



Making magical memories



My inspiration | Page 8



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We also send Hospice News by email. If you would prefer to receive Hospice News in this way, or wish to change or update the way we contact you, 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
- Contacting the Fundraising Team, on **01892 820 533**, or by emailing fundraising@hospiceintheweald.org.uk

Maidstone Road, Pembury,
Tunbridge Wells, Kent, TN2 4TA

www.hospiceintheweald.org.uk

Registered Charity No. 280276



Welcome to Hospice News!

We've got a host of news and developments from Hospice in the Weald to share in our winter edition, including heart-warming stories from patients and their loved ones. If you would like to share your story or tell us about your fundraising efforts, please get in touch using the contact details below.

The Hospice's AGM is being held at 6pm on Tuesday 6th December at the Living Well Centre, Hospice in the Weald, Pembury. Refreshments are provided.

If you wish to attend, please contact
Amy Dedman - Executive Assistant,
on **01892 820 522** or

Amy.Dedman@hospiceintheweald.org.uk

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

Sue Massey

Communications & PR Manager

Sue.Massey@hospiceintheweald.org.uk

Front Cover image: Marion and her family are supporting our Christmas campaign



Remembering Ben Alcock, one of our Hospice Chaplains, who died in September, following a short terminal illness. Ben is pictured here with his family.

Update from our Chief Executive



Nick, Chief Executive with Kim, Staff Nurse

family and how they help improve outcomes for patients, read Anna's poignant story on **p8** of how her dad and brother have inspired her and how the Hospice is helping Clare to live life to the full on **p6**. Without you, none of this would be possible.

I am particularly looking forward to our festive events, the **Christmas Market and Carols at Christmas**, with **special guest Aled Jones**, which you can find out more about on **p12-13**.

Marion, a Hospice patient, has kindly shared her story and Christmas wishes, to help show just how important the work of our staff and volunteers is. At its heart, Christmas is a time for family and creating memories with loved ones; something our nurses and volunteers help patients do every day with your support.

Volunteers make up the vast majority of our workforce and we always **welcome new volunteers**, so if this might be a New Year's resolution for you, you can read more on **p17**. Or you may choose to support us by taking part in one of our exciting **challenge events** outlined on **p16**.

I hope you will join us for one of our Christmas events or consider supporting the Christmas appeal. However you choose to support your local Hospice this Christmas, **thank you from us all on behalf of our patients and their loved ones.** We wish you an enjoyable break over the festive period.

Nick

Welcome to this edition of Hospice News.

We put this together to keep you updated on the main activities from the Hospice, and to share our news and stories with you, the local community and supporters.

In this, **our first edition since the Queen's death**, we pay **tribute and reflect** on the different ways this has affected us as individuals. We also wish to take this opportunity to remember Ben Alcock, one of our Hospice chaplains, who sadly died in September, with his family around him. We send our heartfelt thoughts to Ben's family and colleagues at this time.

On **p6-7** you can discover why we have **recruited paramedics** to join our Hospice



Living life to the full: Clare's story

Clare, on her allotment
in Southborough.

Clare, a busy retired head teacher, who has secondary breast cancer, tells how the Hospice has helped her to come to terms with her illness so she can continue to live life to the full.

"I live with my incredible partner Bob, I've two sons in their twenties and I'm a stepmother to two daughters and grandmother to their three children," said Clare, from Southborough. "My parents are in their nineties, so I spend time helping them and have five siblings. All in all, I have a very busy family life!"

Clare grew up wanting to live in Africa. After teaching in London, she applied to Voluntary Services Overseas and moved to Tanzania to teach. She loved living in Tanzania, meeting and marrying her former husband there and had two boys. She moved back after 11 years to further develop her career and to be with her wider family. Her siblings have children and Clare enjoys being involved with them too.

Following a breast cancer diagnosis in 2010, Clare underwent a number of surgeries. However, in 2015 she was diagnosed with secondary breast cancer (which in this instance cannot be cured). This came as a dreadful surprise.

At the time, she threw herself back into teaching, joined a secondary breast cancer support group and got an allotment, which has become a real passion. Clare wants to live and eat as healthily as possible, so



grows masses of seasonal vegetables.

