



Towards recovery from COVID



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Hospice Help Hub



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Cover image: Matthew, a volunteer, in the Hospice Gardens at Pembury
Photo credit: Gaius Thompson



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- Adding your email address to the 'Sign up for Hospice News' link on our website, hospiceintheweald.org.uk
- Contacting Tor Edwards – Development & Communications Director on, 01892 820502 or tor.edwards@hospiceintheweald.org.uk

By ensuring that you receive Hospice News in the way that is best for you, you are also helping us to be more cost effective with our communications.

Thank you for supporting the Hospice, we look forward to keeping in touch.

Tor Edwards – Development & Communications Director

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

Recovering from COVID

Rob Woolley, Chief Executive

It seems I have written about COVID in a few of these articles now.

I have spoken previously about cautious optimism, and it seems we will remain in this phase for a while yet. The risk of new variants remains.

However, our staff and volunteers are now experienced at coping with the challenges that COVID presents, and regardless of any risk of new variants, I am confident that we will continue to deliver outstanding Hospice care.

You will read on pages 6 and 10 how we have enabled Hugh, Rogina and others like them to be with their loved ones, despite COVID. Visiting restrictions have been a heartbreaking reality for people across the country, and I know our nurses, staff and volunteers are so proud to have kept families together during the last year.

On page 13, Tom shares how Hospice Outreach Service have supported him at home, along with our physiotherapists and many others. People are often surprised when they realise the Hospice provides such a range of Services, including physiotherapy. The

Our staff and volunteers are now experienced at coping with the challenges that COVID presents.



Rob Woolley, CEO

support with financial paperwork which Rogina explains on page 10 is another example of the wide range of support that we offer.

On page 4, we share the exciting new Help Hub. Although COVID has been unbelievably difficult for everyone in so many different ways, it has made us push forward with our use of technology. The Help Hub is another step towards providing digital options for our patients, that will stand the test of time. There will be more of these to come.

None of the things I have mentioned in this article are possible without continuing fundraising income. Alongside the popular summer raffle on page 10, you will also find information about other ways to support the Hospice in this edition.

With your support, the new normal for Kent and East Sussex will include outstanding Hospice care for anyone who needs it. Please support us if you can.



Hospice in the Weald, Maidstone Road, Pembury, Tunbridge Wells, Kent, TN2 4TA
www.hospiceintheweald.org.uk



Registered Charity No. 280276



The Hospice Help Hub

Outstanding Hospice care does not stand still

For many people, the COVID pandemic has brought about a rapid change or increase in their use of technology. For Hospice patients and their families, this is no different.

We have offered consultations via video call to help patients who are shielding reduce their contact with others, whilst still accessing the care and support they need. Our Counsellors have also have offered sessions via video call to ensure people can

We have developed a new website. This site holds all of the information patients, those important to them, and fundraising supporters might need, in a way that is easy to find.



To view the Help Hub, click on 'Help Hub' in the top right hand corner of our website



still access counselling throughout the pandemic. This option will continue to be available, after the pandemic ends.

Across the country, our use of digital information and communication has grown. In response to this, we have developed a new website. This site holds all of the information patients, and those important to them, supporters, volunteers and members of the public might need, in a way that is easy to find.

The Help Hub is a key feature on the new website. It is a searchable bank of information which patients and those important to them can browse through, or search, to find information about specific symptoms or other topics.

The Help Hub will mean we can meet the needs and concerns of more patients and their loved ones at any time of the day or night. It is a hub of information that patients can refer to, as well as being able to talk to their Hospice Nurse.

What you need, when you need it

Hospice Palliative Care is tailored to each patient and their loved ones, to meet their needs and circumstances. Terminal illness affects everyone differently, from the symptoms they experience to how they manage their medication or mealtimes. Whether someone is managing their illness around young children, work, or other

commitments, our care will be designed to fit in with them.

The Help Hub is another tool that patients and their loved ones can use in the way that suits them best. They might choose to browse it for information, to help them know what to expect in the future, or to search for a helpful piece of advice just when they need it. They might choose to share the information with family or friends to help explain how they want to manage a particular symptom or problem.

A leader in Hospice Palliative Care

One of our strategic aims is **to be a leader in Hospice Palliative Care and End of Life care.**

We will continue to ensure we deliver the best possible care for local patients and those important to them, whilst developing support and resources just like the Help Hub, to continue to lead in Hospice Palliative Care, and better serve more families.

