



Celebrating
40 YEARS OF CARE



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Welcome

Welcome to this special edition of Hospice News, which is a larger format to mark our 40 years of care. This edition is about celebrating being part of the community, and working to ensure we will be here for generations to come.

Receive Hospice News by email

We also send Hospice News by email. If you would like to update your contact preferences to reflect this, please let us know by:

- Adding your email address to the 'sign up to receive our newsletter' link on the homepage of our website hospiceintheweald.org.uk
- Contacting Tor Edwards – Head of Communications, on 01892 820502 or tor.edwards@hospiceintheweald.org.uk

Sending Hospice News by email is more cost effective than posting hard copies, and therefore helps us to achieve one of our core values, to 'make the best possible use of funds to ensure value for money'. It also reduces the number of hard copies we print, therefore reducing our impact on the environment.

We are committed to minimising our impact on the environment and so both Hospice News and the plastic it is delivered in are recyclable.

Preparing for the next 40 years and beyond

Rob Woolley, Chief Executive

I have been Chief Executive of Hospice in the Weald for almost 10 years. In this time, the Hospice has continued to grow and our focus now is on ensuring we meet more unmet need, including announcing our launch of Childrens Hospice in the Weald, which you can read more about on page 8.

Some of you have known the Hospice for many years, and for others this will be the first time you receive Hospice News. It is larger than usual, to mark our celebration of 40 years of care. This souvenir edition looks at our history and how we have grown on pages 4 and 5. It is important to reflect back and learn from our past, and to celebrate how far we have come with the help of supporters like you.

But more important is our focus on the future. The work we do now must ensure that we are here for those who need us in the next 40 years and beyond. To do so, we must continue to innovate and meet more unmet need. Cottage Hospice is an example of both of these things, and you can read more about it in Anne's story on page 14. Foundations for the Future is our next step in preparing for the continued increase in demand, and an update to our thinking. You can read more about this on page 16.

A crucial part of our growth and innovation is trying something new.

As humans, we are often unsettled by the idea of change and would prefer things to stay the same. But to continue to support those that need us, we must try new things. As Margaret explains in her story on page 6, there are more patients who need our services, and who could have benefited from accessing our services earlier.

I am proud to be Chief Executive at the time of us announcing the launch of Hospice in the Weald for children. This is the most significant change in our service provision yet and will help meet unmet need in a new part of the community. There is more information about this need, how



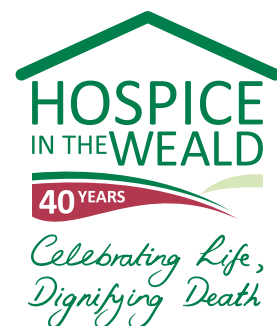
Rob Woolley, CEO

we will meet it, and how you can be involved, on page 8.

There are a number of new fundraising ideas and challenges, from Art of the Weald on page 20 to challenges on page 21. We are lucky that many supporters are wonderfully loyal and do the same thing for us each year. Your support is vital. Perhaps whilst we celebrate 40 years of care, you could add a new initiative to your fundraising calendar.

Thank you for supporting Hospice in the Weald, and for joining us in celebrating 40 years of care. I hope that you will help us ensure we are here for another 40 years, and beyond.

For further information regarding any of the above, please contact Rob Woolley – Chief Executive, on 01892 820518 or rob.woolley@hospiceintheweald.org.uk



Hospice in the Weald, Maidstone Road,
Pembury, Tunbridge Wells, Kent TN2 4TA

www.hospiceintheweald.org.uk



Registered Charity No. 280276

Celebrating 40 years of care

In 1980 the Hospice was established as a Home Care service in West Kent. Local Joan Hartley was the driving force behind the service, which had 3 nurses who visited patients at home.



The Home Care service moves to Pembury while plans got underway for a new building to house Hospice Day Service and In-Patient Ward.



The Care Foundation Limited changes its name to Hospice in the Weald and launched a campaign to raise funds for the new building.

Hospice patient Judith Gilbert and James Taylor, whose wife Ann was a former patient, break ground at the site of the new purpose-built building. Supporters fundraised by buying bricks.



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The first charity shop opens in Tunbridge Wells. Today the Hospice has 27 charity shops. Supporter groups were set up during this decade, which also saw the start of major fundraising events, the first being a Michémas Ball at Haver castle.



The new Hospice building in Pembury is opened by the Duchess of Norfolk and Rt. Rev. Brian Smith, the Bishop of Tonbridge.

A service is held by the Rt. Rev. Michael Nazir-Ali to celebrate 25 years of service by the Hospice.



Hospice in the Weald supported 2,000 patients, their families and carers. Hospice in the Home launches.

Hospice in the Weald supported over 6,000 patients, families and carers – three times the number in 2010. Cottage Hospice opened in December 2019, enabling more patients to be cared for by their loved ones at the end of life. See more about Cottage Hospice in Anne's story on page 14.



Work will commence on Foundations for the Future, to expand and update Hospice Day Service to continue to meet the needs of more patients and those important to them. For more information, see page 16.

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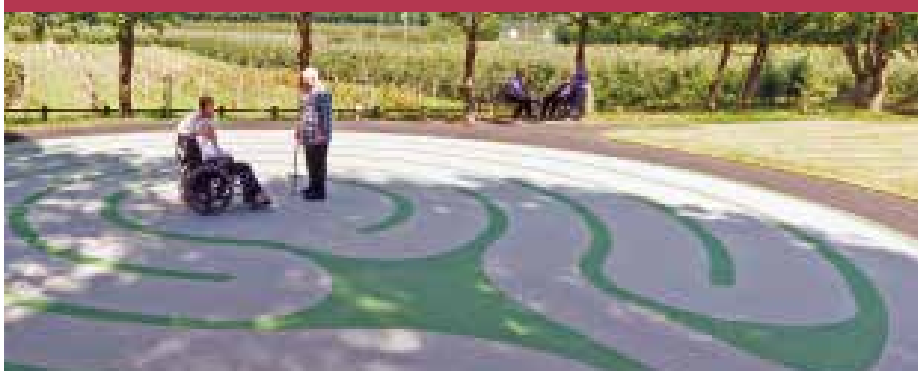
2019

2020

The building is extended to provide space for the reception coffee area (as Margaret mentions in her story on page 6) and more examination and treatment rooms.



The Labyrinth was added to the Hospice garden to help with our holistic approach to end of life care.



The summerhouse was installed in the Hospice Gardens, providing a space for patients and families to enjoy the peace and tranquillity of the Hospice Gardens.

