

# Shirty Thirty

Wear, share and  
show you care



Cut along the orange guide line, hold the shirt up to your face, smile, take a photo and share on social media to tell friends and family you are supporting Children's Hospice South West Care Teams.

Don't forget to tag us!

**#shirtythirty**

Text  
**Shirty to  
70085**  
to donate  
£5\*

\*Texts cost £5  
plus one standard  
rate message

[www.chsw.org.uk/shirtythirty](http://www.chsw.org.uk/shirtythirty)



Supporting  
children's hospice  
SOUTH WEST

Registered Charity No. 1003314

Celebrating  
**30**  
years