The Help Hub means we can meet the needs and concerns of more patients and those important to them at any time of the day or night.

To view the Help Hub, visit hospiceintheweald.org.uk and click on 'Help Hub' in the top right hand corner.



Hugh's wife Ann was cared for by the Hospice in early 2021. Here he describes his experience.

"Ann was an incredibly empathetic person. We had been together for 34 years. One of the hardest things about her death has been the outpouring of love and all the wonderful things people have said about her – how kind she was, how inspirational she was across her career and friendships. Grief makes you wonder whether you made the most of having such a special person in your life.

Ann's mantra throughout her illness was 'one day at a time' and I am trying to live by her words now. She never asked any of her doctors how long she had left to live – we just made the best of what we had, taking each day as it came.

Our journey with the Hospice began with Ann's oncologist, who had been responsible

for her treatment for the previous 18 months. We had a long conversation with him in which he explained that we were at the end of the road, it was not possible for Ann to have any more treatment. That conversation should have felt like her world

At first, the Hospice doctors visited us at home and prescribed her better pain relief. I was shocked and at the same time delighted by the incredible support – I had no idea the Hospice had doctors!

was ending, but somehow, she spent most of that discussion supporting him, sympathising with the pressures he was under as a medical professional in a pandemic.

She was sympathising with his struggles, as she received the worst news of her life. It is hard to put Ann's strength into words, but I think that demonstrates it. She continued, taking each day as it came.

So that day we returned home, with the question: 'where do we go from here?'. We have always had structure and a plan, and suddenly we were without one.

The Hospice was mentioned to us and on our first visit, to look around, we thought it was not for us at all. You think of Hospices as being a one way ticket, and we simply did not want that. I know other people will have that perspective too, but it could not be further from the truth.

So, we continued life at home without further treatment, facing this one way ticket. Ann was getting more and more uncomfortable. Her original diagnosis was bowel cancer, but as her cancer spread, it became harder to manage her discomfort. At first, the Hospice doctors visited us at home and prescribed her better pain relief. I was shocked and at the same time delighted by the incredible support – I had no idea the Hospice had doctors!

The Hospice had always offered to support me as well, so one day I reached out to them in desperation. I had major concerns that Ann's suffering was too intense, I rang the Hospice and said: "We need help".

Within 24 hours, a Hospice Doctor was in our home, addressing Ann's concerns, changing her prescription, arranging blood tests and COVID tests and so much more. Suddenly, we



had a plan. Ann would go to Hospital to have a small procedure and would then come to the In-Patient Ward at the Hospice.

Finally, we arrived at the Hospice. Ann seemed relatively well, although she was still in a great deal of discomfort.

Arriving at the Hospice brought an overwhelming feeling of peace and safety. It was like we had entered a refuge from all of the confusion and panic of hospital and home. Ann got into bed in this beautiful room which looked out over the gardens, and she was able to rest.

I was able to be by Ann's side the whole time at the Hospice, which was all I wanted.

The staff and volunteers at the Hospice were unwaveringly supportive, compassionate and caring. Nothing was too much trouble.

I will never forget the kindness and friendship of the Hospice nurses. There is such empathy in the way everyone at the Hospice does things – the doctors, nurses, all of the staff and volunteers

At the Hospice I knew we had everything we needed. Watching the person I loved the most come to the end of her life, I was incredibly upset, but even in their busy jobs and with COVID and PPE to manage, the Hospice staff extended such kindness and love to me. They sat with me whilst I cried so that I could hide it from Ann; then I'd go back to her room, they'd get me a cup of tea and I could sit with my wife and hold her hand.

I was able to bring Buddy our dog in to visit Ann too, they were both snuggled up on the bed together. How many people know you can take dogs or horses or sheep to the Hospice?! The cleaning staff would come in and greet us with a smile each morning. Staff would come in and make sure she was comfortable and dignified – I was amazed at how much care goes in to everything. Ann was always worried about her personal appearance and to have people just quietly maintain her dignity was so important.

I was able to bring Buddy, our dog, in to visit Ann too, they were both snuggled up on the bed together. How many people know you can take dogs or horses or sheep to the Hospice?!

One of the nurses, Claire, stands out in particular. When Ann's breathing changed one evening she said to me 'it won't be long now'. I was prepared for what was to come. I knew Claire and the team would be there for me. My daughter and I were both with Ann as she died.