Herd of the Hospice saw a beautiful herd of horses on sites across the Wealden countryside.

Ground was broken at the Cottage Hospice site in Five Ashes, near Mayfield.



Childrens Hospice in the Weald launches. For more information, see page 8.



Margaret's story

Margaret has volunteered on the Welcome Desk and In-Patient Ward for the last 13 years. Here she shares her experiences of the Hospice and some of the changes and improvements she has seen over that time:

"I first became aware of the Hospice movement when my step-father was cared for by a Hospice in Bethnal Green in the late 1970s. He had been in hospital where his care was not good, and he came to a Hospice run by nuns. We were like so many of the families I see today, fearful of the Hospice and expecting it to be an awful, miserable place. But when we took him there it was like taking him to paradise.

When I retired, I became a volunteer at Hospice in the Weald. Back in those days our induction took place over 6 weeks, and during that time I decided I wanted to be on the welcome desk to fit my skills. Over time, I also asked to help on the Ward. It helps me enormously because it gives me a broader perspective, and I can often answer people's questions because I know about our services.

I have also been an Ambassador for the Hospice and gone out to give talks about our work. One talk really sticks with me. It was at the time when we first took referrals from people directly rather than from their GP. This lady had been an opera singer but she had throat cancer and could barely speak. She came up to me at the end of my talk and referred herself to the Hospice. I saw her in Hospice Day Service just a few weeks

later and she was blown away by all of the things she could access.

We see some families on the Ward coming to us too late. It's so important that we reach people and help them as much as we can. The earlier they come to us the more they can make the most of all of our services. Particularly for families with children, the creative arts in Hospice Day Service are so important.

I am proud to be part of the Hospice and sometimes, if the day is busy or difficult, I remind myself that I am there for the patients and families. That is what my role is – to welcome people. When a patient is admitted to the Ward, we make sure we are ready to greet them as they arrive. Even those who are very unwell can still hear you, and I make sure I make them and all of their family welcome. I say to people, Hospice care is like a cuddly blanket, we wrap the whole family in it. Making them welcome is such an important part of that.

For others, coming back to the Hospice for the first time since their loved one has died can be daunting. I have seen people stop before the door because it will be so hard for them to come inside. We look after everyone. Sometimes I am the first person a patient meets on the way to their first appointment. Often they are blown away by how much there is on offer, but sometimes they are afraid.

A lot of the changes I have seen have helped us welcome people. When I started, reception was much smaller and the coffee shop was just a counter, with no seating. There was a shop instead. Now that there is space for seating, people come in just to sit quietly, or to meet. It's an important part of people feeling welcome and safe in the Hospice, having somewhere to go.

The nurses' and doctors office used to be tucked away, but now we have a welcome desk on the Ward.

It's must more open and helps us get patients and families what they need. It's so much better and makes everyone accessible.

Even small things are so important. When we introduced the new Ward breakfasts where families can make their own toast or cereal when they are staying on the Ward it made such a difference. Things like this

matter. There will always be changes, but I have seen enough of them to know that any that help us welcome people, or reach more people, are for the best. Foundations for the Future will do both of those things.

You cannot buy the care Hospice in the Weald offers. No private institution would come close to it. It's really amazing to be a part of that."

I say to people, Hospice care is like a cuddly blanket, we wrap the whole family in it.



A new service for children and young people

This summer Hospice in the Weald will launch a new service providing Hospice care for children and young people with life-limiting illnesses. This project was enabled by a donation from Märit, Lisbet, Sigrid and Hans Kristian Rausing, in memory of their late husband and father, Hans Rausing.

The current provision of Hospice care for children and young people in the local area is overstretched. Huge pressures faced by these services leaves them unable to meet existing need. This means that many families face long, difficult journeys to London hospitals for care. It is hard to overstate both the emotional and financial cost of these journeys, which may have to be made every week. For families already facing the challenges of caring for a child with a life-limiting illness, the additional strain impacts every aspect of their lives.

Our new service for children and young people will be our sixth service, and will be developed and delivered in collaboration with other local organisations that provide care for children. We often talk about meeting more unmet need and you may have read about this in



previous editions of Hospice News, particularly recently in relation to Cottage Hospice. The decision to develop a service for children and young people looks to meet unmet need in a new way.

Hospice in the Weald has been a part of the community, caring for patients

and their families for 40 years. To date, that care has been provided for adults and people over the age of 18. But, we have been asked on many occasions if we provide services for children and young people. With the support, expertise and resources that we have gathered over the last four decades of caring for local people, now is the time to respond to this need and extend our care to children and young people. We will still continue to provide all of our existing services for adults as well.

You can get involved in the launch of Children's Hospice in the Weald by buying tickets to our Gala Dinner on 27th June – see page 11 for full details.

This new service will enable many families and children to be cared for at home, without the need to make long trips out of the local area, which can be tiring, distressing and costly.

Rob Woolley, Chief Executive:
 “This is, as you will realise, a significant change for Hospice in the Weald, but it is the right thing to do. There is a strong moral and ethical case to meet more of the unmet need for Children's Hospice services in this area and now is the time to do so.”



The core of this service will be the focus on the participation of children and young people, starting with our consultation and engagement sessions (see box below for more information). We will listen to their ideas and needs, and actively involve them in the development of Hospice in the Weald for children and young people.

Whilst these plans will require recruitment of nurses with specialist skills, we will begin by asking members of the local community what they think Hospice in the Weald for children and young people should be like.

The first stage of this launch will look at engaging with children and young people, with life-limiting illnesses, and their parents, to explore what they need and want.

Engagement sessions will be held in the summer.

11th June 4pm – 6pm,
Hospice in the Weald, Pembury

30th June 4pm – 6pm,
Cottage Hospice, Five Ashes
(near Mayfield)

4th July 10am – 12pm,
Hospice in the Weald, Pembury

RSVP to Amy Dedman on
01892 820552
 or amy.dedman@hospiceintheweald.org.uk

Participation

For children and young people, knowing that they have the right to be heard in decisions which affect them boosts not only their sense of security but also their self-confidence. Participation is not a one-off, event-based undertaking. It will be an ever-present thread, woven into the very fabric of our new service for children and young people. So that there is always meaningful, effective and ongoing dialogue between children and those caring for them.