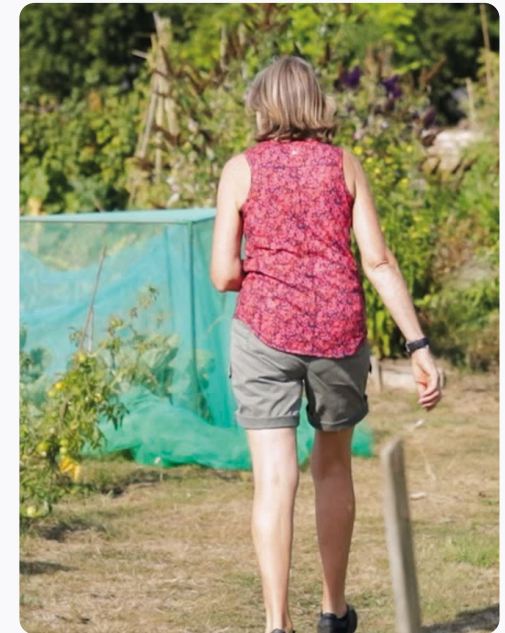
"I grow courgettes, onions, broad beans, potatoes, garlic and tomatoes in the summer and cabbages, Brussel sprouts and brassica in the winter. I love cooking vegetarian food and I often use the spices I learned to cook with while living in Tanzania. The vegetables I cook fresh from the garden taste better than anything I can buy in the shops."

Clare decided to retire to take more time to work on her mental and her physical health. She said:

"I had come to terms with my illness and was ready to contact the Hospice to discuss how they might help and support me through my illness. It was a big step for me to reach out to the Hospice."

Hospice nurse Steph helped Clare navigate the resources available to her. Clare realised that the surgeries had left her with compromised use of her left arm and pain in her neck and shoulders. "Steph was able to help me get physiotherapy which let me do things at the allotment that I hadn't been able to do for some time."

Not only has Clare taken on a second allotment but is also now enjoying experimenting with a polytunnel. Clare



wanted to look after her mental health too and the Hospice was able to offer support.

"I take part in activities through the Hospice's Living Well programme and enjoy being with others who are also going through life changing illnesses. It's not an issue when I'm with them because we are all in the same boat. Knowing that someone other than family or friends are there to keep an eye on me is very comforting. I don't feel like I am burdening people close to me with what's going on."

"I thought that the Hospice was somewhere that people came to die. But my experience so far has taught me that the Hospice is also somewhere that helps people to live."

To find out more about Living Well, visit our website or contact **Steph Hall - Head of Living Well**, on 01892 820 509 or Stephanie.Hall@hospiceintheweald.org.uk

Pioneering Hospice Paramedics

Hospice in the Weald was among the first Hospices in the UK to recruit paramedics to work as part of the clinical team. This has proved to bring a wealth of benefits to patients, and to paramedics too.

There are now ten paramedics working as part of the Hospice's clinical team, with many in outreach, working in the community and in patients' homes, and a few are on the In-Patient Ward at the Hospice in Pembury, and at Cottage Hospice.

Vicki Wicks was an early recruit four years ago, moving from the ambulance service in Accident & Emergency and then working as a community paramedic, gaining some experience in palliative care before joining the Hospice Outreach team.

"We bring lots of transferable skills,"

Vicki explained. "We're also used to solving problems and gathering information really quickly, which helps to ensure patients can get the right care and support at the right time."



Vicki Wicks
Clinical Paramedic Specialist

Qualified paramedics can join as a Hospice Paramedic, equivalent to a Staff Nurse. With further training, experience and responsibility they can, like Vicki, move up to the role of Clinical Paramedic Specialist. "When I started, that role was not nationally recognised, but it is now," said Vicki. "The Hospice sponsored me to do master's level modules in palliative care, so I was at the same level and responsibility as a Clinical Nurse Specialist."

Vicki's colleague, Luke Thomson, followed a slightly different route. After almost ten years with South East Coast Ambulance Service in Paddock Wood, he was ready for a new challenge.

