



## Hospice care when you need it



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## Welcome to Hospice News!

There are plenty of updates and developments from Hospice in the Weald to share in this, our summer edition, along with moving and inspirational stories from our patients, their loved ones and our dedicated supporters. It's a privilege to be able to share these personal experiences, which we know can help others going through similar situations and are one of the most powerful ways to help people better understand our work. If you would like to share your story or support us through fundraising, please do get in touch using the contact details below.

### Receive Hospice News by Email

We also send Hospice News by email. If you would prefer to receive Hospice News in this way please do let us know by:

- Adding your email address to the 'sign up to receive our newsletter' link on our website, [hospiceintheweald.org.uk](http://hospiceintheweald.org.uk)
- Contacting Sue Massey, Communications and PR Manager, on **01892 820 502** or [Sue.massey@hospiceintheweald.org.uk](mailto:Sue.massey@hospiceintheweald.org.uk)

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

**Sue Massey**  
Communications & PR Manager

**Front Cover image:** Marion with her dog Alfie, much loved by her mum Jean, seen in the photo in the background



## Update from our Chief Executive



Nick Farthing, Chief Executive

Welcome to the summer edition of Hospice News. This edition is the first written under the guidance of our new Strategy, the focus of which is getting back on track after a number of years of significant change. We will do this in four key ways:

- Striving, as always, to ensure people can access the Hospice care they need, when they need it.
- Maintaining excellent quality of care.
- Making sure that Hospice in the Weald is a great place to work and volunteer.
- Securing our financial sustainability.

You can read about the latest developments in our **Living Well** and **Outreach services** on **pages 7-8** which are just some of the ways we are working to ensure those in West Kent and East Sussex can access the care they need from Hospice in the Weald when the time is right.

**" We are constantly striving to ensure that we continue to deliver excellent support that makes a real difference for people at one of the hardest times of their life. "**

You can read about the difference our support can make in **Stuart's story** on **page 8**.

We are grateful to all our dedicated staff and volunteers and will be introducing a number of initiatives to ensure that our workforce can grow and develop their career with us, if that is what they want to do. You can read on **pages 14-15** about how **Lizzie, one of our lead physiotherapists** has developed her career with a qualification in **acupuncture**, which is bringing remarkable benefits for patients.

All care provided through Hospice in the Weald is completely free of charge. The last two years have been very challenging for our fundraising, and our events had to be cancelled. We really do need your help to get back on track with our **fundraising** so we hope you can help wherever you can, see **page 17** for some of our **upcoming events**.

You can also help us by taking part in our **Summer Raffle** and buying a book of tickets for £40. The top prize is **£3,500**, which makes a ticket an ideal gift.

**By supporting us you will be helping to ensure that people like you, your family, friends and neighbours, will always be able to access Hospice care when you need it. Just like Marion, on pages 10-11.**

**Nick Farthing**  
Chief Executive





## Enjoying life's wonders: Mary's story

Mary enjoys the spring daffodils  
in the Hospice garden

**Mary, who shared her story during her care on the In-Patient Ward in April, explained how her life-long love of nature continued to help her find joy and contentment throughout her terminal illness.**

"My family come first and foremost; they always have. I'm comforted that they don't have to worry about me as much whilst I'm being cared for here. Now we're enjoying sharing precious time together. They're wonderful. I hope that when I'm gone, my family will always remember just how much they meant to me.

It's hard for us all, but one has to face these things and take each day as it comes. I try to stay as positive as possible, even though I don't always feel like it. I'm constantly reminded of the good things in life. The moments I've shared with so many special people. I'm reminded by photos, one of my three little grandchildren in the bath together, giggling, will always be in my mind, toys they've made and other funny trinkets.

I've gathered these reminders and hung them on my happy tree at home. It's a Christmas tree but I've filled it with the memories that are important to me. It helps me to overcome the negativity in life and forget about the worry that living with a terminal illness can often cause.