Participation means that children and young people will be:

- Consulted throughout the development of the new Service
- Encouraged to take an active role in shaping the Service
- Supported in expressing their views and needs at any stage in the consultation process

This ongoing focus on participation will help children and young people to:

- Feel valued and heard
- Feel empowered and confident that their voice is important
- Be confident that children's Hospice in the Weald will be right for them and their peers

Child participation is one of the core principles of the United Nations Convention on the Rights of the Child and will be a fundamental principle for Children's Hospice in the Weald.



Get involved in the launch of Children's Hospice in the Weald by buying tickets to our Gala Dinner on 27th June – see page 11 for full details.

Small Change Makes a Big Difference



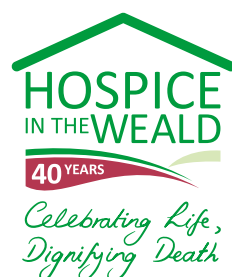
Could you give a collection pot a home?

Our collection pots bring in thousands of pounds in donations for the Hospice every year. They are a way for everyone in our community to support us, and we're so glad that they do, because small change can make a big difference!

They're also a way for you to show your support for your local Hospice. Could you home one of our collection pots in celebration of our 40th year?

We are always looking for new locations, and whether you can house a pot in your home, office, shop, restaurant or school, we would love to have your support.

To give a pot a home, contact Kathryn on kathryn.cracknell@hospiceintheweald.org.uk or 01892 820533 or complete the form on our website and we'll post you a pot



Time for Tea

Time to stick the kettle on.
Time to raise funds.
Time to support your local Hospice.

Hospice in the Weald invites you to make Time for Tea and host a tea party for your local hospice. It's a great excuse to get together with friends and family, whilst raising funds for Hospice in the Weald.

Remember, every cake and cuppa counts.

There is always time for tea!

Visit our website to request your free fundraising pack.



Get ready to host your Time for Tea event.

For further information please contact Kathryn at kathryn.cracknell@hospiceintheweald.org.uk or 01892 820533.

Hospice Gala Dinner

Join us to celebrate 40 years of Hospice care and help launch our new Hospice service for Children at our Gala Dinner

For the last 40 years, Hospice in the Weald has been helping patients, families and carers to celebrate life and dignify death. We are holding a spectacular one-off Gala Dinner to celebrate 40 years of Hospice care and to launch our new service which will provide Hospice care for children and young people. There are a limited number of tickets available for this special event. By purchasing tickets, or a table of 10 you can get involved in the launch of this vital new service.

Please join us in the beautiful grounds of Tonbridge school on Saturday 27th June to ensure that Hospice in the Weald will always be here to care for you and your loved ones at end of life. Guests will be treated to a sparkling drinks reception, and a sumptuous three course meal served with wine, followed by live entertainment, a fundraising auction and dancing. Throughout the evening, there will be opportunities for guests to win some incredible prizes in our raffle and auctions. All profits raised at the event will help to ensure we can raise the £7million needed each and every year to provide vital Hospice care in your community.

Saturday 27th June at 6.30pm
Tonbridge School, High Street,
Tonbridge TN9 1JP

Tickets £85

Each table of 10, booked before 31st March will be priced at £765, including a complimentary place for the table host.

For more information and to book your tickets contact Gemma Millen on **01892 820506** or email gemma.millen@hospiceintheweald.org.uk



40 years of volunteers

Volunteers have been a crucial part of Hospice in the Weald for the past 40 years. From the original founder, Joan Hartley, to over 1,100 volunteers that make up the majority of our workforce today, volunteers have been at the heart of Hospice in the Weald since our inception.



Ted volunteering in Hospice Day Service with Jonathan

Volunteers generously give their skills, expertise, and their time in services and departments from our charity shops to Cottage Hospice. Not only does this make a difference to the lives of patients, families and carers here and now, but it also paves the way for those that need Hospice Care in the future too. Cottage Hospice presents an entirely new way of working with volunteers, made possible by the support demonstrated by our dedicated workforce over the years.

The vital contribution of our volunteers helps ensure that we deliver the best possible value for money in all that we do. Without

the vital support and skills of our volunteers, our outstanding Hospice Care would not be possible. Rob Woolley, Chief Executive, explains: "our volunteers are a fundamental part of the Hospice, and I always say that we are proud that we could not do what we do without them. Their hard work and generosity has saved us untold millions over the years. They are as crucial as our fundraising supporters in ensuring that we are here for patients and families now and in the future."

Hospice in the Weald currently has over 1,100 volunteers working across the organisation to improve the lives of local patients, families and carers.

Join us!

With roles to fit the skills of each individual, come and be part of the team

Ward Listener Volunteer

Could you provide a kindly, listening ear to our patients and their visitors on the Ward? This role is to provide company, conversation and social activities such as board games and enjoying the grounds or just to support by sitting quietly.

Promotion and Marketing Volunteer

The purpose of this role is to raise awareness and increase participation in Hospice and Community events and to connect with local business to secure sponsorship opportunities.

Hospice in the Home Volunteer

Hospice in the Home Volunteers support the Clinical Nurse Specialists, Nurses and Nursing Assistants to deliver the highest quality of care and support for patients and families. This includes companionship, emotional support and practical help in patients own homes.

Cottage Hospice Volunteer

Cottage Hospice is a volunteer led Service, providing 24/7 support to family caregivers to enable and empower them to look after their loved one at end of life. Volunteers will support families in looking after their loved ones which could include practical things, like helping to reposition a patient, to providing emotional support for the family caregiver, as well as contributing to the day-to-day running of Cottage Hospice.

For more information, or to find out about another volunteer role that is right for you, visit hospiceintheweald.org.uk or contact Jemma Clements, Head of HR, on 01892 820546 or jemma.clements@hospiceintheweald.org.uk

Partnership with Tonbridge School

Hospice in the Weald partners with Tonbridge School to celebrate 40 years of care

Hospice in the Weald and Tonbridge School have announced a new partnership which aims to greatly benefit the wider community. The news comes as the Hospice plans a series of events throughout 2020 to celebrate its 40th anniversary of providing vital care services in West Kent and Northern East Sussex.

The partnership will see Tonbridge boys and staff taking part in a variety of voluntary and fundraising activities, while the school will also be hosting a series of Hospice events. These include an 'Art of the Weald' exhibition, taking place in the school's Old Big School Gallery, which will showcase high-quality,



local artwork and sculpture on Saturday 28 and Sunday 29 March. See page 16 for more information. An 'open gardens' event at the school over the same weekend will also help to raise vital funds for the Hospice.

