



## A loving farewell to treasure



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# Welcome to Hospice News!

## About Hospice News

The first Hospice News of 2025 is here, and we're delighted to bring you the latest updates, stories, and events from Hospice in the Weald. Your support is invaluable in providing care for adults and children with life-limiting and life-threatening illnesses, along with their loved ones. In this edition, explore the many ways you can get involved and see the real impact of the generosity that keeps our services running. Personal stories from those we support highlight the difference our specialist teams make every day. If you have a story to share or an idea for a feature, we'd love to hear from you. Thank you for being part of our community.

## Josh Puttock

Communications Manager



**Front Cover image:** Angela Harmer, whose husband, Darryl, was cared for at the Hospice

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[www.hospiceintheweald.org.uk](http://www.hospiceintheweald.org.uk)

Registered Charity No. 280276



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Nick Farthing, Chief Executive  
at Hospice in the Weald

## Welcome from our Chief Executive

Welcome to this Spring/Summer edition of Hospice News. This issue is filled with stories of **compassion, community, and progress**, shining a light on the incredible work taking place across Hospice in the Weald.

One of our key milestones this year is celebrating **two years of Hospice in the Weald for Children**. In this issue, you'll hear from the dedicated team who have grown this vital service, ensuring that children and their families receive expert care and support when they need it most.

We also look at how we're **embracing sustainability**, with the installation of **solar panels** on the roof of our Pembury In-Patient Ward. Significantly reducing our carbon footprint and lowering energy

costs allows us to direct even more resources towards care and support for those in our community.

Supporting families through bereavement remains a big part of our work. In this edition, we explore how our **Time to Be** service is offering a safe and gentle space for people to process their emotions. We also share **Angela's story**; a heartfelt tribute to her partner, Darryl, and the comfort she found through our Meadow of Memories appeal. I'm excited to see our meadow featured at Scotney Castle Gardens this spring.

Fundraising remains essential to everything we do, and we're proud to showcase the **many ways you can get involved** this year—from our **Moonlight Walk and Open Gardens** to challenge events like **Hospice Run and skydiving**. Every event, donation, and hour volunteering makes a difference, ensuring our care remains free for all who need it.

We're also thrilled to introduce **three new trustees**, whose experience and expertise will help shape the future. Their commitment reflects the strength of our wider community.

Whether you've been part of the Hospice family for years or are just getting to know us, thank you for your continued support. **Together, we can ensure that everyone facing terminal illness receives the care, dignity, and compassion they deserve.**

*Nick*



## Hospice updates

### Welcome to our new trustees

We are delighted to welcome **Jackie Churchward-Cardiff, Iain Newman, and Sara Nelson** to Hospice in the Weald. Each of our new trustees offer valuable expertise, strengthening our commitment to exceptional hospice care.



Jackie's experience in **nursing, hospital management, and healthcare infrastructure** offers

valuable insight into patient care and **strategic development**.

### Harnessing the power of the sun

We're proud to share that **solar panels** have been installed on our In-Patient Ward, marking a major step in sustainability. This investment will cut carbon emissions by **7 tonnes** annually – the equivalent of **1,350 trees** or **150 flights to Australia** over their lifetime.



Already, we've saved **1.06 tonnes of coal** and prevented **2.64 tonnes of CO<sub>2</sub> emissions**, reducing our reliance on non-renewable energy and ensuring our care remains as responsible as possible.



Iain, a former corporate lawyer, contributes expertise in **finance, governance, and charity development**.

With over 30 years as a **registered nurse** and a **master's in Digital Healthcare Leadership**, Sara brings a strong commitment to cultivating a **positive workplace culture** – an asset in improving patient care.



### BBC's Elizabeth Rizzini wins Celebrity Mastermind

A huge thank you to **BBC weather presenter Elizabeth Rizzini**, who triumphed on Celebrity Mastermind to raise vital funds for Hospice in the Weald. Elizabeth chose **Celine Dion** as her specialist subject, inspired by her cousin Jo, who received hospice care before passing away in 2021.