**"I adore my garden but, I can't be in it right now. So, my family have brought pots full of my favourite flowers, all from my garden, that are now sat outside my room here at the Hospice where I can enjoy them."**

I can't move like I used to and walk around the gardens, so being able to go outside,

with the help of Jo, the physiotherapist, was wonderful. There were so many of my favourite flowers from primroses to daffodils, spring is a wonderful time, and it's so important to me to be able to enjoy it. Just to sit, feel that warm sun, the birds singing, the smell of fresh flowers and cut grass; that was just heaven. I could have sat there for hours and drank in the warmth. It was perfect. There are some worth getting exhausted for and that's one of them.

Ever since I was little, I've loved nature. I loved nothing more than running about in the fields, looking at buttercups, daisies and birds' nests, enjoying the freedom of being in nature. My husband and I loved walking, we went on lots of walking holidays. Just to stop and appreciate wonderful things is such a privilege; our world is so beautiful. From tiny flowers to grand mountains, that is one of the wonders of life.

**"Being amongst these wonderful things you can completely forget the negativity because you're surrounded by so much positivity.**

**It's as if I'm a different me out there, I feel so content."**



Mary enjoying a small Guinness on St Patrick's Day



Without the Hospice, I wouldn't have been able to do a fraction of what I've been able to. Every single person here couldn't do more to make me feel comfortable. They keep me buoyed up somehow. They are just angels, helping me to stay positive.

My advice to someone dealing with terminal illness would be to always focus on the positive. Don't let the negativity take over. If you're able to do that it can help with the last part of your journey in life. We don't want this to happen, but it helps me to accept it by remembering what is important to me. My children, my grandchildren, my family, my beautiful little garden and being able to be outside, taking in breaths of fresh air and listening to the birds' chorus."

**Mary died in May and we have worked with her family to share this story in her memory.**

## Living Well

Patients are once again enjoying the varied timetable of activities at our Living Well Centre. The Centre is bright, airy and overlooks our recently transformed Hospice gardens in Pembury, which include a new greenhouse for patients to enjoy (see p12).

Steph Hall, Head of Living Well, said: "It's wonderful to see so many patients in person again enjoying our activities, from crafts to reflexology. We're here to help people adjust to their diagnosis and achieve goals based on the things they value most."

**Get in touch with Steph Hall for more information about Living Well on 01892 820 509 or [Stephanie.hall@hospiceintheweald.org.uk](mailto:Stephanie.hall@hospiceintheweald.org.uk)**



## Mayoral charity of the year

We are delighted that new Mayor of Tunbridge Wells Councillor Godfrey Bland has announced the Hospice will be his Mayoral charity for the year.

**Cllr Bland said: "I chose to support the Hospice because they looked after my wife, Olga. We were moved by the kindness and compassion they showed."**

Lou Wardle, the Hospice's Head of Fundraising, said: "We'd like to thank the new Mayor Cllr Bland and look forward to working with him to put his exciting fundraising plans into practice."



## Here when you need us

We are changing how we work with some of our most stable patients. At present, we have a number of patients on our caseload who are stable, meaning their condition isn't changing very much. We frequently check in with them, but are aware, through patient feedback, that this can often be at a time that is not convenient for them.

We will now work with these patients in a new way called Patient Initiated Follow-Up. This means they remain on our caseload, but we will not contact them proactively. Instead they can contact us when they need us, day or night. We will start working with some patients in this way in the coming months, on an individual basis.

## Children's Hospice update

**Here we bring you the latest on Children's Hospice in the Weald, which we are developing to provide hospice care for children, young people, and those important to them.**

Society doesn't do enough to accommodate children with life-limiting conditions. They are often unable to engage in activities provided by local communities and staff are not sufficiently trained to care for them. It's tough for families too – parents and grandparents care for their children round the clock, while siblings may struggle to understand what's going on.



We are lightening that load by creating a free service for local families offering home visits, emotional support and a new Children's Centre to play, get creative and receive care.