Tonbridge boys have already started working with the Hospice

as part of their weekly volunteering activities. They spend time with patients and families on the In-Patient Ward and help lead various projects in the areas of marketing, retail and fundraising, gaining valuable work experience and skills at the same time.

Spending time with patients and families in Hospice Day Service and on the Ward will enable the boys to learn about the complexities of end-of-life care and symptom control in the most practical way, while their roles in fundraising will encompass everything from developing marketing analytics skills to film production.

Hospice in the Weald's Heart to Heart Appeal



The following making sessions are being held at the Hospice in Pembury

Sunday 15th March 11-1pm
Saturday 21st March. 11-1pm

Over the last 40 years many of you have walked through our doors, allowed us in to your homes and touched our hearts.

To mark 40 years of care we have launched our Heart to Heart Appeal and are producing beautiful clay hearts which you and your loved ones can make or take home to treasure. Please support our Heart to Heart Appeal by attending one of our making sessions. These are held at the Hospice and are great opportunities to spend time with family and friends. Each heart is totally handmade by supporters like you, and our patients. Every heart sold helps us raise funds to provide our care free of charge.

To join a session then please contact Kathryn on 01892 820533 or kathryn.cracknell@hospiceintheweald.org.uk



Anne's story

Anne at Cottage Hospice

Anne's husband Bill was the first patient to stay at Cottage Hospice, in December 2019. Anne shares her experiences of Cottage Hospice, and the journey that led them to that point:

"Everyone loved Bill. In one of the cards I received after he died someone said: 'I don't imagine he ever made an enemy' and that is just how he was. He was a Chartered Mechanical Engineer but he retrained in his fifties and became a lecturer at Sussex university, advising on conservation, ecology and agriculture. He was mad about wild flowers and all things organic. He grew enough vegetables every year to last us the whole year.

He also loved walking, and walking the dog. But his illness meant he couldn't even do that in the end.

Bill had had cancer for 4 years, with treatment which controlled his illness and symptoms. However, the last six months of treatment he had were particularly gruelling – it was the worst stress imaginable at the time – and we then found it had not worked. To go through all of that and be told there was nothing

more that could be done was unbelievably hard.

After this, one night at home Bill was particularly unwell, and so we ended up in A&E in Tunbridge Wells Hospital at midnight. We were whisked past everyone waiting, and Bill was there for 12 hours. The next day he had to go back to the hospital for blood transfusions, which took a whole day.

The care from Hospice in the Weald is not what I expected. You don't know what you need in times like this, and they do. They organise things and put everything in place. I felt so supported.

This was the final straw and Bill said "enough – no more treatment, and no more food" – eating had been particularly difficult and he was really struggling and having to force food down. From then on he just had liquids, his favourite being his early morning cup of tea. It was at this point that we approached Hospice in the Weald for help, and we met Marguerite, and she and the rest of the Hospice in the Home team were a great source of strength.

Soon Bill couldn't get out of bed and he was struggling to cope with the situation. Whilst he still liked to see his family and friends, he was by now so weak that visits had to be limited to half an hour. The Hospice organised a hospital bed and provided help managing Bill's pain. The Hospice in the Home team were always supporting me. You can phone them any time of the day or night.

I rang them at night for support quite often, because I was coping on my own. One night Bill had terrible hallucinations. I didn't know what to do. I remember sobbing on the phone to the Hospice nurse in the early hours of the morning, and they were wonderful and helped me so much.

Bill and I still slept in the same room so that I could help him, and I was waking up four or five times a night when he needed to be turned. I don't know how I coped but some sort of force must have been on my side.



Anne shared this photo of Bill with staff and volunteers at Cottage Hospice, to show them what he looked like before he became unwell

One night, Bill looked at me and said: "we can't cope, can we?". Bill had wanted to die at home and to avoid going to hospital and I supported that, but we were struggling.

Marguerite came out shortly after this and explained about Cottage Hospice, where you can stay in a room together with your loved one, and continue to care for them. Once we heard about Cottage Hospice, we knew it was for the best.

The ambulance came to collect him and he was all wrapped up in blankets.

He looked so weak, I didn't think he would make it through the journey.

I told the ambulance driver that no matter what happened on the journey, Bill was to go to the Cottage Hospice, not to hospital.

As soon he arrived Bill was settled and comfortable in a bed, it was like a great weight had lifted from me. The facilities at Cottage Hospice are just wonderful and I was so impressed with the team.

I can't explain how they made me feel. They were just always there for us when we needed them. I became quite attached to all of them even though I spent such a short time with them. In Bill's final hours he was clearly close to the end of his life, and it was the hardest thing to sit through. The team supported me, they would do whatever I needed.

I got out a photograph of Bill as he was a few years ago, to remind myself and the family of how he was before he became so ill, and I took it into the Cottage Hospice too to show them the real Bill.

The care from Hospice in the Weald is not what I expected. You don't know what you need in times like this, and they do. They organise things and put everything in place. I felt so supported. It is worlds away from a hospital or from coping on your own at home. I can't really put it into words.

If anyone needs Cottage Hospice, I would tell them not to hesitate. "Welcome it with open arms. You won't find a better place to care for your loved one and to be helped in caring for them."

For more information on Cottage Hospice, visit hospiceintheweald.org.uk or contact Holly Cowen, Head of Cottage Hospice, on on 01435 512500 or holly.cowen@hospiceintheweald.org.uk

Foundations for the Future

Page 4 sets out how we have grown over the last 40 years, but our focus is always on supporting more local people, and ensuring we will be there for those who need us, now and in the future.

As demand for our services continues to increase, we must continue to adapt and improve our services to support all who need them.

Foundations for the Future is our next step in looking ahead. This project will transform the space currently used for Hospice Day Service into something as modern and inspiring as Cottage Hospice. It will help increase the capacity of the

Hospice building and improve our provision of care.

The project will future-proof the building, and give us more space in reception and Hospice Day Service. Footfall into the building in Pembury is almost 1500 people every week, three times what it was three years ago. That doesn't sound like much, but it's almost 78,000 people per year.

Foundations for the Future is about creating a larger flexible space to enable us to continue to meet increased demand, and to increase attendance in Hospice Day Service from the current 30 people per day to 40 people per day – including families and carers, not just patients.

Central to the project is the increased focus on empowerment in Hospice Day Service. Rather than a set lunch time, patients and visitors will choose that they want to eat and when. By creating big open spaces, suitable for groups, activities and more, we will preserve the social element so many people treasure in Hospice Day Service.

The design will bring the outside inside, updating the landscaping of the garden and ensuring it is accessible for all to enjoy.

