The power of art and music

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Page 8 – Our valued volunteers
It’s good to give!
A message from CEO Rob Woolley

Everyone that has been involved in any way, shape or form with Hospice in the Weald will know that for the staff that we employ, it’s far more of a calling and a vocation than a job. All staff at Hospice in the Weald go that extra mile, including our much valued volunteers. Staff and volunteers give their time to ensure all patients with a terminal illness, their families and carers have access to Hospice Palliative Care that is compassionate, individualised, holistic and supportive. This is not just in our In-Patient Unit, but in people’s homes with our Hospice in the Home Service. At its core, Hospice Palliative Care is about a human kindness and about giving.

We’ve grown over the years to become a complex organisation and one could argue that there are two ways in which we interact with people in the community we serve. The first interaction is with the patients, families and carers when they are referred to us or refer themselves. Our Hospice Palliative Care ensures every patient can live every day with a quality of life that is tailored to their individual needs and knows no bounds generosity. All of this is delivered completely free of charge to anyone that needs our care.

The second interaction is with the community that we serve. It is in essence about raising the funds to ensure that Hospice in the Weald can continue to deliver excellent Hospice Palliative Care. It means that we ask our community to give and to embrace in the generosity of spirit that allows us to transform situations for patients diagnosed with a terminal illness, and those close to them. Another facet of that second interaction includes income generation that is earned. Indeed our retail operations alone provide more funding towards ensuring the Hospice raises the £6 million a year it requires than the Hospice receives from the NHS. We know we save the NHS a great deal of money and we will continue to make the case for more funding from the government but will not let its absence limit us in our ambitions.

I often say that communities need a good Hospice and they most certainly do, but also Hospices need a good community. So our on-going plea to you will be to ask you to give in a way that best suits you and at a time that you can give and we will continue to find ways that make it good to give.

A quote that is often attributed to Winston Churchill suggests “We make a living by what we get; we make a life by what we give.”

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

Hospice in the Weald Chairman, Simon Lee

In early December we were delighted to welcome our new Chairman of the Board of Trustees, Simon Lee.

Simon has a strong affinity with the work of Hospice in the Weald having grown up in Tonbridge and having had very personal experiences of Hospice care in his family.

Simon and his wife, Fiona, still live locally and their three daughters all went to Kent College, Pembridge and they both remain very involved and active in the community.

Simon is an extremely experienced public speaker and has acted as an ambassador for all the organisations he has led. After 30 years working at the top of some outstanding organisations, primarily in the City, we are very fortunate to have him as our new Chairman and help us in our provision of Hospice Palliative Care to the local community.

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From the editor

This edition of Hospice News focuses on creative and music therapy at Hospice in the Weald.

We’ve also included a story from the daughter of a patient, Jay, who shares her personal experience of the Hospice and what it’s meant to her family.

We are always keen to find ways to ensure we are offering value for money to our supporters. We do want everyone who supports the Hospice to read about our work and events in Hospice News, but also want to reduce our printing and postage costs wherever possible so will now send one copy of Hospice News to every household. If you would like to receive more than one copy please just let us know. Likewise, if you would prefer to have Hospice News sent to you by email you can email me at the address below so we can update our records.

For any newsletter enquiries please contact, Becca Hill – Communications and Marketing Manager, on 01892 820530 or becca.hill@hospiceintheweald.org.uk

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

Tel. 01892 820500 Fax. 01892 820520

Registered Charity No. 280276

www.hospiceintheweald.org.uk

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Twitter @hospiceweald
Your support counts

5 things you could do to support Hospice in the Weald this year

1 Set up a £15 regular gift to come automatically to the Hospice every month; complete the form attached to page 7 of this newsletter and send it back to us using the envelope enclosed. Please don’t forget to attach a stamp!

2 Sign up online to partake in one of our Hospice fundraising events like ‘Wheels Around the Weald’ in April, the ‘Moonlight Walk’ in June or one of our running events in September.

3 Volunteer in one of our 23 charity shops.

4 If you are in any local pub, coffee shop, hairdressers that may be interested in taking one of our collection boxes please call Maddy on 01892 820533.

5 Donate any of your impractical or unwanted Christmas gifts to us. We can always sell items in our shops or use them as raffle and tombola prizes at our forthcoming events! Please contact Anna on 01892 820527 for further details.

A New Year’s resolution to keep!