### Fun, functional and free

Our new Children's Centre will offer a range of activities so children can find fun amongst the challenges their diagnosis presents. Work is about to start at our Hospice in Pembury to create a self-contained children's centre complete with an activity room, sensory room and an accessible bathroom.

The space overlooks our Hospice gardens, giving children the chance to embrace nature and play in a peaceful environment.

### Get involved with the Children's Hospice

We're looking for children and families to share feedback. Please get in touch if you have an idea, or would you benefit from this new service. Our team have been visiting children's hospices and other local organisations to gather ideas and build relationships, so contact us if you're interested in working with us too. Please contact **Fiona Ashmore**, our Lead Children's Nurse **01892 820 502** or [Fiona.ashmore@hospiceintheweald.org.uk](mailto:Fiona.ashmore@hospiceintheweald.org.uk)







## Stuart's Story

### Coping with loss

How counselling has helped Stuart to adapt to life without Maureen

"After my wife died in 2019, the first few months were very difficult. I'd come home and there'd be nobody there – I'd be met with silence. I would put the radio on in every room just so there was noise – nothing particularly meaningful, just background noise to fill the gap she'd left. The thing everyone remembers Maureen for was how loving, kind and caring she was. She loved helping people, getting to know them. She was a nurse and I worked in the fire service – I think our jobs made us who we are, and we shared values because of that. In our free time we visited pubs, met friends and family, and explored the history of places in the UK.

After she died, slowly, over time, I learnt to live life on my own, getting back on track, settling into a new routine.

**"I didn't access counselling at the Hospice until after she'd died. I wanted to keep a brave face for her, and knew I could look after myself, until the time came when I was ready."**

There were lots of feelings and emotions to explore, but they didn't all come flooding out. My counsellor was able to draw them out in an order that made sense and helped me to work out why I was experiencing them, not feeling guilty for feeling them. There's no doubt counselling helped me to adapt to life on my own, but it's not a quick process, and there are still things I notice.

**"Counselling gave me the tools to handle those feelings and make adaptations, knowing I'm dealing with everything in the right way."**



Stuart and Maureen

My children have been incredibly supportive, but they both have families and jobs. And there are things you might not want to say to a family member about your life, or your wife, and that's where counselling was my outlet. I'd recommend it to anyone, it's as simple as that."

Find out more by contacting our  
Head of Counselling and Support,  
Jane Pantony on 01892 820 525 or  
[jane.pantony@hospiceintheweald.org.uk](mailto:jane.pantony@hospiceintheweald.org.uk)

## Willow's winning design

10-year-old Willow Richards will see all who cross the finishing line in this year's Hospice Run presented with a wooden medal featuring her very own winning design.

Pupils at Bidborough Church of England Primary School were invited to take part in the Hospice's Platinum Jubilee themed medal design competition.

Willow's design won when shortlisted designs from 135 entries went to the public vote.

We are thrilled to learn that Willow and several staff have been inspired to do Hospice Run themselves.



Willow with Jordan Osbourne of HSBC UK, competition sponsors, finalists Lily Marks and Jake Ovenden, with Hospice Bears made by Blazer Bears using old Hospice t-shirts, teacher Miss King (far right) and Fiona Biggs from the Hospice.

## Beth is my inspiration...

Jo Paton (right) is taking part in Hospice Run this September for the second time, in memory of close friend and colleague Beth Ingram-Cordrey cared for by the Hospice until her death in January 2020.

"My feeling was that the Hospice Run was such a positive thing to remember Beth and process my grief. I wanted to thank the Hospice and give back in a small way," says Jo, a mother of three and former teaching assistant at Radnor House, Sevenoaks.

**"Beth was a tour de force. She loved life, was very bubbly and a dedicated teacher. She inspired me to train to be a teacher. I remember her saying, 'I believe in you. You can do this.' I thought of Beth all the way."**



Join us for family friendly 5k & 10k routes at Hospice Run on Sunday 18th September in Tunbridge Wells. Early bird prices available until 5th August.