The project will future-proof the building, and give us more space in reception and Hospice Day Service.



To find out how you can fundraise and help us ensure we are here for those who need us now and in the future, visit hospiceintheweald.org.uk

What will you do for 40 years of care?

Hospice in the Weald has been celebrating life & dignifying death for the last 40 years. We'll be marking this in 40 ways, many of which you can get involved in.

- 1 Childrens Hospice in the Weald launches
- 2 This bumper edition of Hospice News, which is in a one-off larger format
- 3 A new mission, vision and strategy. The Hospice Leadership Team are working on our updated strategy, which will be available from April 2021. For more information, or a draft copy, contact Tor Edwards, Head of Communications, at tor.edwards@hospiceintheweald.org.uk or 01892 820502
- 4 A special update to our logo. You'll see this on Hospice News and our communications until March 2021
- 5 We'll be holding a Birthday Party! See our website for more
- 6 A Ruby-themed raffle. Our popular summer raffle will be back, with a ruby twist in the summer
- 7 We'll be encouraging our supporters to become lottery members – for more information, see page 25
- 8 Our Starlight Stroll will be back on 17th October 2020
- 9 40 faces of Hospice in the Weald We'll be sharing more stories from members of our community than ever before. Follow us on social media to find out more
- 10 Love your labels lock in on 26th March 2020
- 11 Our Precious Moments campaign on page 18
- 12 Our fantastic Open Gardens will be running from March to September
- 13 The Corporate Quix will be back on the 8th October 2020!
- 14 Our popular Christmas market will take place during November
- 15 Carols at Christmas will take place at Tonbridge School on 15th December 2020
- 16 The Moonlight Walk will take place on 13th June 2020
- 17 Supporters will be making Time for Tea, see page 10 for more information
- 18 The Hospice Run, with 5K and 10K routes will be back on 20th September 2020
- 19 We're asking supporters to give a collection pot a home, find out more on page 10
- 20 We'll be celebrating and thanking our volunteers, and inviting more to join us – see page 12 to find out more.
- 21 Working with schools on a special coins project
- 22 We'll produce a calendar to mark our 40 years of care
- 23 We'll be on your local radio stations throughout the year. Follow us on social media to find out when, where and who will be speaking
- 24 The "I'm still me" dementia project, a new initiative which helps families of patients with dementia understand more about caring for them
- 25 Knit-a-Chick – the ever-popular chicks will spring into action for Easter 2020
- 26 The China Trek – October 10th to October 18th, 2020
- 27 Our great big thank-athon to thank all of our wonderful supporters, for being part of the last 40 years, and the next
- 28 Foundations for the Future, as shown on page 16
- 29 You'll see our '40 years' branding celebrated in our shops
- 30 Partnership with Tonbridge School
- 31 Complementary Therapy Retreat Day on Saturday the 16th May for patients, families and carers
- 32 Light up a Life on 5th December 2020
- 33 Our beautiful Heart to Heart appeal
- 34 Hospice Gala Dinner, 27th June 2020 (see page 11)
- 35 Supporters will be adding leaves to our Memory Orchard
- 36 Art of the Weald
- 37 The big 4-0 challenge (see more on page 21)
- 38 A special edition film showing stories from our patients and families
- 39 Supporters are going green for the Hospice in July 2020
- 40 We'll be asking 40 local businesses to join the Money Tree Challenge!



Anne-Marie with her family at Disneyland, including, Lee, Leeann and her son Kieran

The Hospice gave the gift of extra time with Mum. I can never thank them enough.

Anne-Marie and her family first came to the Hospice in 2015. Her cancer treatments had not worked and the family were told she had less than a year left. Lee, Anne-Marie's husband, and their daughter Leeanne remember how life changed for them all from that day forwards.

"It was devastating. We were all falling apart, but not Mum. She took it in her stride and never once complained. She loved this place, absolutely loved it.

We were so uncertain when the hospital first mentioned the Hospice. I thought that was it. I thought it would be a place that was dark and gloomy and full of death. But it really isn't. It is the warmest, most welcoming celebration of life."

Anne-Marie was admitted to the In-Patient Ward and stayed for a month.

"When she came in here, they helped her get stronger and fight the infection. She had physio, and she learnt to walk again. The nurses here, they built her up and gave her back her independence. She became well enough to have an operation to remove the tumour. That would never have happened if she hadn't come here. And we had 6 wonderful weeks after that where she was well."

The care from Hospice staff and volunteers helped Anne-Marie spend time with her family and regain her strength. But as time progressed, her symptoms returned.

Tests showed that Anne-Marie's cancer had spread. But she was determined not to let this stop her. "She had a lot of fighting spirit. And she loved it here, so that helped. She became friends with all the nurses. We even came in one day and she'd had a beautician in who had done all her makeup and her nails. She loved the massages, too, and the jacuzzi bath. One day, we all came in and decorated glass lanterns in Hospice Day Service, and painted the Forget Me Nots, which are sentimental treasures that we are able to keep forever. It was amazing to be able to spend quality time together as a family but with care and support literally just round the corner if we needed it. We all felt very comfortable here. She knew she wanted to die here."

The precious moments Anne-Marie and her family created in Hospice Day Service will stay with her family for ever. They knew she felt comfortable in the Hospice.

"Being here helped us too. She was in the right place, and it gave us time to come to terms with it all. We knew we could always come. And we could call up at any time with questions and the reassurance and support was always there. I know my sisters liked coming here and speaking to the nurses too. We all knew exactly what the situation was. There were no technical terms, no jargon, and we were told just as it was and how we were going to get through it together. Mum felt comforted too as she knew she didn't have to worry about raising concerns – the nurses were always on hand and would notice if anything was wrong. We would have struggled without the Hospice."

"At the end, we all wanted to be here. And when I say all, I mean all 16 of us! But the Hospice put us up. They didn't tell anyone to leave. They opened rooms for us, and thought of all the little things. There



were toothbrushes and toothpaste in the room, things we hadn't even thought about. It was all there ready, and it meant we could actually relax. Everybody was welcome. It made the journey that we went on special. It's what she would have wanted. Everybody there." Anne-Marie died on the ward in May 2019.