"The Hospice allowed Jo to have the dignified, comfortable passing she wished for, surrounded by love," Elizabeth shared.

We're incredibly grateful for her support, helping ensure more families receive the compassionate care they need. **Read more on our website!**



## Service spotlight: Time to Be

**Time to Be** is a form of talking therapy that differs from traditional counselling, offering a gentle way of exploring feelings and developing ways to cope. The service is available to all Hospice in the Weald patients, and those important to them, who wish to use it at any point during their bereavement journey. Read on to find out a little more...



### What does it involve?

Time to Be involves supporting you in finding your own ways to cope with, and talk about, emotions and bereavement. One of its aims is to help you to use the space and skills taught to try and find inner peace, calm and hopefully achieve a level of acceptance and self-realisation, at home or whenever you might need it.

### How is it run?

A team of dedicated, trained volunteers deliver Time to Be. The sessions include conversation and methods of relaxation, such as guided imagery, co-meditation, anchoring, basic breathing techniques and exploring silence. The focus is to provide guidance and space to develop and enhance things such as coping skills and calming practices. We want you to feel empowered to develop your own coping strategies that you can call upon when needed, whenever and wherever you are.

### When can you access it?

We encourage early involvement, meaning you can contact us when it feels right for you. The sessions aim to help you achieve a sense of balance and wellbeing in a non-judgemental way. This can be beneficial at all stages of your journey, especially early on.

**To arrange support or find out more about Time to Be, please call Pauline Brown in the Counselling and Support Service team on 01892 820 525**

## Hospice in the Weald for Children turns two

Two years on from its launch and Hospice in the Weald for Children has plenty to be proud of. With much of 2025 still left, the children's team have a lot to look forward to. Here, we shine a light on the service, hearing from the people involved, from staff members to families currently receiving support.

"The service has continued to grow and develop and is in a really strong place," said Tracy Smith, Head of Service for Children and Young People.



"We have increased the size of the team and now have an Associate Director at the helm, so many improvements have been made. We're really excited for our third year."

**"We have built strong relationships based on trust and reliability."**



The service for children and young people currently supports 21 families in Kent and East Sussex who benefit from personalised, hands-on care from its friendly, specialist staff. "I am really proud of the work that has been done over the past two years, providing much needed support for children, young people and their families," shared Fiona Ashmore, Lead Children's Nurse.

Fiona continued: "We have seen more families reach out to us in periods of crisis which shows we have built strong relationships based on trust and reliability." Ensuring more families are aware of the children's service remains a key priority for the team, who provide care spanning from home visits for respite care, to memory making activities.



"We are flexible and can tailor our services to the needs of our community," said Tracy. "It sometimes takes time for families to engage and trust the care, but it's also important for these families to know we are here in whatever capacity," Fiona added. "Their journeys are often unpredictable, and we can adapt around them."

Families receive care that's tailored to them from the children's team, who also host events throughout the year – marking Easter, the summer period and Christmas – at the Hospice in Pembury. "I was blown away with the thoughtfulness and effort put into it for us all. I cannot put into words how amazing you all are," said one family receiving support from the service.



"Thank you for helping my family create core memories we will never forget," shared another family. "All three of my children smiled from the moment they went in, to the moment they left. That day will forever remain in my heart." Tracy, Fiona and the rest of the team ensure the individual needs of families are met, remaining flexible and just a phone call away.

**"All three of my children smiled from the moment they went in, to the moment they left."**

Of the year ahead, Fiona said: "We want to increase the caseload and have the capacity to provide opportunities and experiences outside of the home."

Hospice in the Weald for Children is here to help children with life-limiting and life-threatening conditions make the most of every day with their families. Find out how you or your loved ones can benefit from its support by visiting here:





## Supporting each other through bereavement

Bereavement is a universal experience that often feels isolating. At Hospice in the Weald, we aim to create a community where grief is openly discussed and compassionately supported, whether at home, in the workplace, or among friends. Here, we share some ways you can provide support when someone is grieving.