**Sign up today at**  
[hospiceintheweald.org.uk](http://hospiceintheweald.org.uk)

Hospice Raffle Helping Mum fulfil her final wish

When Marion’s mum Jean was diagnosed with incurable kidney cancer, they discovered how, by planning ahead with the help of the Hospice, Marion could fulfil Jean’s final wish to be cared for at home. Here Marion explains why she is supporting our Raffle this summer and is encouraging you to do so too.

Mum was really kind and caring; she spent her entire life looking after others. Mum was always busy. She loved gardening and would grow runner beans, raspberries and flowers in our garden in Hildenborough, where she lived her entire married life. And she used to knit every day; she taught me and my sister when we were young. Always doing things for others, never for herself. She really was the matriarch of the family. She didn’t really go on holiday until the last 10 years of her life. Her favourite place was the Isle of Wight, she loved the Bembridge Windmill. I have her picture of it in my lounge.

When Mum was diagnosed with kidney cancer in December 2020, we were told it was quite advanced and she’d need palliative care. That’s when the Hospice became involved, and the Hospice nurses came to get to know Mum and gave us information about our options.



Marion with her mum and husband at Bembridge Windmill, Isle of Wight

Difficult Conversations

The nurse advised Mum and I to have what were some quite sensitive conversations. About how she was going to die, what she wanted for her funeral and other things.

“Those were very difficult conversations, but I’m pleased we had them because they made the rest so much easier. We knew what we were facing and were able to be open with each other.”

When the time came, Mum said she wanted to die at home, with the caveat if we felt we couldn’t cope she’d go into the Hospice.

My brother Mark, sister Rita and I were able to care for Mum at her home until right near the end.

When Mum became really ill last October, she came to stay at my house as it was better suited to caring for her.

Alison, one of the Hospice Nurses, arranged for the Hospice’s Occupational Therapist to visit and everything, including a hospital bed, turned up in a few hours.

Buy your Raffle tickets today and help other families in the local community



Jean with her gardening and knitting inspired birthday cakes made by Marion

We set up a bedroom in my lounge for Mum. Bringing over her pictures to really make it her room. Mum sat, knitting, telling Alison we’d knit for the Hospice’s Christmas Market. Sadly, she never got to, but my sister and I will. I’ve only just been able to knit again as it so reminds me of Mum.

The last two days of Mum’s life, she was in bed asleep. We sat with her, talked to her, with all our dogs in the room - Mum loved dogs. We had The Repair Shop, her favourite programme on TV, and held her hands. It was perfect.

It’s easy not to talk about things, but you’ve got to talk to make the right decisions when the time comes. There was no ‘oh, I wonder what she would have wanted’. When the time came, we had it all sorted out.

“It gives me comfort to know we were able to care for Mum right until the end. We feel blessed for being able to care for her at home.”

I promised Mum I would repay the Hospice, so I volunteer with the Fundraising Team. That makes me feel good. I’m so grateful for the love and care they gave Mum. We never thought it possible to care for Mum at home while she was dying but the Hospice made that possible.

This summer I hope supporters like you will take part in the Hospice’s Raffle to help more local families, like mine, receive the support they need to fulfil the final wishes of their loved ones too.

Buy your raffle tickets via our website or use the forms provided

Step 2: Your Details

Title	First Name
Surname	
Address	
	Postcode
Telephone	Date of birth
Email	

- ☐ 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.
- ☐ I would consider leaving Hospice in the Weald a gift in my Will. Please send me information about the free Will writing service I can access through the Hospice.

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’; or by phoning or writing to us.

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.