"We spend a lot of time in the quiet room now, like we did when Mum was here. We write in the book and light a candle. It is a place to come and remember. We have special friendships here too, so it is like a second home. Everyone is lovely. We will never be able to repay the Hospice for what they have done for us, but we can do little bits and pieces." Lee and Leeanne and their family have a leaf on our Memory Orchard

for Anne-Marie, and walked the Starlight Stroll in 2019, with nearly 20 friends and family, in her memory. Leeanne has also signed up for our Great Wall of China trek. "It just clicked. Having lost Mum in May, I felt lost myself, but now I've got a focus, a drive. I am going to walk the Wall and raise over £3,000 for the Hospice. This is my way of thanking the Hospice for giving us the gift of extra time with Mum, for the loving care they provided her and our family throughout our journey, and for all the support that we're still getting."

"The Hospice didn't just keep mum comfortable at the end, they kept Mum 'Mum' and we will never forget that."

Donate to help families like Anne-Marie's have more precious moments.



For further information regarding any of the above, please contact Leeann Wilmer, Relationship Fundraising Manager, on 01892 820507 or leeann.wilmer@hospiceintheweald.org.uk

Every Precious moment

Step 2: Your Details

Title	First Name
Surname	
Address	
	Postcode
Telephone	
Email	
Date of birth	

- ☐ If you have supplied your email address please tick here to confirm that you are happy for us to use this to communicate with you.
- ☐ If you have supplied your mobile number please tick here to confirm that you are happy for us to use this to communicate with you.

Thank you for supplying us with your contact details. By choosing to make a donation, we believe you have a Legitimate Interest in hearing more about the work of Hospice in the Weald, and we will use your data to keep you up to date. At any time you can manage your preferences by visiting our website: 'Our Supporter Promise'; by phoning or writing to us using the contact details overleaf.

Step 3: Gift Aid it

Gift Aid is a simple way to increase the value of your donation to Hospice in the Weald, at no extra cost to you. If you are a UK taxpayer, Hospice in the Weald can reclaim the basic rate tax (25%) on your donation. If you donate £20.00 using Gift Aid, this is worth £25.00 to Hospice in the Weald.

giftaid it

☐ Please tick the box and sign below.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Signature	Date
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Please complete these details and send the form to:
Hospice in the Weald, Fundraising Department, Maidstone Road, Pembury, Tunbridge Wells, TN2 4TA
or use the envelope enclosed in this newsletter.

Yes! I would like to help families like Anne Marie's make the most of every precious moment.

Step 1: Type of Donation

One-off gift

I wish to make a gift of ☐ £20 ☐ £35 ☐ £50 ☐ Other

Type of card	
Name on card	
Card number	
Start date	Expiry date
Issue number	Security code

(if applicable)

(this is the last 3 digits printed on the back of the card on the signature strip)

Cheque

I enclose a cheque for

Please make payable to **Hospice in the Weald** and attach to this completed form and post to: Fundraising Team, Hospice in the Weald, Maidstone Road, Pembury, Kent, TN2 4TA

Regular Gift via Direct Debit

I would like to make a ☐ monthly ☐ quarterly ☐ yearly

donation of: ☐ £5 ☐ £10 ☐ £35 ☐ Other

Paying by Direct Debit helps to keep our costs down and means more of your money goes directly to the Hospice.



Please complete these details

Instruction to your bank or building society to pay by Direct Debit

8 3 9 5 4 2

To the Manager (Bank/building society)	
Address	
Postcode	
Name of account holder	

Sort code Bank/building society account number

Instructions to your bank or building society

Please pay Hospice in the Weald Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Hospice in the Weald and, if so, details will be passed electronically to my bank/building society.

Signature(s) Date

Banks and building societies may not accept Direct Debit instructions from some types of account

Thank you

Art of the Weald

Art of the Weald

Art of the Weald promises to be a delight for art enthusiasts and Hospice supporters alike

The works of forty of the region's most acclaimed artists will feature alongside a gallery of artwork created by a combination of much-loved celebrities and Hospice patients at Art of the Weald, an exhibition taking place in the Old Big School Gallery at Tonbridge School in the Spring.

Art of the Weald will include an array of art created using different mediums ranging from oils, acrylics, and watercolours to digital artwork, photography and sculpture. Artists chosen to display their works include Vice President of the Royal Society of British Arts and the sculptor behind the Kelly Holmes statue that welcomes visitors to Tonbridge, Guy Portelli. Louise Giblin, predominantly known for her life casting and

Sevenoaks based oil painter, Jackie Gwyther, will also be exhibiting.

The exhibition, marking 40 years of Hospice care is inspired by the Creative Art sessions enjoyed by both Hospice Day Service and ward patients, their families and their carers. The sessions offer those attending the opportunity to learn new skills including pottery, jewellery making, glass painting and mosaics. The groups can give a sense of purpose and provide peer support to those participating. Like all services provided by the Hospice these are completely free of charge. The money raised will from Art of the Weald will enable us to continue to provide all our services free of charge.

A private viewing will take place on the evening of the 27th of March and will then be open to the public on the 28th and 29th of March. Refreshments will be available and additionally Tonbridge School will be offering guided tours of their exquisite gardens in aid of the Hospice.



"Art of the Weald offers many talented local artists an opportunity to showcase their work which will, at the same time, help support one of the most important charities we have in our community. I look forward to it being a great show."

Jenny Dalleywater,
Scratchboard Artist



Secret Art Sale



As part of Art of the Weald, well-known celebrities have been given a canvas to create an original piece of art using the theme "Celebrating Life." Supporters of the Hospice will be able to bid for their favourite art, and will find out after the auction who is the artist behind the work.

**Saturday 28th March and Sunday 29th March
10:30am to 4pm Tonbridge School**

Visit hospiceintheweald.org.uk for more details and to view the full list of exhibiting artists.

For more information, contact Minh Lan Nguyen on 01892 820 533 or minhlan.nguyen@hospiceintheweald.org.uk

Challenge 40

CHALLENGE 40

What will you do for our big 4-0?

What will you do for our big 4-0?

Take on a challenge that will push you to the limits to help us mark 40 years of care in our community.

Whether it's in memory of a loved one, to beat your PB, to get fit or to feel the thrill of the crowds chanting your name, join our team braving #Challenge40 and help us mark 40 years of outstanding Hospice care.



Run

Wear a green vest with pride and hear the crowds cheer your name as you cross the finish line in the London Landmarks Half Marathon, Brighton or London Marathons, or the Royal Parks Half Marathon.



Cycle

Pedal for a medal in the BM Ride, Tonbridge Triathlon or Prudential Ride London-Surrey. Let's get those wheels in motion!



Jump

Fly high over the Kentish countryside and feel the wind against your face as you take the leap with our tandem skydiving challenge. We dare you!