### Open communication and compassion

Creating a safe space for open conversations is one of the most supportive things you can do. A simple question like, "How are you feeling today?" can encourage someone to share their emotions. Respect their boundaries – ask how much they want others to know and what they feel comfortable discussing.

If you're unsure what to say, keep it simple: "I'm thinking of you" or "What can I do to help?" Avoid comparing their experience to your own, as grief is deeply personal. Small gestures of kindness and empathy can make a big difference.



### Flexibility and practical support

Understanding workplace policies on bereavement and compassionate leave is vital. Consult HR or senior managers if needed to provide clear guidance to those navigating grief. For managers, discussing leave options and maintaining regular communication helps reassure the grieving person of their job security and ongoing support.

Returning to work can be overwhelming. Flexible arrangements like phased returns, remote work, or adjusted schedules can ease the transition and allow the person to balance personal responsibilities with work.



### Respecting individual and cultural needs

Grief affects everyone differently, and the process is highly individual. Some people may find comfort in talking about their loved one, sharing memories, or marking anniversaries. Others may prefer privacy, and their preferences should be respected.

Cultural and religious beliefs often shape how people grieve, including specific rituals, mourning periods, or practices. Open communication ensures that their needs are understood and honoured.



### Understanding grief's impact

Grief is not a linear process. Emotions like sadness, anger, shock, and acceptance may all occur at different times – or even in one day. Be patient and avoid setting expectations for how someone "should" grieve.

Recognising the ongoing nature of grief is crucial. Watch for signs of complicated grief, like prolonged depression or withdrawal, which may require professional support.



### Creating a supportive community

Supporting someone through grief is about being present, empathetic, and practical. By fostering open communication, respecting individuality, and offering flexibility, we can build a compassionate community where no one feels alone in their loss.

For more guidance or resources, please contact Hospice in the Weald. Together, we can ensure our community remains a place of comfort and support during times of bereavement.

Access bereavement support and resources at [hospiceintheweald.org.uk/help-hub/resources/bereavement/](https://hospiceintheweald.org.uk/help-hub/resources/bereavement/) or scan the QR code.



## Angela's story: A loving farewell to treasure



"Just as a butterfly's journey is one of change and renewal, so too is our journey of grief and remembrance. Whenever I see a butterfly, I think of Darryl. They've become a symbol of remembrance, reminding me that our loved ones are never truly gone."

**"By dedicating a butterfly in his memory, I'm not only honouring him, but also helping another family receive the care and compassion that meant so much to us."**

**"Losing someone you love is never easy, but the way we say goodbye can make all the difference."** Angela has kindly shared her story in support of our Meadow of Memories appeal in remembrance of her partner, Darryl, who was cared for by the Hospice team in 2023.

"The care Darryl received at Hospice in the Weald in his final days was a blessing I will never forget. The kindness and support we experienced provided peace in an incredibly difficult time, and I hope by dedicating a butterfly in Darryl's memory, that other families can find the same comfort we did."



## Denise O'Malley, Head of Hospice Outreach Service

"Whether managing pain, offering emotional support, or guiding families through the challenges of end-of-life care, we are there to ensure that individuals and their loved ones like Angela and Darryl feel as supported as possible."

"As Head of our Outreach team at Hospice in the Weald, I have the privilege of leading a dedicated team of nurses and clinicians who provide expert care and support to patients and their families in the comfort of their own homes."

"Our Outreach team is available to patients in their last year of life. Every day, we visit homes across the community, providing reassurance, dignity, and compassionate care when it's needed most. This vital service is only possible thanks to the generosity of people like you."



## How you can take part in our Meadow of Memories

**An installation of handcrafted butterflies, in memory of loved ones, at Scotney Castle**

**Dedicate a butterfly:** Make your dedication by **Tuesday 22<sup>nd</sup> April** to ensure your loved one's name appears on a dedication board at Scotney Castle alongside the butterflies.

**Make a donation:** Support our spring appeal with a general donation, without dedicating a butterfly.

**Visit the Meadow of Memories:** Experience the beautiful display of butterflies at Scotney Castle from **17<sup>th</sup> to 26<sup>th</sup> May 2025**.