# Yes! I would like to show my support and make a donation

## Step 1: Type of Donation

**One-off Gift:** I wish to donate

In Memory of

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)

## 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

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

**Cheque** I enclose a cheque for   
Please make payable to Hospice in the Weald.

## Garden transformation

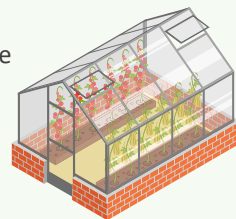
A Victorian style greenhouse, new sculptures and planting are among the delights being enjoyed following the first stage of our Hospice gardens redevelopment.

Overcoming storm damage and shortages of building materials due to Brexit and COVID restrictions, our dedicated team of staff and volunteers have transformed areas of the upper gardens at Pembury to create more easily accessible outdoor spaces for all.



### Victorian style greenhouse

The addition of this beautiful greenhouse provides patients and loved ones with a sheltered place to enjoy horticultural activities year-round as part of our Living Well service. Potting shelves at waist height and easy access for wheelchair users ensure everyone can get involved and learn new skills. This lovely new structure was made possible thanks to a generous donation received from a supporter whose wife, Anne, was cared for at the Hospice.



### Seating area and planters for all

To make best use of the space outside the Living Well Centre, we have new outdoor seating and raised planters for patients and families to use.

At the centre of this circular area is 'Rhythms of Life', an egg shaped sculpture from local artist Marion Brandis.

With images of apple trees (the tree of Kent), and bullfinches (dependent on the orchards), the sculpture depicts growth and the circular nature of life.

Hidden among the foliage are special mosaics of angels and hearts designed to represent Hospice staff.

## New planting

Simon Probyn's Moongate sculpture adds further architectural interest. New trees include a Sorbus Olympic Flame marking The Queen's Jubilee. New planting includes raised beds outside patients' rooms with witch hazel, perfumed daphne, echinacea, thyme and grasses, for movement.

Tonbridge GP Richard Claxton, who uses his medical knowledge to design gardens for those with chronic conditions, has been involved since the start. From providing concept plans used by architect Malcom Cassam to commissioning sculptures, Richard has worked with Lead Volunteer Gardener, Carole Marks throughout. Richard said: "As a local GP and resident, I've long had a warm place in my heart for the extraordinary work that Hospice in the Weald does. I'm so pleased it will enhance the biodiversity and ecology of the site, and showcase the beautiful sculptural works."



## Remembrance Ribbons

More than 80 family and friends gathered to remember the lives of loved ones at our first Remembrance Ribbons service led by Annie, one of the Hospice chaplains, in our gardens at Pembury in May. Ribbons bearing the names of loved ones cared for by the Hospice were hung from trees in a collective show of remembrance. Thanks to everyone who took part - look out for Remembrance Ribbons again next year.

### Our volunteer gardeners

**Our hard working and dedicated volunteers, who work all year round to nurture our beautiful Hospice gardens, have played a key role in the project.**

**Look out for an update on the lower garden developments in the next edition of Hospice News.**





## How a helping hand can change lives

We are always looking for more ways to support patients to have the best quality of life and now, for the first time, we have introduced acupuncture as part of our range of therapies to give an even greater choice.

Offering support including occupational therapy, physiotherapy and relaxation techniques, our specialist staff support patients to manage symptoms, improve mobility and make everyday tasks as comfortable as possible, so they can regain independence and get on with the things they enjoy.

Now patients are being offered the opportunity to try acupuncture as part of a new service being developed by Lizzie, one of the Hospice's lead physiotherapists.

Used to help alleviate symptoms such as breathlessness, nausea, dry mouth, constipation and pain, as well as helping with stress and anxiety, acupuncture derives from ancient Chinese medicine. However, it is Western Medical Acupuncture, the use

of acupuncture following medical diagnosis, that Lizzie is trained to deliver.

This involves very fine needles being inserted at specific sites of the body for therapeutic or preventative purposes.