Trek

Trek the country's most beautiful coastal and mountainous routes, choosing your distance on the London 2 Brighton or Thames Path Ultra Challenges, or journey overseas and take on the twists and turns of the Great Wall on our China trek.

Tri

Dive right in, pedal hard and sprint round the trek with a triathlon. The Tonbridge Triathlon sprint-distance event is perfect for beginners and those looking for a new challenge.

For more information contact Chiara Creates on chiara.createes@hospiceintheweald.org.uk or 01892 820533 or visit hospiceintheweald.org.uk to sign up

Look at all you've done!

If you're inspired by what you see, get in touch to find out more about organising your own fundraising event or activity. Contact Chiara Creates on 01892 820533 or chiara.create@hospiceintheweald.org.uk



Thank you to the **Tunbridge Wells Rotary Club and Royal Victoria Place** for holding the beautiful Tree of Light this year. Thanks to the support of generous customers, the appeal raised an enormous **£2,873.74**.



Thank you to sisters **Alice and Sophie**, who completed the Breca Coniston Sprint, which involves an 18k run and 3k swim, over the fells and through the lakes of the Lake District. A hugely impressive feat!



We must thank **The Floaters, the Hilden Heroes' Hilden Park Accountants' team** and the **Wealding Oars**, our three awesome teams who all raced in Dragon Boats last year, raising nearly **£2,000** between them through sponsorship and collections on the day.

Thank you to **Janice and her daughter Helen** who hosted a wonderful Time for Tea event. Fundraising activities included a fun tombola, super prize draw, guess the weight of the cake and name the bear competition, collectively raising **£106.37!**



Thank you to the **Tunbridge Wells Ramblers**, who braved the rain and wind to raise money on their ramble around the town. The 17 walkers kept their spirits high, and raised a wonderful **£127** for the Hospice.

Thank you to **Joan and her family** who threw a party to celebrate what would have been her husband's 80th. Friends and family shared precious memories of their time with Dennis and sold raffle tickets to raise funds.

A heartfelt thank you must go to **Carl Gibb** and the **Larry and his Lambs Golf Society** who organised and contributed to a Golf Day which raised a fantastic **£617.11** – the most the event has ever raised for the Hospice.

We would like to say thank you to **Wilderness Golf Club** for raising over **£24,000** from its Captain's Golf Day and Sportsman's Dinner. We are so grateful for the club's ongoing support which makes a huge difference.

Thanks to **Alan**, who held his own **Time for Tea** party to raise money for the Hospice. Alan and friends welcomed around 40 guests earlier in the Autumn, and raised over **£400**.



Thank you to **Ricky La Rue** for his gala evening performance which raised **£957.85**. The evening was a delightful and roaring success, with all guests having a wonderful evening. We are sure that you'll agree Ricky looks amazing.

We must thank **Berry and Lamberts solicitors** for their ongoing support of the Hospice, and for their quiz night at the Grey Lady which raised over **£1,700**.

We would like to say a huge thank you to the **Royal Oak Pub** on Shipbourne Road in Tonbridge for their ongoing generosity and support. For the last ten years, the pub has held a quiz night for us, raising over **£7,000**, as well as holding raffles, barbecues, auctions and regularly filling their collection pot!



A huge thank you to **Tracey** who organised a fabulous **80s Charity Disco** last month, raising a grand total of **£1,237.33** for Hospice in the Weald. Over 100 people attended, dancing the night away and trying their luck in the raffle – and all had a wonderful time!



Thanks to **Dawson Hart Solicitors** for holding their **annual Charity Barn Dance** to raise funds. The evening comprised of lots of twirling, gallops, and tunnels but most of all, a lot of laughter. The evening raised over **£840** for the Hospice, an enormous figure for which we are very grateful.



Thanks to a very brave supporter **Naomi**, who courageously did a skydive in honour of her Aunty Susan and raised over **£1,000** through sponsorship.

Heartfelt thanks must go to **Ticehurst Football Club, Wendy and Paul** for holding their charity football match in memory of David Long. Bolton Dave took on the Ticehurst Trotters, and came away with victory. It was a great game and everyone was in high spirits!

Thank you to **Caroline Charles fashion shop** in Tunbridge Wells, who held an in-store event to launch their new collection, with a raffle which raised **£500**, and who donated an exquisite scarf which was sold at the auction of Hospice in the Weald's Sporting Dinner.

Many thanks go to **Rose and her team** who raised over **£970** from their Christmas Fair in Rusthall. Visitors enjoying a range of cakes and drinks whilst browsing all the delights being sold on the stalls.

Thank you to **Nicola** who held a craft afternoon where guests were invited to get creative with their crafts, raising **£250**. The youngest to get crafty was 7, and the oldest was 80, so there really was something for everyone!

The **Shakespeare Project UK** put on an incredible Macbeth performance at their Gala Charity evening, raising over **£550**. Guests were also treated to bubbles and canapes at a pre-show reception with a raffle and other fundraising activities. **Thank you all!**



Thank you to **Chloe**, who the last few months has made and sold beautiful **bottle lights**. Chloe's bottles have proven really popular, and she has raised over **£400**. She is donating the money to the Hospice as part of her Mum Jenny's fundraising for the Great Wall of China trek she is doing in October.

Huge thanks are owed to **Jenny and friends** for organising a bridge afternoon in Matfield. Over 100

people attended the event, and over **£2,200** was raised for the Hospice.

We owe many thanks to the **staff and students** from **Body Wise Yoga** who raised an incredible **£1,947** from their 30-day Meditation Challenge.

Thank you to **Emily**, who raised **£46.50** from selling her toys and books at her Brownie group.



You might remember Colin's face from last year. We're thanking him again for collecting on **Southeastern trains** over Christmas, complete with cheery smile, Santa hat and bag full of chocolates. Colin raised **£2,968.64!**

Thank you to the **Tonbridge and District Young Farmers Club** for their hard work collecting Christmas trees from residents in their area to be recycled in exchange for donations – tiring but worth it, as they raised an amazing **£250!**

Capture memories of your loved one on our beautiful **Memory Orchard**.

Many families ask for personal memorials at the Hospice and a leaf on the Memory Orchard is a beautiful way to capture those memories and moments.



A meaningful and lasting way to remember your loved one – we worked with local artist Rob Leighton and sculptors Wendy and Rob from Cranbrook Iron, to create the Memory Orchard – a beautiful iron tree at one with nature, in the Hospice gardens.