Luke said: "The Hospice offered a chance to use my existing skills, still working with the public plus the challenge of learning something new."



Luke Thomson
Hospice Paramedic

For former ambulance paramedics used to doing everything to save a life before responding to the next 999 call, working at the Hospice means they now have time to care and make every day count for patients.

Vicki said: "We are experienced at holistic assessment – we look at the bigger picture."

"For example, I visited a gentleman at home with terminal cancer, who had become incontinent. After conducting an assessment and looking beyond the cancer, I was able to diagnose he had fractured his hip and ensure he got the right treatment."

Laura Bassant joined in 2020. During her 17 years with the London Ambulance Service Laura's interest in end-of-life care grew. After a short spell as an outreach paramedic she chose to work on the Hospice's In-Patient Ward – a job she's passionate about.

"The relationships you form with patients on the Ward are really special," said Laura. "You are taking them through to the end of their journey."

"Most of the time it is more sedate and calm," she added. "There is always a plan, whereas in the ambulance service things come flying at you from all directions."

All three get satisfaction from their new roles. Luke said:

"With this job I feel that even with limited resources I can make things happen – I can speak to a doctor, get a prescription, follow my patients. It helps me to feel that we are making a difference."

"As more Hospices start to employ paramedics we are seeing the roles and qualifications that are required are pretty varied," says Vicki, who has recently become a member of the College of Paramedics special interest group in palliative care. "I'm hoping that by working together as part of a national group we can help to shape and structure this new career path for paramedics in the future."



Laura Bassant
Hospice Paramedic



My inspiration: Anna's story

Here, Anna, whose beloved dad, Simon, died when she was just 11 years old, reflects on how both her dad, and brother Chris, inspired her to produce a play 'Everytime we touch' that debuted in South East London earlier this year.

"My dad was a funny guy and very caring. He was a teaching assistant and loved helping kids who were struggling. He knew everybody, was warm, kind-hearted, and cared about his family greatly.

Dad was active, always running and loved football. He supported QPR along with our whole family and refereed for local football clubs.

"When dad found out his cancer was terminal, he focused on making memories for all of us."

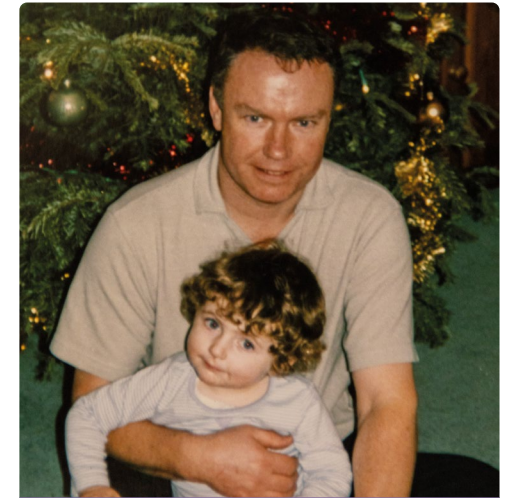
Thanks to support from his colleagues, he took Mum to Jersey, my brother Chris to Tenerife on a lads' holiday and me to Disneyland. Disneyland will always be special to me. In January it's quite empty, and Dad told everyone why we were there so they let us go round and round on rides.

The summer before he died, the family gathered at a beach cottage in Wales. There was a rope swing in the garden that my cousins and I played on. We loved every day. We went crabbing, ate ice creams and my uncles played guitars and banjos. There was a cliff walk but Dad wasn't really strong enough to get up it by himself. The illness had made him quite weak - realising this was a big moment for me. But Dad kept going - empowered by having his family around him.

"It was hard at times but because we could all talk about it openly, it made it a lot easier."

As Dad became more poorly, the Hospice helped us more and more. I visited him nearly every day after school, spending time in the family room and getting to know the nurses. I remember walking him round the peaceful gardens. It was like a second home, it wasn't scary. I used to crawl into bed with Dad and we'd watch trash tv together.

A few years after Dad died, I went back to the Hospice for counselling. It was only then I realised how important fundraising is. My counselling and all the care provided to Dad, was made possible by all the donations people make.