Julia Norton was a dedicated supporter of Hospice in the Weald for many years. Her son Mike remembers that “Mum played the Hospice lottery, attended Hospice events and never bought her Christmas cards from anyone else! She was a volunteer with Hildenborough Old People’s Society and many of her friends had benefited from the care provided by the Hospice. She was a regular visitor there and the place felt familiar to her. Long before she was referred herself, Mum had written her Will to include a gift for the Hospice.

When she was referred to Hospice in the Weald, Mum had lots of visits over several months from the Hospice in the Home team who were incredibly on the ball. Mum felt great relief when she was brought to the In-Patient Unit a few weeks before she died. She felt at home there – safe and at peace. It was where she wanted to be.

1 in 5 of our patients are cared for due to funding received from supporters who have remembered us in their Wills, like Julia.

Every donation, no matter the size, helps Hospice in the Weald reach the £6 million we need every year to sustain our current work. All of our care is offered free of charge to all patients. As we are not part of the NHS, we are reliant on the people who give their money and time from our local community to enable the Hospice’s philosophy of care to reach more and more patients.

£80 is the rough cost of one counselling session offered to all patients, families and carers who have been referred to the Hospice. This can include both pre and post bereavement counselling and is available to children as well as adults.

£100 could cover the costs for a Lymphoedema patient appointment plus any specialist bandages required for their treatment.

£277 is the average daily cost of one patient end of life or respite care in our In-Patient Unit at the Hospice in Pembury.

£7,304 is equivalent to the cost of running the Hospice Day Service for one week. Hospice Day Service sees over 100 patients every week, offering a variety of therapeutic treatments, clinical appointments and a social environment for patients with a terminal diagnosis but who are well enough to attend sessions.

For further information on any of the 5 things you can do to help support us in 2015, including how to volunteer with us or event sign up details please see our website www.hospiceintheweald.org.uk or contact Becca Hill – Communications and Marketing Manager on 01892 820530 or becca.hill@hospiceintheweald.org.uk

If you have been meaning to write your Will and not quite got around to it, why not arrange to do it this New Year and take a weight off your mind?

Writing a Will is the only way to ensure those you care about are provided for after your death. We advise seeking professional legal advice to ensure a Will is valid and to avoid ambiguities which may cause distress to those you intended to look after. Contact a Will-writer or solicitor for a quote and you may be surprised by how affordable it is.
The power of art and music

‘Saturday sessions... make such a big difference to families’

‘Creative Family Saturdays’ happen every 4 weeks at the Hospice, run by Nell Mellerick our Creative Artist, Julie Annis our Activities Coordinator and a team of Creative Arts volunteers. They are a two-hour session for patients to come along with their families and carers and be creative. The sessions empower our patients to complete a project with their families and carers and promote wellbeing through creative expression.

The sessions enable patients to learn new skills boosting much needed self-esteem and providing a sense of achievement. They also offer Hospice patients the chance to access Creative Arts outside of the usual working week. A lot of patients find this means they don’t have to take their children/grandchildren out of school to access the session yet they give families the opportunities to spend creative time together.

We have created many things in our previous sessions including: pottery painting, mask making, Easter trees, Christmas Cards, felting.

I recently spent a night offering night-care to a patient Andy. I sat up all night with Andy chatting and watching TV and we talked about lots of things. He spoke a lot about his family and said that he had always been very close to his eldest granddaughter (now 11) but that at first his diagnosis had really affected her and consequently their relationship. When he became poorly and she was told he had cancer she stopped going to see him as she found it too difficult. Despite him understanding her reaction this was obviously was very sad for Andy.

After Andy’s diagnosis and referral to Hospice in the Weald, Andy’s daughter took him and other members of their family, including all their grandchildren, to the next Creative Family Saturday session. Andy said that they all enjoyed their day and had fun together, and that following this day his eldest grand-daughter had started to see him at home again and was a constant visitor. Andy was so grateful to the Hospice for getting the family together on that day and this enabled him to resume his relationship with his grand-daughter, which gave him a lot of comfort. Andy has sadly now died but his experience showed me just how important the family Saturday sessions are and how they can make such a big difference to families.