Ann was cared for at home, and on the In-Patient Ward

I will never forget the kindness and friendship of the Hospice nurses. There is such empathy in the way everyone at the Hospice does things – the doctors, nurses, all of the staff and volunteers.

After Ann's death I had that same question: 'what do we do now?'. Again, the Hospice guided me through.

I have paid my way for services and medical care all of my life. To have everything at the Hospice offered for free was incredibly humbling. There are so many more aspects to Hospice care than people realise. I would tell anyone needing the Hospice, welcome it with open arms. My family and I will never forget the love and compassion we received."

Remembering Hospice in the Weald in your Will

One in every five patients we care for has their care funded by someone who has left Hospice in the Weald a gift in their will.

By choosing to leave a gift in your will, you will be ensuring that patients and those important to them continue receiving the vital care and support they deserve. Your gift will help local families enjoy the precious time they have left together.

Leaving a gift in your will to Hospice in the Weald costs nothing in your lifetime but its impact on our patients and their loved ones is remarkable. It is an easy way to support us for years into the future, ensuring that outstanding Hospice care is available for patients and those important to them when it is truly needed most.

No matter the size, a gift in your will has a huge impact. It will help ensure everyone with a terminal illness and those important to them will always receive outstanding Hospice care, completely free of charge.

You can access a will writing service on our website, providing a simple and stress-free way to write a will completely free of charge, saving around £144 in legal costs.

If you have an existing will, it's a good idea to review it frequently to ensure it still reflects your wishes. It is possible to make small changes to an existing will, by including a legal document known as a codicil form, which is signed and witnessed in the same way as writing a will with a solicitor. Ordinarily, it would be cheaper to make small changes to your will by including a codicil form, however by following the link to the Will Writing service from our website, you can create a new will for free at any time.

Consider remembering Hospice in the Weald in your will, after you have taken care of those who mean the most to you, and you'll be supporting patients and those important to them for many years to come.

Visit our website to find out more about how leaving a gift in your will can make a real difference to the lives of friends, neighbours and loved ones through Hospice care. You can also follow the simple steps on our website to create your own will for free.

Please contact Gemma Millen – Relationship Fundraising Manager, on **01892 820506** or gemma.millen@hospiceintheweald.org.uk for more information.

Hospice Raffle: Loved ones matter most

In the past year, we have all missed our loved ones during COVID lockdowns. For those facing terminal illness, time with family and friends becomes more important than ever.

Supporters like you helped patients like Joseph and his wife Rogina cherish time with their family in the midst of the COVID pandemic. This summer, we are asking you to support the Hospice raffle to make sure local families can treasure their time together, whilst coping with terminal illness.



Rogina and Joseph had known each other since they were teenagers. Meeting again in later life, they married and spent 29 happy years together.

“Joseph was a big family man, and we both have children from our first marriages, who we adore. With our family living in various places in the UK and overseas, Joseph set time every week to call his children and grandchildren. Joseph would call his son at

6pm on a Friday, and everyone would be there, so he could talk to them all at the same time.”

After a diagnosis of Cystic Fibrosis in 2019, Joseph was cared for at home by Rogina. As Joseph’s condition deteriorated, they worried their flat would be too small to fit any specialist equipment or a hospital bed – any of the things Joseph might need as he neared the end of life. Finances were also a concern. “The Hospice helped us to apply for financial support. I could buy nicer food for Joseph, and not be concerned if we had to throw it away because he couldn’t eat it. The money was such a big relief for Joseph as he knew I would be able to stay in our flat after he died. It stopped him worrying – the help from the Hospice did that.”

For many patients just like Joseph, Hospice care plays a crucial role in managing their symptoms and worries, so they can enjoy time with their loved ones.

For just £5 a ticket you can be a part of our summer Raffle and help local families enjoy precious time together.

Joseph wanted to be cared for at home but caring for him alone was taking its toll on Rogina. As his symptoms worsened, the couple discussed nursing homes for Joseph.



“I was so worried. During the pandemic, people were spending their final days in nursing homes unable to have visitors. It was such a scary thought for us. Then, the Hospice nurses suggested that we come to Cottage Hospice.

I had absolutely no idea what to expect... looking back, I couldn’t wish for better even if I was the Queen! Cottage Hospice was such a nice place, with the beautiful views of the countryside. Most importantly Cottage Hospice meant that Joseph and I were able to continue spending as much time together as we could when it really mattered.”