Anna and her dad enjoying Christmas together

I've produced a play in memory of Dad. He ran a lot of marathons, Chris ran a marathon in his memory. That's the basis; the character, based on Chris, is running and looking back at moments in his life. It's a journey of what it was like for Dad at the Hospice and how they helped us. About dealing with loss and the almost toxic issues of how young men are supposed to grieve.

My brother was 19 years old when Dad died and helped care for him in his last year. Chris looked after me too, taking me to school, making me dinner, taking me to the movies. We still call it; 'Brother and Sister time'. He put his late teenage time on hold and really was that father figure to me.

At my first parents' evening without Dad, Mum and Chris went instead. It was a big moment. That's when I realised how much Chris was doing for me. He's still my best friend - he's my entire world and his amazing strength is such an inspiration."



Chris, Anna and their dad, Simon

"It's important to me that I keep fundraising because I realise the Hospice doesn't just look after patients, they also looked after me and my family."



Christmas magic:
Making memories with my family

Being told her cancer had returned and was inoperable was a big shock to Marion. However, with the support of husband Ian, children David and Anna, and five grandchildren, she is enjoying life, making memories and looking forward to a family Christmas. Here Marion, of Horsmonden, explains why she hopes you will support the Hospice this year so many more families, like hers, can enjoy the magic of Christmas.

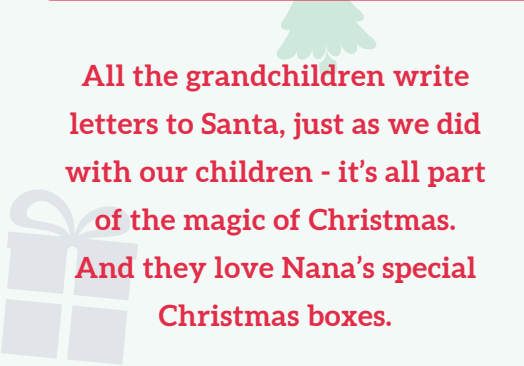
“We are very lucky to have what we’ve got, me and Ian. I’m lucky to have a lovely husband. Between us we manage to look after each other. He’s amazing. I can’t begin to understand how hard this is for Ian, David and Anna.

Seeing the family is very, very important to me. My five grandchildren - Ruby, Oliver, Lottie, Sonny and Dulcie - are just fantastic. I don’t want them to be sad.

All the children know I’m unwell, but we try to keep it as normal as possible and the grandchildren certainly help. And I’ve got more friends than I ever realised; everyone is just very supportive.

With the lockdown and my treatment and compromised immune system, it hasn’t been the easiest. This year we decided we just want to get some normality back in our lives. Well, as normal a life as we can.

My ideal Christmas would be to have everyone here, all the family together. Or possibly get invited somewhere so I don’t have to do the cooking! I want to get as many Christmases in as I can.



All the grandchildren write letters to Santa, just as we did with our children - it’s all part of the magic of Christmas. And they love Nana’s special Christmas boxes.

These are big boxes and get filled with lots of clothes, a few toys, maybe a naughty sweet or two. Ian helps me, we wrap them and put on lots of bows and ribbons to make them as sparkly as possible.

I do try to live in hope and be positive. So many people say ‘you are amazing, Marion’, but I’ve got no choice. I could cry my eyes out, and do have bad days, but I don’t want to live like that. I’ve made the decision that I’m going to enjoy everything and appreciate everything for as long as possible.

I’ve been going to Living Well at the Hospice. It’s calm, happy - everyone is lovely. I’ve had massages and thought the hand casts would be a nice, personal thing for the children and the grandchildren, for along the line somewhere, or even now.



Handcastings in Living Well



Marion and her grandson, Sonny

We’ve all done them now; clay casts of us all holding hands. I’d never really thought about making memories like this before going to the Hospice, it’s lovely.

I’m also accessing counselling at the Hospice, which has helped me quite a lot. It’s a huge weight off my shoulders to know Ian and the children have also got someone to talk to. I’ve realised since going to the Hospice, that there is something for them, that they aren’t going to be left on their own. That whatever happens, the Hospice will be there for them, because they are all going to need it.

