



TLC
Teddis for
Loving Care
Herefordshire

THE CHALLENGE

**100 Burpees a Day for 100 days
Between 1st March - 8th June 2023**

I am Ian Pritchard from Eastnor Lodge No 751. There are two things close to my heart, pushing myself physically and raising money for charity. I will be attempting 100 burpees a day for 100 days and would love you to sponsor me via my Just Giving page for this worthy cause.

Please use this link <https://www.justgiving.com/fundraising/ian-pritchard16> or the QR code below.

A hospital visit can be a frightening experience for a young child, especially in an emergency situation. Teddis for Loving Care (TLC) is a way of providing much-needed comfort to children in Accident and Emergency departments, helping to reduce the shock and distress of their experience.

The Teddis for Loving Care initiative provides unique cuddly bears to Accident and Emergency departments for medical staff to give at their discretion to young children. The bears are used to calm children down, reward them for being brave or to demonstrate procedures. Often the bears distract children so nurses and doctors can get their jobs done quickly and efficiently.

The TLC teddy has become an invaluable tool for medical professionals and a real comfort for children. Every child that receives a teddy gets to take it home. The more people that know about this cause, the better and greater their impact, so please also spread the word by sharing my page with your friends and family.

Thank you in advance for your generosity, it means a lot!

Ian Pritchard Eastnor Lodge 751



100 Burpees Challenge for TLC