Buy your raffle tickets today and support Hospice care in your community.

“The team at Cottage Hospice arranged a webcam for Joseph so that he could call all of his family at 6pm on a Friday, just as he always had done. It was really special. Joseph was able to say his goodbyes which I could tell meant so much to him. Things like that just shows that the staff really cared about us.”

On the day before he died Joseph’s son and daughter were able to visit. Being at Cottage Hospice, which was a COVID-free site, meant Joseph and his children could spend that precious time together.

“When Joseph’s daughter visited and saw Cottage Hospice, she was so pleased. It helped me to show her that we were in the best possible place at the end. We made happy memories there!

On Joseph’s last night, I slept in the bed next to him. I was on my opposite side to normal so that I could see him whenever I opened my eyes. Every hour a Nurse would pop their head round the door and give me a little wave so that I knew they were there if we needed them. We weren’t alone that night as we had each other, but we also had the Nurses within an instant if we needed them. Whenever we needed them, the Hospice Nurses were there.”

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 about other Hospice related activity.

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.

☐ Please tick the box and sign below.

I would like Hospice in the Weald to reclaim tax on any of the donations I have made in the last 4 years and any future donations I may make. 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.

Easy ways to buy your Raffle Tickets

Tickets cost just £5 each, with an incredible top prize of £3,500.

You can pay for your raffle tickets by sending a cheque to Hospice in the Weald, Maidstone Road, Pembury, TN2 4TA. Be sure to return your cheque with your raffle ticket stubs. You can also buy raffle tickets quickly and securely on our website hospiceintheweald.org.uk.

Hospice Raffle 2021

Hospice Raffle 2021

1st PRIZE **£3,500** 2nd PRIZE **£1,000** 3rd PRIZE **£500**

40 PRIZES OF £50 TO BE WON

Buy a book of raffle tickets today

Single ticket price **£5** Book of 8 tickets **£40**

Please keep this part Closing date: 2nd October 2021 Draw date: 8th October 2021 **123456**

To buy more raffle tickets or for more information, please contact Kathryn Cracknell — Relationship Fundraising Coordinator, on **01892 820533** or kathryn.cracknell@hospiceintheweald.org.uk

Yes! I will support my local Hospice

Step 1: Type of Donation

One-off Gift

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

from my debit/credit card

Type of card	
Name on card	
Card number	
Start date	Expiry date
Issue number	Security code
<small>(if applicable)</small>	<small>(this is the last 3 digits printed on the back of the card on the signature strip)</small>

Regular Gift via Direct Debit

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

donation of: ☐ £5 ☐ £10 ☐ £20 ☐ 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 <small>(Bank/building society)</small>	
Address	
	Postcode
Name of account holder	
Sort code	Bank/building society account number
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<small>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.</small>	
Signature(s)	Date

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

Cheque I enclose a cheque for £

Please make payable to Hospice in the Weald and attach to this completed form and post to: Hospice in the Weald, Fundraising Department, Maidstone Road, Pembury, Tunbridge Wells, TN2 4TA.

Come and join us!



Come and join us!

We would not be able to achieve all that we do without our hardworking and dedicated volunteers.

Over 1,000 volunteers support the work of the Hospice, giving their time generously across our services, in our departments and in our charity shops. Volunteering is flexible, with our volunteers giving as much or as little time as they want to, in a role that suits them.

In the last year, we've seen so many people volunteering in their communities, giving their time to support friends, neighbours and local charities. As we move towards a new normal, we welcome you to join the team and volunteer with Hospice in the Weald.

Volunteering for the Hospice not only helps to support patients living with a terminal illness and those important to them but can be good for you! Getting out, meeting new people and giving back all contribute positively to your well-being and, with a role for everyone, why not volunteer with us?

To find out more about volunteering, please visit our website hospiceintheweald.org.uk, or contact Jemma Clements — Head of Personnel on **01892 820546** or jemma.clements@hospiceintheweald.org.uk

Tom's story



Tom's story

After being diagnosed with diabetes complications in 2016, Tom shares his experiences of Hospice care throughout the COVID pandemic.

Having worked in the middle east for much of his career, retirement brought a return to England and an anticipated time for relaxation, but instead, time was to be taken up with hospital visits and medical appointments. After a few years of appointments and managing his symptoms, Tom was referred to the Hospice.