**Attend the Meadow of Memories Gathering:** Join us at Scotney Castle on **Monday 26<sup>th</sup> May at 5pm** for a special remembrance event.

Take home one of our beautiful butterflies for a suggested minimum donation of £35. Scan here or visit our website for more information.





## Fundraise with us in 2025

We have good news; this year is jam-packed with an array of events! You can remember someone special at our Moonlight Walk, enjoy nature with a visit to one of our Open Gardens, lace up your trainers for our Hospice Run, or go 'extreme' with a skydive... There really is something for everyone.

### Open Gardens 2025

At this year's Open Gardens, we have over 30 beautiful gardens for you to visit. Including some familiar ones that are back by popular demand, we also have exciting new gardens available for you to explore. Our Open Gardens will run from **May to September** so don't miss out and start planning your calendar.



### Moonlight Walk

Join us for a brand-new route around Sevenoaks and surrounding areas for our annual Moonlight Walk on **Saturday 14<sup>th</sup> June**. Embark on a journey of reflection on a 4, 8 or 13 mile remembrance walk and celebration around Knole Park and the town of Sevenoaks. Including entertainment at the event village and a glass of fizz upon your return post walk!

### Sky Dive

Take the leap on **Sunday 6<sup>th</sup> July** by signing up for a skydive over the picturesque Kentish countryside – it's a memorable way to remember someone special. Strapped to a highly experienced instructor, you'll take to the skies, plunging 12,000 ft, free falling for 45 seconds, before finally relaxing to take in the beautiful view!



### Hospice Run



On your marks... **Sunday 21<sup>st</sup> September** is the date of the 19th Hospice Run! Why not take on our 5km, 10km or half marathon? Thinking of the family? Don't fear – come along for our family route. Places are limited so be sure to sign up to avoid disappointment, then let the fundraising and training commence!

### London Marathon & London Landmarks Half Marathon

Let's give a big cheer to our amazing #TeamWeald runners who are currently training hard ahead of their big events! A dedicated group will take on the TCS London Marathon on **Sunday, 27<sup>th</sup> April**, while others will tackle the London Landmarks Half Marathon on **Sunday, 6<sup>th</sup> April** - all to raise vital funds for Hospice in the Weald.



Did you know that **every £100 raised can provide four professional counselling sessions**, offering vital support to someone during one of the most challenging times? If you would like to **make a difference in 2025** and explore how you can **get involved in fundraising for Hospice in the Weald**, we would love to hear from you! Whether it's running, baking or hosting your own event, **there's a way for everyone to help.**

Scan the QR code to visit the Fundraising and Events section on our website, email [fundraising@hospiceintheweald.org.uk](mailto:fundraising@hospiceintheweald.org.uk) or call **01892 820 533** to find out more.



## Charlotte's story: Running for Granny



Once Charlotte had secured one of Hospice in the Weald's limited places, her dream of running the prestigious London Marathon this April became reality. And with that came a meaningful responsibility: to raise vital funds for the place where her granny spent her precious last days.

"Granny wasn't at the Hospice for long," said Charlotte, who remembered what the Hospice's ward in Pembury gave her granny. "It provided a lot of privacy and dignity for her, and everyone is treated with the dignity they deserve."



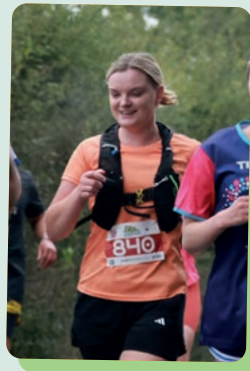
As a long-term supporter of the Hospice – through fundraising events, fayres, and use of the popular charity shops – Charlotte knew that running on behalf of the Hospice would mean a whole lot more to her. "Running for a charity rather than just yourself, gives a whole other dimension to the running journey," she said.

Training for such a challenge is something Charlotte's been relishing. Because it's a new experience, she's sought out help by joining a local running club, and there is one piece of advice she's been thinking of... "I think my granny would have said 'eat as many biscuits and ice cream as you can, because you deserve it!'"