Becky, Hospice in the Home Health Care Assistant

For information regarding our Creative Family Saturdays’ please contact, Nell Mellerick – Creative Artist, on 01892 830559 or nell.mellerick@hospiceintheweald.org.uk
‘Music therapy touches hearts and lives... Music is medicine’

Rachel Harris, Music Therapist at Hospice in the Weald, talks about the benefits of music therapy

I have the privilege of sharing music with patients of Hospice in the Weald. This happens in a huge variety of ways. I might sit by a bedside or with a group of patients from the Hospice Day Service, using music to enable them to relax and forget about the pain and anxieties of life. Often I’ll play my sounding bowl (pictured). The sound of this rare instrument resonates around the room bringing beauty and warmth. One of Hospice in the Weald’s patients, Jo regularly attends these music relaxation groups. I asked her how she experiences the bowl. These are the words she chose; “restful and relaxing,” “makes an atmospheric sound… it touches a nerve somewhere and is just beautiful.” Beauty is the word I associate with this instrument; it brings beauty even into the darkest moments of existence.

Most people have rich memories associated with music. Hearing old favourites brings back memories of far-gone days. Memories of seeing live bands, dancing, meeting the love of their life, singing in the car. It doesn’t matter what it is, rehearing the music allows people to relive those memories. Music stimulates our brains and it makes us want to move and dance or even sing. These are all things which release endorphins into our system and this makes us feel good.

I often find songs speak to people in a profound way. People I work with use them to give messages to family or friends or to explore how they feel. Somehow you can reveal yourself in a song in a way that you wouldn’t otherwise. You can express the deepest emotion, the unspeakable. Most people think that they couldn’t ever write a song but again and again I watch the surprise and joy as words and musical ideas flow out of people who never before dreamed of songwriting. They find a way to tell a partner once more that they love them, a way to explain how a terminal illness is affecting them when they can barely speak anymore, they may leave a gift for a grandchild who may never remember them. These are all songs that were written by people I’ve worked with. The husband of one patient said on hearing the song his wife wrote for him that it was “the best gift he had ever received.” What a gift at a time of such difficulty. But we can’t always find words to express the complexity of our lives, the pain, sorrow, love, gratitude and anger we all face at some time.

I see my role at the Hospice as a musical facilitator as well as a therapist. I enable people to use music to express themselves, to give a message to someone they care about, to reminisce about the life they’ve had and to aid relaxation.

I often reflect on the hope, joy and beauty brought about through music in my work at Hospice in the Weald. Music Therapy touches hearts and lives. It enables emotional expression and brings richness where people are facing increased loss. Music aids the reduction of physical symptoms through distraction and increased feelings of well-being. Music is medicine.

For information regarding Music Therapy at Hospice in the Weald please contact, Rachel Harris – Music Therapist, on 01892 830561 or rachel.harris@hospiceintheweald.org.uk
Jay’s story

Jay’s mum, Nicola, was cared for by Hospice in the Weald. Here, she shares her story and her mother’s Hospice journey

Our journey with the Hospice began years ago. Mum’s district nurse Maggie had come to know us during her weekly visits following Mums’ diagnosis of Multiple System Atrophy and seen for herself how wonderfully creative and resourceful she was, and how frustrating it was becoming now that the disease was slowly taking away her ability to sew and use her hands. Maggie told us that the Hospice had a Day Service for people with similar illnesses to Mum’s and they offered a whole range of support, including creative projects.

I think Mum was instantly keen – but it scared me – wasn’t the Hospice only somewhere to die? The first day I dropped her off at the Hospice Day Service, it was clear my fears had been entirely misplaced; she held onto my arm for support and we walked into a light, airy room. There was lots of laughter and people buzzing around, nothing like the images I had conjured up in my mind. A smiley, petite lady, (who became a very supportive friend and nursed Mum at her bedside in her final days) came over and spoke straight to Mum, complimenting her on her red jacket – my mum had quite a keen eye for fashion so they struck up an instant bond. She liked to shop my mum, and became extremely well known for it by the staff and volunteers – she would quite often be showing off new boots or her latest charm on her bracelet. They really took time to know my mum and see the wonderful person she was beneath the illness.

She seemed extraordinarily content – and although she never told me this herself, I think that ironically, her visits to the Hospice allowed her to forget she was so ill. At home we fussed, we fluffed up her pillows, asked her if she was OK too often, tried to get her to eat at every opportunity and rest, rest, rest.