**Lizzie explained:** "Acupuncture involves stimulating sensory nerves under the skin and in the muscles. The body then produces natural substances, such as pain-relieving endorphins within the brain and spinal cord that may change the way pain is perceived by the brain. It really is brilliant. Patients and their loved ones have been very receptive and many are seeing the benefits. I use acupuncture to help with pain relief and symptoms such as nausea, fatigue, breathlessness, overactive bladder, hot flushes, anxiety and dry mouth."

**"One lady I treated, who was suffering from debilitating breathlessness, felt a profound, deep sense of peace and relaxation, describing a calming feeling spreading through her arms and stomach during treatment."**



"I also had a patient who was a little sceptical, but wanted to give it a go, as she'd been struggling with her symptoms for months, and none of the usual remedies had been successful. She contacted me the day after she had acupuncture and said, 'It worked and I feel amazing!'"

Lizzie said she'd usually expect it to take up to six sessions of acupuncture to see symptoms really start to improve.

"Of course, acupuncture does not always work for everyone or every condition, and it's important to say it's something that we offer as part of a range of physiotherapy support," said Lizzie. "For example, if someone is experiencing mobility issues due to breathlessness, I would offer them practical breathing techniques, encourage meditation, devise a gentle exercise programme for them and I can now offer acupuncture as well. It's fantastic to have another tool in our range of therapies to make a difference to patients' lives."

Lizzie is currently primarily working with those on the In-Patient Ward but patients interested in acupuncture can ask their Hospice Nurse to find out if it might be a suitable therapy for them.

Search the Help Hub on our website or contact **Susie Lowden, Manager of Therapies**, on **01892 820 531** or **Susie.lowden@hospiceintheweald.org.uk**, for more information on acupuncture and our range of therapies.



## Fantastic fundraisers

Here are just two examples of many inspirational fundraisers who go the extra mile to raise funds to support patients and their loved ones.

### Go Joe!

An 800m swim, followed by a 50km cycle, finished off with a 10km run – this was all in a day's work for supporter Joe Martin when he took on the Tonbridge Triathlon in May. **Joe has Cerebral Palsy but saw this as no obstacle**, making adaptations to his bike and training hard with the support of seasoned challenge events Hospice supporter Steve Lindsey, pictured (R) with Joe (L).

**"It was completely exhausting but I'm so chuffed to have done it," said Joe. "I really appreciated Steve being there for me, I couldn't have done it without him." Steve said: "I'm so proud of what Joe achieved, he's one of the strongest and most humble people I know, crossing the line was never in doubt."**

Joe raised **£2,000**, half of which was thanks to the generosity of regulars at his local pub, **The Foresters Arms in Paddock Wood**, who have long supported the Hospice.



### Mandi's Epic Walk

The care her aunt received from the Hospice, combined with a love of walking, inspired Mandi Tuite to take on an epic **175-mile fundraising walk** from her **Somerset home to our Hospice in Pembury**.



Mandi, pictured being greeted by family, friends and Marion's dog, **crossed eight counties** before arriving at our doors on Easter Sunday, **raising more than £1,000**.

**"My aunt Marion was like a mother to me," said Mandi. "It was emotional and tough at times, but it pushes you to remember why you're walking and all those who have donated."**

Huge thanks to everyone who taken part in a **#TeamWeald** challenge event, so far this year. To take part in a challenge, or do your own, visit our website for ideas.

## Save the date



### Royal Parks Half Marathon

**Sunday 9th October**

Join our team to run the first and original Central London half marathon passing world-famous landmarks on closed roads. Visit our website for details or contact **Lisa Browning, Relationship Fundraiser**, on **01892 820 467** or [Lisa.browning@hospiceintheweald.org.uk](mailto:Lisa.browning@hospiceintheweald.org.uk)

### Starlight Stroll

**Saturday 15th October**

Come together for an evening of reflection on our 6 mile walk through beautiful Dunorlan Park past the lake, before returning to the Hospice in Pembury under a starlit sky. Visit our website or contact **Jenny Connolly, Relationship Fundraising Manager**, on **01892 820 527** or [Jenny.connolly@hospiceintheweald.org.uk](mailto:Jenny.connolly@hospiceintheweald.org.uk)