Are you interested in following in Charlotte's footsteps by taking on a challenge event this year? "Have a go, get in touch and try a new challenge," she said. "I think you don't know how it can work out until you try it and, if you persevere, you'll be absolutely fine!"

Explore Challenge events on our website or get in touch about a personal challenge, via [fundraising@hospiceintheweald.org.uk](mailto:fundraising@hospiceintheweald.org.uk) or 01892 820 533.

Scan to watch  
Charlotte's story!



## Supporters flock to Tonbridge Superstore



Since opening its doors last November, our Tonbridge Superstore has become a one-stop shop for pre-loved enthusiasts to find an unbeatable range of furniture, clothing, books, homeware, and more!

With affordable items all under one roof, it's never been easier for shoppers to back sustainability, re-home pieces that might otherwise end up in landfills and help the community. Every item bought or donated helps fund care for terminally ill people and their loved ones, while looking after the planet.



the Hospice's vital care with every purchase and donation.

On day one alone, the Superstore raised £3,600 – a testament to our supporters who directly contribute to

At 650m<sup>2</sup>, it's our biggest shop yet and will host one of our two Love Your Labels events this year, proving it's a place to be in 2025.



# 60,012

**Total items re-homed by  
our shoppers since the  
Superstore opening, saving  
over a million kg of CO<sub>2</sub>!**

Sharon Gills, Head of Retail, said: "Our Tonbridge Superstore has shown the incredible impact second-hand shopping can have - not just for the environment, but for our community too. It's inspiring to see how our customers are making a real difference, one purchase at a time, supported by our staff and volunteers, who work together to make our shops more sustainable every day."

**Visit us at 1 High St, Tonbridge, TN9 1SG to find your eco-friendly bargains and treasures.**

Scan here for more  
information about our shops





## Pauline's story: Support for the whole family

Pauline loves nature, fishing, and photography—a passion she continues to pursue because of the support she has received at home, including help with symptom control. She values time with her partner, Henry, and sister, Christine, cherishing precious moments together.

“We all love nature, and we like to be outside. Pauline has been taking pictures out of the window from her bed at the Hospice. She can look out and see trees and birds in the garden. The camera has a nice zoom lens, so she can still do what she enjoys,” shared Christine.



“The Outreach team gave us a phone number and if we had any questions, any time of day or night, we could call,” Christine explained.



“I said to the team that they couldn't have given me a better window to look out of, I like spotting the owls and the pigeons and taking a picture if I see something of interest,” added Pauline.

“Family means a lot. Henry and I both have the same interests, too, which works out well. Without him right now, I'd be lost.”

Promptly after the family contacted the Hospice, and before her time in the Pembury Ward, Pauline started receiving support at home.

**“They've done a brilliant job of getting everything right. Pauline is treated like a person, not a patient.”**

“My experience from the very beginning has been that nothing was ever too much trouble,” Henry added. “If I phoned the Hospice, they always gave an answer or helped me in some way, whether signposting or practical advice. Always.”

Pauline concluded, stating that hospice care should not be feared: “Don't be afraid of approaching the Hospice, they're there to help you. It's the best care from the nicest people.”

## Volunteer with us

At Hospice in the Weald, we are proud to be supported by over 1,000 volunteers across our services. We could not provide the exceptional care that we do without their dedication, hard work, and kindness. Volunteers are truly the heart of the Hospice, helping us to make a real difference in the lives of those we support.



### Plenty of ways to get involved

There are countless opportunities to volunteer with us. Whether you'd like to lend a hand in one of our shops, support events, or bring specialist skills to our team, there's a role for you. Volunteering is open to anyone over the age of 16 (or 18 for roles in our shops), and no matter your background or experience, your time and effort will be valued.

### Each hour makes a difference

Whether you can spare just a few hours or a couple of days each week, your contribution will have a meaningful impact. Every moment given by our volunteers helps us continue providing expert care to those living with terminal illnesses and their loved ones.



### Support, training, and community

All you need to become a volunteer is enthusiasm and a desire to help – we'll provide all the training and support you need. Along the way, you'll meet new people, gain new skills, and have the chance to share your own experiences. Most importantly, you'll be part of a community dedicated to caring for others.

