-limiting illness.

Whether you raise £20, £50 or £100, every cuppa counts.

Getting involved couldn't be easier - just ask colleagues, friends and family to take part and hold a Tea at 3 event at work, at school, in your local community centre, in your village hall, at home or in your garden!

*Tea  
at 3*

- Sell cakes during your tea break and sponsor your boss to make the tea
- Hold a themed event - Teddy Bears, Mad Hatters or Cream Tea party
- Hold a T party and have everyone dress up as something starting with T
- Tee-off and hold your tea-party at the golf club
- Hold a tennis tournament - have tea on the lawn
- Be a Tea Total and ask people to sponsor you for giving something up
- Hold a Guess the Tea competition
- Hold a tea party and ask for a donation

Remember to let people know about your event as soon as possible. Display Tea at 3 posters, which will be in your FREE pack, contact your local press or invite your local radio station to get involved.

[Sign up to get your pack now!](#)