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children's hospice SOUTH WEST

Meet Freya

She loves baking (as shown above in the photo!) and having her picture taken, and she has a bit of a soft spot for TV chef Jamie Oliver.

Freya can't walk because the muscles in her legs aren't strong enough, she gets around by a combination of shuffling on her bottom and crawling. But she can be pretty speedy when she wants to be and when Claire, her favourite nurse, at Children's Hospice South West's Little Harbour is taking far too long for her liking to come back with her favourite Peppa Pig DVD, she's off after her like a shot.

She also can't eat or talk, but when Freya wants something she can make herself understood; she's made up her own version of sign language so she can say what she wants to say. Claire calls her 'the Duchess'.

Freya, nine, has an undiagnosed disorder similar to cerebral palsy which affects her in a broad range of ways. She was born with a heart defect and one kidney. She has chronic lung disease and has to be fed through a tube into her stomach.

For mum Keeley, Little Harbour means not only a safe and loving place for her family but also somewhere she can get some sleep while knowing her child is in safe hands. She can also get the odd few hours to meet a friend in town or spend some time with daughter Zoe; little things that mean the world.

> “Freya loves it here, she gets excited as soon as we turn off the main road. And for me it's like a second home. The support we get is absolutely fantastic and I really don't know what we'd do without them.”

Thank you, your donation will help families like Freya's.

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Meet Becki

Becki comes for planned short breaks with her twins and their sister Olivia

When we are staying at Charlton Farm, Sophia is supported by the Care Team and both Laila and Olivia are looked after by the Sibling Team. Olivia in particular absolutely loves it and the whole Sibling Team is fantastic.

When we're at home, if I take Olivia out for the day, Sophia of course has to come too and my focus still has to be on her. A family outing has to be put on pause because I'll have to stop to give her meds or stop for milk, but when Olivia goes out with the Sibling Team, she can just be a child again. They offer a sense of normality that other people take for granted.

I come for a rest and a break, but at the same time, Sophia isn't whisked away by the care team - she's a part of everything we do. I enjoy activities that most people get to do every day with their children, but I just can't because I need to look after Sophia.

At the hospice I can play, have fun and focus on Olivia and Laila, knowing a nurse is concentrating on Sophia.

> “Dinner at home for us is when the girls want it and I'm holding Sophia, eating with one hand because I can't put her down. But at the hospice I get to eat with a knife and fork, which feels like a luxury! We all sit together around the table as a family. That time means such a lot to me.”

Thank you, your donation will help families like Becki's.

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