### Join our family!

If you're looking for a rewarding way to give back, we would love to welcome you as a volunteer. Every role is essential, and together we can continue to make a difference in the lives of so many.

To find out more, visit our website or contact us today.



## Inspirational support

**Big or small, your support makes all the difference to the lives of terminally ill people and their loved ones at Hospice in the Weald. Thank you to every single person who has chosen to fundraise or volunteer, including all the inspiring individuals mentioned below.**

A huge thank you to **Stuart Hammond and his friends James, Matt, John, and James**, who raised a staggering **£12,657.93** in memory of Ella Hammond by taking on the **100km Thames Path Ultra Challenge**. Ella was cared for at the Hospice, and until the very end, celebrated life, including organising a festival - 'EllaFest'. Read more of Ella's moving story via our website.

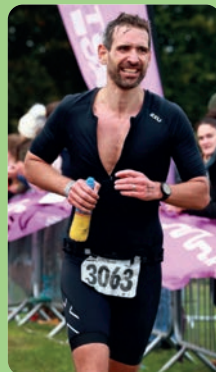


Shout out to 10 year old **Olivia Cole**, who put together a jar of treats for our Nursing team, to show gratitude for the care and support received by her great-grandmothers, Eileen Savidge and Ivy Alchin. Olivia has also raised funds by selling her beautiful handmade homewares and gifts at our events.

**Vivienne Cruttenden** has been a dedicated **volunteer since 2005**. This January, as she entered her 80<sup>th</sup> year, she set herself a new challenge – **walking 80 miles to raise £800**. Vivienne surpassed her fundraising target, raising a brilliant **£1255**, for which we are incredibly grateful. You can follow Vivienne's fundraising journey on our website.



Thanks to **Hope Churches** for spreading festive cheer and raising funds for Hospice in the Weald. On **5<sup>th</sup> December**, they held a beautiful carol concert outside Tesco in Pembury, bringing the community together in song and laughter. Their efforts and the kindness of those who donated raised a fantastic **£196.29**.



**Sebastian and Patrick Robbins** took on the **Hever Castle Half Iron Man** in memory of their Granny, Jean Robbins, raising a brilliant **£2,651.70**. What a wonderful achievement, congratulations, both.



This year's Christmas Tree Recycling scheme raised a massive **£57,675**, all thanks to **120 volunteers and 54 vans**, who helped us collect **2,595 trees** in just one week. A big thank you to the businesses and volunteers who gave up their time to help collect the trees, and our generous community for your support. We couldn't do it without you!

We want to thank **Jeremy Simmons** for taking on the challenge of running the **Beachy Head Marathon** in memory of Valerie, who was cared for at the Hospice. Raising **£1,400** is an amazing accomplishment and we appreciate your support.



**Mel Massy and the lovely team at Leaningstock** raised **£3,000** for Hospice in the Weald through the festival, in memory of Chris Leaning. The theme was 'Legends,' and we think that describes them perfectly too. A massive thank you to everyone involved.



A big shoutout to **Ella, Yasmin, George, and Ursula Mian** for their incredible donation of **£863.75**, raised by taking on the **Hever Castle Multisport Half Marathon**.

Their amazing effort was in memory of their dear friend, Julie. Well done to the Mians!

Thank you to **Patrick Ferguson** for donating **£2,250** in lieu of sponsorship for completing the **London Winter Walk Half Marathon**. In **February**, Patrick appeared on **TV in The Yorkshire Auction House** and part of the proceeds from the sale of the auctioned items enabled him to make such a generous donation.







# Moonlight WALK

Join us for a night of walking,  
music, memories and glitter as we  
light up the streets of Sevenoaks!

**Saturday 14<sup>th</sup> June | Starting at Sevenoaks Rugby Club**



**Scan here to register or contact our  
Fundraising team on 01892 820 533 or  
[fundraising@hospiceintheweald.org.uk](mailto:fundraising@hospiceintheweald.org.uk)**