Her trips to the Hospice Day Service were filled – in just a few hours she would do so much. The resident artist fully encouraged her not give up her arts. Her right hand was becoming more stiff and unresponsive, but he helped her see this as an opportunity and she tried painting with her left hand instead. We framed her first beautiful painting of an autumn leaf and put it up in the hallway – it was one of many masterpieces to come, capturing moments of the world she saw around her then. I treasure everything she made now – it’s as if the artwork encompasses the words she wanted to say; the last things she wanted to express before leaving us.

When she became worse, my sister and I struggled at home. Even though my sister was a capable nurse, she crumbled. One day I found her in the bathroom crying and angry, the catheter was blocked again and Mum was in so much pain. The drugs didn’t seem to be working and there was nothing we could do to make it better. We felt we had nobody to turn to but the Hospice.

They told us that there was a spare bed for Mum and that she could go there for a week or two to regulate the medication. Hearing this was the biggest relief; it was like we could breathe again – all of us.

No longer distracted by the pain that we struggled to control at home, she was cocooned in a place she felt safe and secure. Even though her life was ebbing away then, my fondest memories are of those times. Looking back I realise it was because the pressure had been lifted from my sister and I – we could just sit in her room and make the time together really count.

Mum developed pneumonia and was admitted to a hospital. Leaving her at the end of visiting hours was like being wrenched from a terrified child. Although her basic physical needs were addressed the total lack of compassion and communication were so upsetting and I had nightmare after nightmare that she would die there, lost and afraid.

When we were told by the doctors that no other medicine could cure the pneumonia, all I could think of was getting Mum out of the hospital and to the place she knew and had grown to love, Hospice in the Weald. When I got the news that the Hospice had a bed and that she would be moved there that day I cried with relief. I went with her in the transport ambulance and when she opened her eyes I said reassuringly “you are going to

“In the last week of her life, the Hospice provided a temple for Mum to rest and for our family to visit her.”

For information regarding regular giving please contact,
Sarah Raine – Fundraising Manager, on 01892 820526 or sarah.raine@hospiceintheweald.org.uk
the Hospice Mum, you’re going to be OK” and she held my gaze a little longer and then she shut them, as if in relief that she could finally rest. That was the last time she ever looked at me.

In the last week of her life, the Hospice provided a temple for Mum to rest and for our family to visit her. It wasn’t a fairy-tale ending; I didn’t sit by her bedside and watch as she slipped into a deep peaceful sleep. Whilst I was reassured by the doctors that she was in no pain, her breathing was laboured and rattling.

Lorna, a nurse that we had come to trust and like very much, sat by me one of the evenings when I was outside Mum’s room, too frightened to be next to her. I felt lost and desperate – I asked Lorna a thousand questions and was surprised that she didn’t give me any words of wisdom, she just looked back at me with sympathetic, tear-filled eyes.

The call came after midnight. Mum waited until we had all left and gone home – thoughtful until the last. A nurse walking past her room stopped and entered because she had an intuition. She held Mum’s hand until she took her last breath so that she didn’t die alone.

And so, as I come to terms with losing Mum, I carry precious memories with me that were made at the Hospice – of Mum laughing with the nurses and volunteers at the side of her bed, her sitting peacefully in the comfortable chair looking out onto the gardens.

I’m just so glad that despite it all, Mum managed to reclaim some peace and dignity in her final days – and there was a strong and caring place for me and my sister to be, a safe haven amidst the storm we were fighting.

It costs £6 million every year to maintain our existing services at Hospice in the Weald

Just 16% of our funding comes from the government, so we are reliant on the generosity of the community we serve to continue to provide our vital services which are provided completely free of charge. Every donation we receive, no matter the amount, makes a huge difference to the patients, families and carers who access our services. Supporting Hospice in the Weald through a regular monthly gift ensures we can offer people like Jay a constant source of support throughout their journey with us, however much they need us.

£10 per month could pay for the creation of a memory book for two patients

£15 per month is enough to pay for a nurse for an hour

£20 per month across the year could fund an In-Patient Unit bed for a day

For information regarding regular giving please contact, Sarah Raine – Fundraising Manager, on 01892 820526 or sarah.raine@hospiceintheweald.org.uk
Our valued volunteers

We are always looking for new volunteers. Would you be interested in giving your time to support us?

Hospice Day Service has recently introduced a new ‘Extended Volunteer’ role attending the Day Service on weekdays alongside staff and other volunteers. The Extended Role Volunteers wear a lilac uniform and have received extra training to assist the nursing staff with things such as personal care, feeding and transferring patients. This additional training means that these volunteers can offer more practical support to patients and helps to accommodate the increased number of patients who now attend Hospice Day Service, but without the need to take on additional staff at a cost to the Hospice.