Hanging a personalised copper leaf, inscribed with the name of your loved one and your personal dedication is a wonderful way to remember them. Your leaf can be gently moulded into a distinctive shape and as the copper ages, will become as unique as the person you are remembering.



Overlooking the local orchards and oast houses with benches alongside, the Memory Orchard is a special place. You can visit the peaceful Hospice gardens to see your leaf, read the memories of others and spend time reflecting and remembering those people who are special to you.

For a suggested donation of £120, your leaf will hang on the beautiful Memory Orchard for a year (or longer if you wish) and will be both a lasting tribute and a wonderful donation in memory of your loved one. Your donation helps ensure all Hospice in the Weald patients, families and carers continue to receive individualised care and support that is completely free of charge. To purchase a leaf in the Memory Orchard, please complete a donation form. You can also donate online at hospiceintheweald.org.uk. For more information, please call Diane on **01892 820533** or diane.webster@hospiceintheweald.org.uk

Knit-a-Chick

Calling all knitters



Please Donate your Chicks by 22nd March 2020

It's that time again! Get those needles clacking and create characterful and colourful chicks for Easter. This year, we're celebrating 40 years of the Hospice – so why not add some ruby touches – perhaps a red scarf, hat or beak.

Whether you choose to knit or crochet your chirpy chicks – this year, make a bumper clutch and help raise a record breaking amount of money in our 40th anniversary year.

All our chicks need pairing with an egg (Cadbury's creme egg, or similar) – so if you can include eggs or make a donation towards their cost, it's always hugely appreciated!

The pattern is available on our website www.hospiceintheweald.org.uk

Kindly supported by Closs & Hamblin in Tunbridge Wells and Barsleys in Paddock Wood. Pop in for a discount on materials by mentioning Knit-a-Chick.

CLOSS & HAMBLIN **Barsleys**

Become a Lottery Member

Small acts of kindness can make a real difference to the lives of others.

For over 20 years, supporters of the Weekly Lottery have done just that. Giving as little as £2 a week, our Lottery members collective contribution has made a huge impact on the lives of patients and families. In the last year alone, Lottery members contributed a staggering £580,000 toward the £7 million it costs every year to fund our vital services – enough to fund our Hospice Day Service for a year.

An easy way to show your kindness.

Joining our weekly Lottery is one of the simplest and sustainable ways you can give your support. From just £2 a week, you will have the chance of winning the

weekly main prize of £1,500 or one of 42 other cash prizes every week.

Join today and make a difference.

The money raised by our Lottery provides vital regular income, helping provide Hospice care to more patients and families in need. Giving just £2 per week provides a dependable source of income to help plan for the future. Join today – your gift will make a big difference, to more people for many years to come.

"A lady from Hospice in the Weald came to our house to ask us to sign up to the Lottery. She made me realise that this is a place that one day, me or my family might need to use. Since then, 7 years ago, I have visited friends who were at Hospice in the Weald. It was the best place they could have been at the end of their lives and because of this, it is a charity I am very keen to support."

Mrs Ribbons,
Lottery Member

To join, visit our website www.hospiceintheweald.org.uk or call Diane on **01892 820533** or diane.webster@hospiceintheweald.org.uk

Nursing as it should be Recruiting Registered Nurses



HOSPICE IN THE WEALD
40 YEARS
*Celebrating Life,
Dignifying Death*

Apply now at www.hospiceintheweald.org.uk or contact Jemma Clements on **01892 820546** or jemma.clements@hospiceintheweald.org.uk

Save the date

For further information please see www.hospiceintheweald.org.uk

March	April	May	June	July
<div>1Sky Diving Challenge Until 31st Dec 2020 Time for Tea Until 10th April 2020</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div>	<div>1</div> <div>2Isle of Wight challenge</div> <div>3Isle of Wight challenge</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13Don't forget to sign up for the Moonlight walk</div> <div>14</div> <div>15</div> <div>16Jurassic Coast Challenge</div> <div>17Jurassic Coast Challenge</div> <div>18</div> <div>19London 2 Brighton Challenge</div> <div>20</div> <div>21</div> <div>22</div> <div>23London 2 Brighton Challenge</div> <div>24</div> <div>25</div> <div>26London Marathon 2020 8:00am – 5:00pm</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13Moonlight Walk 2020 7:00pm – 11:00pm Lake District Challenge</div> <div>14Lake District Challenge</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27Cotswold Way Challenge</div> <div>28Cotswold Way Challenge</div> <div>29</div> <div>30</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>
<div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26Love your labels lock in 6:00pm – 8:00pm</div> <div>27</div> <div>28Art of the Weald</div> <div>29Art of the Weald London Landmarks Half Marathon 9:00am – 5:00pm</div> <div>30</div> <div>31</div>	<div>5Paddock Wood Half Marathon</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11Easter 50 Challenge</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19BM Ride 2020 5:00am – 12:00pm Brighton Marathon 2020 9:00am- 5:00pm</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26London Marathon 2020 8:00am – 5:00pm</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>

August	September	October	November	December
<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16Prudential Ride London-Surrey 100 5:00am – 5:00pm</div> <div>17</div> <div>18</div> <div>19</div> <div>20Its time to dust off your trainers and start training for the Hospice Run!</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29South Coast Challenge</div> <div>30South Coast Challenge</div> <div>31</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6Weald St Georges 10k and 2k Fun Run 10:30am</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12Thames Bridge Trek Thames Path Challenge</div> <div>13Thames Path Challenge London to Brighton Cycle Ride 6:00am</div> <div>14</div> <div>15</div> <div>16London to Paris Cycle Ride 6:00am</div> <div>17Don't forget to sign up for the Starlight Stroll</div> <div>18</div> <div>19</div> <div>20Hospice Run 20 8:00am – 12:00pm</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26Chiltern 50 Challenge</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10Great Wall of China Trek Until 18th October</div> <div>11Royal Parks Half Marathon 9:00am – 3:00pm</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17Starlight Stroll 2020 6:00pm – 10:00pm</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28Christmas Market</div> <div>29Christmas Market</div> <div>30</div>	<div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>	<div>5Light Up A Life</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15Carols at Christmas</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>

Moonlight Walk

Remember ★ Celebrate ★ Donate



Saturday 13th June 7pm
Sevenoaks, TN13 3UH

**Sign up now at hospiceintheweald.org.uk
or call Jenny on 01892 820533**

Every single step you take, every pound you raise will make a huge difference to all our patients, families and carers.



Registered Charity No. 280276



Sevenoaks
TOWN council