“In January 2020 a complex care nurse told me about the support that I could get from the Hospice and made a referral for me. I was at home, but struggling with my symptoms and the complications from my diabetes which impacted my kidneys. Little did I know that a lockdown was coming, or how the year of 2020 would turn out.

I found I was struggling with my breathing. Breathlessness is a difficult thing to live with, it makes day to day tasks tiring and difficult, and the feeling of not being able to breathe can be quite scary, especially overnight. It makes it hard to do the things you enjoy, and it never really goes away – it is a constant reminder of your illness. Over time, it is exhausting.

I had heard of the Hospice before I was referred as my wife and I have supported the Christmas Market and we'd also purchased knitted chicks at Easter, but I was totally unaware of the full range of services that are available and how much they could help me.

I joined the Hospice breathlessness group and my first appointment was at the beginning of February 2020. The nurse and doctor that I saw were very helpful and with the breathing exercises they gave me, things improved a bit – I started to manage my breathlessness and things got slightly easier. The doctor also suggested it would be good for me to have one to one physio with the Hospice team, which I started once a week. This too was beneficial and also enjoyable, giving me something to look forward to and to do with my time. I started attending Hospice Day Service which again, I knew nothing about. I attended on a Wednesday morning and joined in the body percussion group, had a hand massage and also a Reiki session. It was something I was starting to enjoy, then COVID struck! Everything came to a halt as we all needed to go into lockdown.

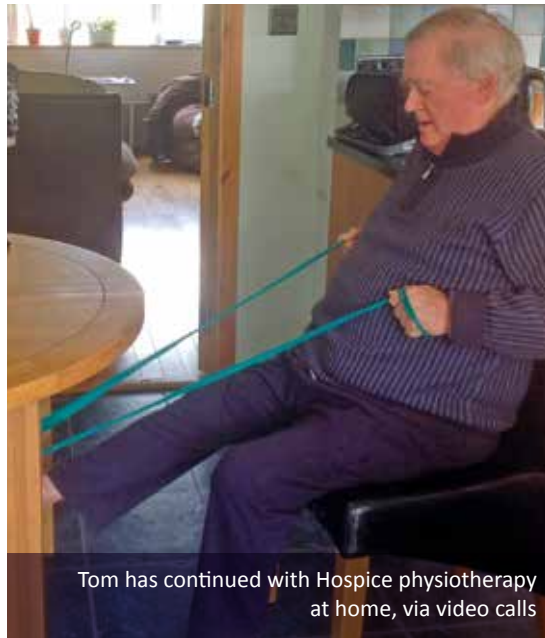
The Hospice have been fantastic at keeping in touch whilst I have been at home. The physio team got in touch early in the lockdown and asked if I would like to do a weekly exercise session via a Zoom video call – I jumped at the chance and I am still doing this at the same time every Wednesday morning and

really look forward to it. It has made a huge difference to how well I feel, day-to-day.

Throughout 2020 I had further hospital stays, the last one being in September which was another long stay. Unfortunately, my kidneys were unable to cope anymore, and I had to start dialysis three times per week. This was obviously a very upsetting time, but I was so grateful for my Hospice Zoom physio sessions, giving me a distraction that also helped me to feel better. My weekly sessions had built up my strength and muscles and I was in a much better shape when I was in hospital and upon discharge.

With COVID restrictions and shielding, life has been difficult at times. My week consists of dialysis on Tuesday, Thursday and Saturday mornings and my Zoom physio on Wednesdays. For a big chunk of my life, I worked and my job took up most of my time, so I do not really have any hobbies. I do like to follow quiz shows on the tv and look forward to a nice sunny day when I can sit out in the garden, giving me a bit of structure and something to look forward to. Even though we've been living through numerous lockdowns, it has been nice that my son has been working from home, so we've seen him more and he's been on hand to give me and my wife support and someone different to talk to as well.

Since I was first introduced to the Hospice and throughout the pandemic, I have had regular phone calls from the team checking on my health and general well-being.



Tom has continued with Hospice physiotherapy at home, via video calls

I always look forward to my session with the Hospice on a Wednesday morning and am looking forward to the world getting back to normal and coming into the Hospice again.

Since I was first introduced to the Hospice and throughout the pandemic, I have had regular phone calls from the team checking on my health and general well-being. This gives me the reassurance that they are there for me and my family should we need them – my wife and I take huge peace of mind from this and it greatly eases our worries.