### Hospice Quiz

**Thursday 3rd November**

Calling all local businesses! Test your general knowledge to see if you and your colleagues can win the coveted Hospice Quiz trophy. Tables are £120, seating teams of six people. Contact **Relationship Fundraiser Jesse Ansbro-Brett** on **01892 820 521** or [Jesse.ansbro-brett@hospiceintheweald.org.uk](mailto:Jesse.ansbro-brett@hospiceintheweald.org.uk)



## Thanks for all your incredible support

The generosity of every one of our supporters is greatly appreciated. You help us to raise the £8 million needed each year to provide care to terminally ill patients and their families – thank you. Here are just some of the incredible support we've received in recent months. If you'd like to fundraise for us, visit [hospiceintheweald.org.uk](http://hospiceintheweald.org.uk) for events and ideas.



Did you see two of our stunning **Open Gardens** on BBC South East Today in May? Thanks to **Sarah and David Goodall** from Mary's Garden, Tonbridge, and **Rebecca and Lars Lemonius** of Long Barn, Sevenoaks, who took part in the feature. Next year, why not open your garden for us? **Relationship Fundraising Coordinator, Kathryn Cracknell** would love to hear from you on **01892 820 496** or email [Kathryn.cracknell@hospiceintheweald.org.uk](mailto:Kathryn.cracknell@hospiceintheweald.org.uk)

Congratulations to everyone who completed the eight-mile walk through Knole Park and Sevenoaks for our **Moonlight Walk** in June. Thanks to lead sponsor Savills, and Sevenoaks Council, Pembury Fitness, Sevenoaks' Rock Choir and The Anchor Pub for their support.



Huge thanks to all at **The Savoy** who, after reading Oriana's story of remembering of her late father Paul in our last edition of Hospice News, gave the gift of afternoon tea at the hotel for Oriana and her mum to celebrate her mum's birthday. Oriana said: "It's hard to describe how much this meant, but that connection to something my father had wanted to do for my mum, after we lost him, it was so incredibly special."



Many thanks to everyone who bought tickets to enjoy our wonderful **Gala Dinner at Tonbridge School** in July; a glittering occasion which supported the launch of our new Children's Service.

We're delighted to have been awarded a grant of £3,000 from **MDRT Foundation**. Thanks to the Foundation and **David from Citrus Financial in Sevenoaks** for nominating us and his continued support.



Thank you to **Christine Ashdown** and wonderful members of the **Rusthall community** who organised a coffee morning and raffle. We are so grateful for everyone who donated prizes or bought tickets, raising £1,000 for us.

Thank you to **Fred Dillon and friends and family** for challenging themselves to walk 20 miles from Otford to the Hospice in Pembury in memory of Kerry Lee. They raised £4,500, donning Hospice t-shirts to raise awareness on their five-hour walk.



Three cheers to our **Knit-a-Chick** supporters for creating 2,000 incredible characters, raising more than £4,000. Some of our knitting community are already busy knitting Christmas sprouts, robins and angels for us! To join them, visit our website.



Special thanks to popular **Crowborough resident Sheila Winter** and her 'neigh'bourhood fundraisers Phee and Munchie (pictured). Sheila has been supporting us for 28 years, donating over £5,000, much of which has been through the sale of horse manure.



Massive thanks to **Nicole** and her **Chatty Hatters**, organisers of Tunbridge Wells' Soapbox Race, to our volunteers and staff who helped and raced the Hospice kart. Over £50,000 was raised for local charities, including the Hospice.





# Challenge Yourself

## Sunday 18th September 2022

Starting from the Lower Cricket Ground  
Tunbridge Wells



### Sign up now

Visit [hospiceintheweald.org.uk](https://hospiceintheweald.org.uk)  
or contact Jesse Ansbro-Brett,  
Relationship Fundraising Manager  
on 01892 820 533

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