The role acknowledges the skills, experience, and dedication of our volunteers and gives something back to them by providing practical training they wouldn't otherwise receive. Vanessa, a Hospice Heath Care Assistant, says ‘Lots of our volunteers have experience and it’s nice for them to develop their own role. It’s made us more of a team, working together, and the help given to patients is invaluable.’

The Extended Volunteer Roles will undergo ongoing practical supervision by Hospice nurses to complete their competencies.

There are many volunteer roles available at Hospice in the Weald, all of which play a crucial role in providing and supporting our vital services for patients, families and carers. Some roles involve a regular commitment, but we also have many ad-hoc roles available for those who want to volunteer, but prefer to have more flexibility in their support.

‘I started volunteering at the hospice as a general HDS Volunteer as I wanted to give something back to the community. With the new role I feel our life experience is valued and we have clear goals. We’re just ordinary people, which I think helps with relating to the patients.’

Steph, a new Extended Role Volunteer.

These examples are just a small selection of the many roles that are available to volunteers. You may wish to use the skills and experience you have gained, either through the workplace or one of your hobbies. You may be looking for work experience to enhance your CV or have you more free time now that your children are growing up. Whatever the reason, Hospice in the Weald would value your skills and experience.

We are particularly looking for help at our online bookshop, our warehouse in Sevenoaks, and many of our shops including those in Sevenoaks, Five Ashes, Tunbridge Wells, Oxted, Tenterden and Mayfield.

You can find out more about our current volunteer roles on our website www.hospiceintheweald.org.uk/volunteering or by calling Julia (as below).

For information regarding volunteering, visit your local Hospice in the Weald Charity Shop, or contact Julia Cronin – Personnel Assistant, on 01892 820529 or volunteering@hospiceintheweald.org.uk
We rely on support from and in our community

Gillian Beattie Davis tells us why she fundraises for Hospice in the Weald

It was quite simply my desire to pay back the Hospice, in some small way, for the care and attention that they gave to my beloved husband, Richard, who died there in 2008. It’s the special kindness and care at Pembury that I remember. I was allowed to sleep in Richard’s room whenever I wanted and when he came home for a few days, they even sent a container of his favourite soup!

I decided to inaugurate a mini concert series in Sandhurst, using his grand piano and all his musical contacts. After our costs we raised over £1,100 this year, bringing our total for the last six years to about £4,000 and we have heard some wonderful music besides. Our audience grows each year and I hope that our future fundraising will also increase. Words cannot express my thanks to the Hospice, but fundraising for them helps to show my appreciation.

Patient wins Autumn Raffle!

You may recognise Michael Fallon from the front cover of our Autumn newsletter. As a current patient at Hospice in the Weald, you can imagine our delight at discovering he was the winner of our Autumn Raffle. Michael and Sue Fallon won the first prize of £6,855. The Fallons have four grandchildren and are already discussing how they can treat their family with their winnings! The have also already very kindly given a percentage of their winnings back to Hospice in the Weald. Michael attends Hospice Day Service every other week and was full of praise for our services, ‘I have so enjoyed making new friends at Hospice Day Service and I love participating in the arts and crafts activities. I look forward to my visits to the Hospice’.

After the shock of winning our Raffle had sunk in, Sue Fallon said, ‘My opinion of hospices has really changed. They are such different places now and really do help people live the time they have left to the full. We so value you and everything you do for patients, their families and carers’.

Thank you to everyone who made our Autumn Raffle such a resounding success. By purchasing raffle tickets you helped us raise over £56,000; this is a fantastic amount and could pay for us to run our In-Patient Unit for two weeks.

Read to Raise!

‘20 Walks in Wealden Country’ is a handy guide to 20 circular country walks within the beautiful Wealden countryside, with maps, directions and photographs. Author Peter Titchmarsh has kindly funded the book with all proceeds of the book sales coming directly to Hospice in the Weald. ‘20 Walks in Wealden Country’ is available to purchase for just £6.00 at a number of local bookshops, pubs and on the Hospice shop online. Alternatively please contact Sara Clark to buy a copy, Sara Clark – Corporate Fundraising Manager on 01892 820586 or sara.clark@hospiceintheweald.org.uk

Light up a Life

Our ‘Light up a Life’ service took place on Saturday 6th December at Hospice in the Weald, one of many held in the area. Families and friends gathered together to take time to remember and celebrate the life of someone special by lighting a candle in their memory. Singers performed beautiful Christmas carols, heart-warming pieces were read and everyone huddled together for the lighting of our Christmas tree. We hope that everyone that joined us found the service an uplifting opportunity to reflect and think about their loved one at this particularly hard time of the year.