As I said before, I did not realize the full extent of all the work that Hospice in the Weald does and I would have been truly lost without the help and ongoing care that I've received, particularly during this last year of abnormality. The Hospice is a lovely calming place and the nurses and staff are great, I really am looking forward to visiting again when the time comes. I'd like to say thank you to everyone who supports the Hospice. They help me and so many other patients, each and every day."

Hospice Run

Challenge yourself and sign up today!
Visit hospiceintheweald.org.uk



We are back this September with the popular 10K route around beautiful Tunbridge Wells, and the 5K route returns for a second year, so there is something for everyone!

Whether you are reaching for your personal best or taking on a sponsored run for the very first time, we are here to support you every step of the way with tips from local personal trainers and dedicated fundraising support.

Sign up today with family and friends to remember loved ones and support your local Hospice to provide vital Hospice care to patients with a terminal illness and those important to them.

For more information, please contact Aimee Frost — Relationship Fundraising Assistant on **01892 820533** or aimee.frost@hospiceintheweald.org.uk

Hospice Quiz

Thursday 7th October

Thursday 18th November

If you're a local business, save the date for one of our Hospice Quiz nights! Join us for a night of delicious food, drinks and healthy competition on Thursday 7th October, at our Cottage Hospice in Fives Ashes, Mayfield or Thursday 18th November, at our Hospice in Pembury, Maidstone Road, Tunbridge Wells.

We pride ourselves in maintaining mutually beneficial relationships with our

corporate supporters. The Hospice Quiz is our opportunity to give back and offer local businesses an exciting evening in recognition of their ongoing support.

Businesses will receive reception drinks on arrival, before a series of entertaining quiz rounds and light refreshments. Tables will be available on a first come first serve basis for £90, seating teams of up to six people.

To reserve a table for your team, please contact Jesse Ansbro-Brett — Relationship Fundraising Assistant on **01892 820521** or jesse.ansbro-brett@hospiceintheweald.org.uk

Starlight Stroll Saturday 16th October

Join us for the return of the **Starlight Stroll**! Celebrate and walk in memory of your loved one. After over a year apart, come together with friends and family for an evening of reflection.

Starting and finishing at the Hospice in Pembury, Starlight Stroll will take you on a 6-mile walk through Dunorlan Park. Your path will be illuminated by the lanterns you and your fellow walkers carry whilst you share memories under the starlit sky.

Celebrate and share the memories of your loved one as you walk.

Visit hospiceintheweald.org.uk to sign up, or contact Aimee Frost — Relationship Fundraising Assistant, on **01892 820533** or aimee.frost@hospiceintheweald.org.uk for more information.



Christmas Market

Saturday 27th November

Sunday 28th November

Get your family into the festive spirit with over 40 stalls and workshops to make your favourite Christmas decorations. It's the perfect time to find wonderful presents for your friends and family.

Our Christmas Market promises to be a memorable day out for the children too as Father Christmas visits our Santa's Grotto. Don't forget to book on our website to avoid disappointment

Book a space on our workshops for all ages, bauble decorating, wreath making sessions and why not have fun making Reindeer food for Christmas Eve with your little ones!



The Christmas Market is held at Hospice in the Weald, Pembury. For more information visit hospiceintheweald.org.uk or contact Kathryn Cracknell — Relationship Fundraising Co-ordinator on **01892 820533** or kathryn.cracknell@hospiceintheweald.org.uk

Carols at Christmas

Thursday 16th December

Carols at Christmas will be held in the magical Tonbridge School Edwardian Chapel of St Augustine.

To find out more, and sign up for emails about ticket availability, please visit hospiceintheweald.org.uk