I’m really grateful for the support that others have given the Hospice which enables me to access all these things. That’s why, this Christmas I hope that you too will support the Hospice so that many more patients like me – and our families - can enjoy the magic of Christmas together.

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.

giftaid it

☐ 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.

Christmas Market - Saturday 26th - Sunday 27th November

Get into the festive spirit at our traditional Christmas Market held in the beautiful Hospice gardens in Pembury this November. Browse 40 stalls offering the very best seasonal gifts, food and drink and enjoy Christmas carols, all for a donation of £5, on Saturday 26th and Sunday 27th November. Children will have the chance to meet our ever-popular Father Christmas in his magical grotto (£5 per child), so be sure to book via our website now to avoid disappointment.

Or why not beat the rush, enjoy a glass of bubbly and canapes, and get your shopping done in one place, by booking tickets for our exclusive VIP event from 6pm-8.30pm on Friday 25th November (£20).

For details, visit our website or contact Jesse Ansbro-Brett - Relationship Fundraising Manager, on 01892 820 521 or Jesse.Ansbro-Brett@hospiceintheweald.org.uk.



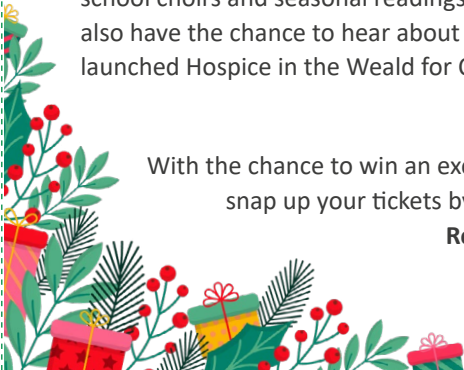
Aled leads Carols at Christmas – Tuesday 20th December

Christmas favourite, classical singer Aled Jones MBE will be special guest at our Carols at Christmas as it returns to St Augustine’s Chapel at Tonbridge School for the first time since 2019.

Aled will join us straight from his tour with Russell Watson and the release of his new album ‘Christmas with Aled & Russell.’ The popular event in the beautiful chapel starts at 6.30pm and will include festive renditions from local school choirs and seasonal readings. Guests will also have the chance to hear about the newly launched Hospice in the Weald for Children.



With the chance to win an exclusive raffle prize with every ticket (£25 adult, £15 child), snap up your tickets by visiting our website today or contact Jenny Connolly - Relationship Fundraising Manager, on 01892 820 527 or Jenny.Connolly@hospiceintheweald.org.uk.



Charity Christmas cards

Our beautiful range of 18 hand-picked Christmas Cards is available to purchase from your nearest Hospice in the Weald charity shop or via our website (see flyer enclosed with this edition).



Hospice Christmas Raffle

Fantastic prizes, including family days out and fabulous children’s gifts, are up for grabs in this year’s Hospice Christmas Raffle. Tickets are £5. The draw takes place on Friday 2nd December. Contact Fiona Pearce - Relationship Fundraising Co-ordinator on 01892 820 588 or Fiona.Pearce@hospiceintheweald.org.uk, or visit our website to purchase tickets.

Robin Watercolour Workshop – Thursday 8th December at 6.30pm

Join us for a festive robin-themed watercolour workshop run by local watercolour artist Kerry Bennett and enjoy complementary mulled wine and mince pies. Take time to reflect whilst creating a beautiful piece of art in memory of a loved one at the Hospice in Pembury. Book tickets at hospiceintheweald.org.uk

Christmas tree collections – 8th - 10th January

No more needles in your car or queuing at the tip, our Christmas tree collection service is back! Visit our website to secure your slot from 8th-10th January. If you have access to a vehicle and could help us collect trees please contact Jesse Ansbro-Brett - Relationship Fundraising Manager, on 01892 820 521 or Jesse.Ansbro-Brett@hospiceintheweald.org.uk.



