



Dear Supporter,

Christmas is a time to gather close, share love and make memories with the people we care about.

Many of us can take for granted the ability to be with families and friends at Christmas. But for learning disabled adults, that independence – to travel, to connect, to belong – often depends on the right support being there.

At Hft, we know that independence isn't a luxury. It's dignity. It's choice. It's the chance to live fully. **And that's when the best care makes all the difference – when learning disabled people are seen, heard and supported to live the best life possible.**

Jane's independence matters

Every year, Jane makes the journey from Bristol to Canada to spend Christmas with her family. For her, it's not just a holiday – it's proof that she can live life on her own terms. She chooses her gifts, packs her suitcase and boards that plane with confidence.

Jane's Christmas trips are full of joy: decorating the tree with her sister, sharing laughter over festive films and sitting down to a family meal that makes her feel cherished and at home. **But none of this would be possible without the right care and support from Hft.**

Behind her independence is the care that makes it possible – from keeping her passport in date to planning every step of her journey. Without that, the distance between Bristol and Canada wouldn't be possible.

At first, Jane was nervous about travelling. She doubted herself. But year after year, with the right help, I've seen her confidence grow. Now she owns her journey – it's hers. That's what care does: it gives people their independence back.
– **Sonia, Hft Support Worker**



Sonia has supported Jane at one of our services for over a decade. She has witnessed first-hand how the right support transforms lives. But Sonia also sees the other side of the story:

Care matters because without it, people lose opportunities, confidence, even their place in society. **But I won't lie – it's getting harder.** Chronic underfunding, rising costs, fewer resources... We are expected to do more with less. And that puts people's independence at risk. – **Sonia, Support Worker**



You can make the difference

Your gift this Christmas will help protect the care and support that learning disabled people like Jane rely on. It will help ensure that care workers like Sonia can keep doing what they do best – standing alongside learning disabled people, making independence possible. **Your donation could:**

£15	fund a month of social sessions to help learning disabled people connect through our friendship programme, Luv2meetU.	Every pound can ensure learning disabled people like Jane are seen, heard and supported.
£50	provide activities and a community bus and driver for a day – keeping learning disabled people connected.	
£100	fund one-to-one outreach to build confidence and independence for learning disabled people.	
£200	run a Life Skills session to help a learning disabled adult grow their self-belief.	

Please donate today using the donation form provided, call **0117 906 1699** or at **www.hft.org.uk/donate**.

Give today because care matters to ensure learning disabled people enjoy the lives they choose – with confidence, connection and love.

Together, we can make sure learning disabled people like Jane have the best care so they are seen, heard and supported to live the best lives possible.

Yours sincerely,

Selina Orrell, Head of Fundraising at Hft



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**FUNDRAISING
REGULATOR**



If you'd rather not receive fundraising communications in the future, please let us know using the following contact details:
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