Staff at Fred. Olsen's Head Office in Ipswich host a charity 'Dress Down Day' and present Inspire Suffolk, St. Elizabeth Hospice and East Anglia's Children's Hospice's with their 'Charity Ball' cheque for £10,000!

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Fred. Olsen staff raise £10,000 for three local charities: St. Elizabeth Hospice, East Anglia's Children's Hospices and Inspire Suffolk

The generous staff at Ipswich-based Fred. Olsen – comprising Fred. Olsen Cruise Lines, Fred. Olsen Travel and Fred. Olsen Limited – dug deep in their pockets earlier this year to raise a staggering £10,000 at their 'Charity Ball', which they have donated jointly to their three chosen staff charities for 2016: St. Elizabeth Hospice, East Anglia's Children's Hospices ('EACH') and Inspire Suffolk.

Mike Rodwell, Managing Director of Fred. Olsen Cruise Lines, said:

"We were delighted that our 'Charity Ball' was such a huge success again this year! The highlight of the evening, as always, was our traditional 'Grand Raffle', with a selection of magnificent prizes donated by our kind-hearted suppliers, from bottles of Champagne to iPads and tickets to Afternoon Tea at The Ritz.

"Fred. Olsen staff have chosen to support these three very worthy causes throughout 2016, as they are very close to their hearts, with many friends and family members making use of the services that they provide. Well done to everyone involved for their continued generosity, which we know will help to make a difference to these amazing local charities."

St. Elizabeth Hospice improves life for people living with a progressive illness, such as cancer, Motor Neurone Disease and heart failure, in East Suffolk. The Hospice centres its care around every individual's needs, providing specialist services wherever they are required, whether at home, in the community or at the Hospice. St. Elizabeth Hospice is an independent

charity, which provides its services free of charge to around 2,000 patients and their families every year. www.stelizabethhospice.org.uk

East Anglia's Children's Hospice (**'EACH')** supports families and cares for children and young people with life-threatening conditions. Offering a holistic and family-centered approach to care, the charity ensures that children, young people and their families' needs are met, whether physical, emotional, social or spiritual. Care can be delivered in the family home, in hospital, in the community, at one of its three Hospices, or a combination of all three, depending on the family's and child's preference. www.each.org.uk

Inspire Suffolk works with young people in Suffolk to inspire, motivate and educate those in need, through education and sports activities. These include: 'The Prince's Trust Team Programme', for young people not in education, employment or training ('NEETS'); 'The National Citizen Service Programme', for 15 to 17-year-olds; and 'Disability Football'. To date, over 500,000 people across Suffolk have benefitted from the charity's services. www.inspiresuffolk.org.uk

In 2014, Fred. Olsen's 'Charity Ball' succeeded in raising just over £10,000 for East Anglian Air Ambulance, Crohn's & Colitis UK and Macmillan Suffolk.

Photo caption: Staff at Fred. Olsen's Head Office in Ipswich host a charity 'Dress Down Day' and present Inspire Suffolk's Sarah Rowe (front row, far left), St. Elizabeth Hospice's Nikki Brown (front row, centre) and East Anglia's Children's Hospice's Natasha Brame (front row, far right) with their 'Charity Ball' cheque for £10,000!

For further information on Fred. Olsen, visit the websites at www.fredolsencruises.com, www.fredolsen.co.uk respectively.

Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

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