To find out more about all of our festive fundraising activities, visit our website hospiceintheweald.org.uk

Remembering Loved Ones: **Light up a Life**

10th
DECEMBER
at 5:30pm

Join us this December to remember and celebrate your loved ones

Saturday 10th December at 5.30pm
at Hospice in the Weald, Pembury, TN2 4TA

We invite you to attend our Light up a Life service to remember and celebrate the lives of your loved ones this festive season.

It may be your first Christmas without your loved one, or many may have passed – all are welcome to attend this special service held in our beautiful Hospice gardens. Support one another whilst sharing and reflecting on precious memories of those held close to our hearts. Enjoy music, readings and poems and light a candle for someone you love.

The service will be recorded and available on our website for those who cannot attend in person. Please do dress warmly.

Make a dedication to your loved one via our website this festive season.

Light up a Life in the community

**Rotary Club of Tunbridge Wells,
Tree of Light service on the Pantiles**
Saturday 3rd December, 10am

All Saints Church, Crowborough
Saturday 3rd December, 5pm
Refreshments served from 4:30pm

St Laurence Church, Hawkhurst
Light up a Life service
Saturday 10th December, 6pm

Please visit our website for details of all local Light up a Life services.

For more information about Light up a Life and remembering your loved one, please contact **Gemma Hill - Relationship Fundraising Manager**, on **01892 820 533**, or **Gemma.Hill@hospiceintheweald.org.uk**

Queen Elizabeth II: a lasting legacy

It was with great sadness that we learnt of the death of Her Majesty, The Queen on Thursday 8th September. Here, Paul Madden, the Hospice's Care Director, reflects on the Queen's death and the importance of putting plans in place for ourselves and loved ones.

The Queen has been a part of people's lives as a role model and longstanding public figure and her death will have affected many of us in different ways. It is common to experience feelings of grief after the death of a public figure despite not holding a personal relationship with them. We are also aware that Her Majesty's death may have renewed a sense of grief over your own losses.

We have guidance on our website about coping with bereavement which you may find a source of comfort following the death of someone close.

I have not been surprised by the outpouring of love, sadness and grief for this incredible woman's passing; it felt like she was the nation's grandmother.

I wasn't surprised to hear people say things like they "thought she was going to live forever".

"Such phrases are common when someone dies and confirms for me that we all don't talk about death enough."

We know logically, that we don't live forever, but we don't live the reality of it in a way that makes us plan for our own inevitable exit; talk to our loved ones, plan for what we want and, importantly, for what we don't want.

Those working in palliative



care know how important it is, for patients and loved ones, to have a plan. We refer to this as Advance Care Planning. We know it takes a lot of stress and distress from an already emotionally charged situation. We also know that situations where there isn't a plan can lead to unfulfilled patients' wishes and family members with many regrets.

I hope the Queen's passing gets people talking about their own death, about dying positively and taking inspiration to plan for what we all know will eventually happen.

For support on dealing with bereavement, please visit our website at **hospiceintheweald.org.uk**

New year, new challenge

Looking to take on a new challenge in the New Year? Then why not join #TeamWeald and raise funds whilst stretching those inner limits. Here are a few of our challenge events - do visit our website for full details and other inspirational ways to support the Hospice in 2023.



London Landmarks Half Marathon

Sunday 2nd April 2023

From cultural landmarks to the city's hidden secrets, runners can explore the capital on a route like no other. Starting at Pall Mall and finishing near Downing Street, you'll see iconic landmarks including St Paul's Cathedral, the Shard, and the London Eye.

London Marathon

Sunday April 23rd 2023

The world-famous route passes London's most memorable landmarks including Tower Bridge, Big Ben and Buckingham Palace. With around 50,000 runners and thousands cheering you on, the atmosphere is like no other!



Ultra Challenges

Did you know you can run, walk, or jog up to 14 routes across the UK, choosing from distances of 10km to an ULTRA 100km? Supporter Darren Pilbeam, pictured, recently ran 100km over the South Downs, in just under 15 hours, in aid of the Hospice. Sign up using the Charity Sponsorship option, and your registration fees can be partially or fully covered, whilst raising funds for Hospice in the Weald.