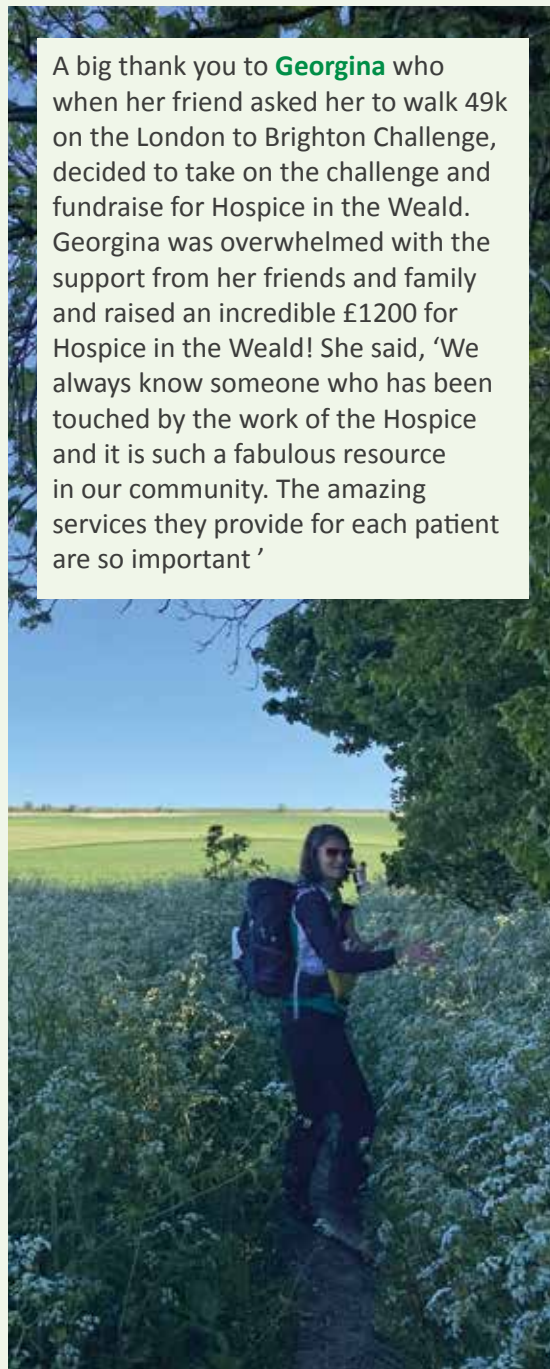
Look at all you've done!

Thank you to all of our wonderful supporters who became Hospice Heroes this spring!



We would like to say a massive thank you to **Taj** and **Ursula** who took part in the London to Brighton Ultra in memory of their friend Liz. They said 'It was one of Liz's wishes that Hospice in the Weald should be able to continue its wonderful work supporting families at these terribly sad times, requiring end of life care. We are proud to honour Liz's wish.'

Taj and Ursula have raised an incredible £3209!



A big thank you to **Georgina** who when her friend asked her to walk 49k on the London to Brighton Challenge, decided to take on the challenge and fundraise for Hospice in the Weald. Georgina was overwhelmed with the support from her friends and family and raised an incredible £1200 for Hospice in the Weald! She said, 'We always know someone who has been touched by the work of the Hospice and it is such a fabulous resource in our community. The amazing services they provide for each patient are so important'



A huge thank you and well done to the **Crossfit AMRAP Team!** The team completed their 'as many rounds as possible' 24 hour workout and raised an incredible £2,515. Thank you and well done!

A huge thank you to **Ollie McCarthy**, a local personal trainer from Halo Gym - Tunbridge Wells for creating top training tips, training plans and promoting Hospice Run. Ollie has a passion for fitness, running and helping his local community and has been working hard to encourage runners to run and fundraise for Hospice in the Weald. Ollie has also signed up to be part of #TeamWeald, joining us for the London Landmarks Half Marathon in August.



Thank you to everyone who took part in the **Knit-a-Chick** campaign, either by knitting lovely Easter animals, buying a clutch of Easter animals, or selling our Easter baskets in their shop and helping us to raise over £6,000 in total!



Thank you to **Colin Bell** for hosting a book signing for his fantastic book about his experiences in the RAF during WWII at the Battle of Britain Air Show in aid of Hospice in the Weald.

A huge thank you to **Andrew**, one of our Hospice Day Service volunteers, who recently completed the 88 mile Weald Way walk! Andrew set himself a target of £250 to raise for Hospice in the Weald and exceeded this, raising a total of £665. Thank you very much to Andrew and all those who donated.



Starlight STROLL



**Stroll and celebrate
wonderful memories**

**Saturday 16th
October 2021**

📍 **AT HOSPICE IN THE WEALD**

**Sign up
now**

**Join us and sign up at
hospiceintheweald.org.uk**

or contact Kinga Korzeniewska, Relationship Fundraising Assistant
on 01892 820533 or kinga.korzeniewska@hospiceintheweald.org.uk