For more details about our challenge events, contact **Lisa Browning - Relationship Fundraising Manager**, at Lisa.Browning@hospiceintheweald.org.uk or call 01892 820 467.

New year to volunteer

If you have free time, or skills to share, then why not volunteer and join the team at Hospice in the Weald. Here, a few of our volunteers tell us what volunteering means to them. Please visit our website to see the latest roles on offer.



'Volunteering has given me purpose!'

Simon – Creative Music Volunteer

'Volunteering at the Hospice has helped give my music purpose and allowed me to share my passion. I've been deeply honoured to write songs both with and for patients who have wanted to express their thoughts and feelings through words and music. These precious memories will stay with me forever.'



'Sometimes it's easier to talk to a stranger about grief'

Gillian – Welcome Desk Volunteer

'There are many things I love about volunteering. My mum died last year, and I cared for her at my home, supported by the Hospice's Outreach team. This added a new dimension to my understanding of loss. Treating people with dignity and helping them to live well – even if they are close to death - is something I'm very proud to be part of.'



'Stamps and coins can bring in thousands'

Graham – Retail Volunteer specialising in stamp and coin sales

'It takes me weeks to sort through the stamps and coins donated but I don't like being idle and I enjoy it. You never know what you'll find! I sold some stamps for over £1,000! Every little helps. It's such a fantastic charity, I'm delighted to do it.'

Thanks for all your incredible support

Thanks to those mentioned here and every one of our other many supporters for your incredible support this year!



Three cheers for **Tonbridge's ABMV chartered accountants' staff** for smashing their virtual walk from Lands End to John O'Groats, collectively walking 2,721,682 steps in a month, virtually taking in historic sites en-route, raising over £700. We were chosen as charity of the month by staff member Hayley whose grandmother Doris was cared for by Hospice nurses.

Congratulations to the **Hospice's garden team**, deserving winners of the 'Tunbridge Wells in Bloom' Awards Businesses with Grounds category.



A huge thank you to **Barkaways** who held their Ferrari-75 Celebration at The Coffee Hut. They had an eclectic mix of old and new cars come together, in aid of the Hospice.



Thank you to **Joanna and her team** who completed the Thames Bridges Challenge, raising over £1,300, in memory of her parents.

Huge thanks to fearless **Ania Holman** for completing a sky dive in memory of her grandmother, raising £2,148 for the Hospice. Ania told us that as she was preparing for the skydive, a butterfly circled around her. Ania said she and her family always say whenever they see a butterfly, it's 'grandma coming to say hello'.



Thanks to all the **dedicated knitters** for donating hundreds of beautiful hand-knitted Christmas stockings, Santas, snowmen, elves and angels. All are available to buy, £2 each or 3 for £5, in our charity shops, Christmas Market, the Hospice in Pembury and via our website. Contact **George Gills - Relationship Fundraiser**, on **01892 820 533**, or **George.Gills@hospiceintheweald.org.uk**



Thank you to everyone who helped to make **Starlight Stroll** such a magical evening - from walkers raising vital funds for the Hospice to the volunteers who made the walk possible. The six mile route through beautiful Kent countryside and the Hospice grounds were lit with hundreds of glowing lanterns as supporters came together to remember loved ones.

A big shout out to our **#TeamWeald London Marathon runners**. After months of training, our runners battled through the streets of London, passing famous landmarks which helped them fight through those aches and pains to fundraise for the Hospice. We are so proud of you all.



Thanks to **Tilly Bee Flowers in Pembury**, **The Cove in Tunbridge Wells** and **Johnny's Little Sister in Sevenoaks** for hosting a variety of Wreath Making Workshops in support of the Hospice this November and December.

Sessions take around two hours and everything you need is provided by the florists on the day. Visit our website for details of how to book.





10th
DECEMBER
at 5:30pm

Light UP A Life

Join us to remember and
celebrate the life of your
loved ones at our Light
up a Life Service at

Hospice in the Weald,
Pembury, TN2 4TA



For more information, please visit our website
hospiceintheweald.org.uk or contact Gemma
Hill, Relationship Fundraising Manager on
01892 820 533 or email
Gemma.Hill@hospiceintheweald.org.uk