Loved ones’ names have now been added to our Book of Remembrance which is ready to view at the Hospice. Please feel free to pop in to read it, catch up with our staff and volunteers, have a cup of tea or enjoy a peaceful stroll around our Labyrinth whenever you wish.
Every donation we receive is important to us and it’s good to give!

90p of every £1 raised for Hospice in the Weald goes directly towards providing care free of charge to patients, families and carers. We could not do this without you and whilst we can’t list each and every one of you here, we really appreciate your support. Thank you to everyone who helps us to raise the money to allow us to continue to provide our vital services.

Our 10km Supporters and the 650 runners who took part in our annual 10K Run and 1K Fun Run on 15th September. We are well on the way to raising over £35,000! Thanks to our event sponsors, Savills and Ward Homes along with chip timing sponsor CSIS, all this money is a direct contribution to patient care. A big thanks also to Dame Kelly Holmes for being our official starter and helping to give out medals to the finishers.

The Wheatsheaf Crowborough, The Woodman Ide Hill and Brecknock Arms Tunbridge Wells for choosing to support us. We wish Mike and his band all the very best for future fundraising tours.

Elucia Haffenden and her friend Lydia Pearce-Martin both aged 10 from Woodlands Junior School, Tonbridge who raised £55.40 for us selling homemade cakes, books and toys.

Hildenborough Friends Group for hosting the Hildenborough Quiz Night that raised £807.06.

Waitrose Paddock Wood for raising £320 through their community matters appeal.

Mike Willis and Good Company for hosting the ‘All Roads Lead to London’ music tour. They walked over 100 miles in 31 days from East Sussex and Kent to South and Central London and raised £642.85 for us. We would also like to thank The Wheatsheaf Eastbourne.

Adrian Finn and family for organising the "Patrick (Paddy) Finn Memorial Band Night” on Saturday 1st November and raising a fantastic £2,663.12. It sounds as though every one had a great evening. Thank you for all your hard work and efforts in making this evening a huge success.

Huntsman and Associates who donated £400 of surplus membership subs to us.

Dave Hickson and friends for taking part in the Dirty Destroyer challenge and raising an amazing £2,680.

Crowborough Friends Group for their continued support. They would also like to pass their thanks, along with ours to the residents of Martlets and Rumsey Court for their support and fundraising efforts.

Our Christmas Market supporters and volunteers who filled the Hospice with festive cheer at our annual Christmas Market in mid-November. Over 1400 shoppers got their Christmas shopping off to a great start, browsing an eclectic mix of over 45 stalls. Santa’s Grotto was a wonderful addition with over 150 children enjoying meeting the ‘big man’ himself. The event raised in excess of £12,000.

The Crow & Gate Pub for their continued support and sponsorship of our November Christmas Fayre.

Pat and Laurie Knight for a donation of £310 for us in lieu of their 80th Birthday presents.

Adam Clark for organising a Golf Day which raised an amazing £3,016.

Kelly-Anne Brown for completing the Major Series Run challenge and raising £200.

Hemsted Forest Golf Club Veterans including the Veterans Captain Peter Babcock for choosing us as their charity of the year and raising £1,800.

Chris Hull one of our lovely staff nurses, Marion, Mary, Brian & Pat, and the residents of Hamlyn Court, Sevenoaks who organised a coffee morning raising £458. Thanks also to Tesco for donating to their event.

Rose Hill School Parents Association who organised a Summer Ball raising £1,000.

David Brooke Charity for a generous donation of £3,000.

Tiger Bob’s Golf Day for their on-going support. The Charity Golf Day started in 2003 and the last five years has seen the golf day raise vital funds for us. Over the years the golf day has gathered momentum and seems to be raising more each year. Win or lose The Wheatsheaf Crowborough hosts a fabulous meal and fun games for participants; their patrons join in the evening’s entertainment as the Hospice in the Weald is also the Wheatsheaf’s favoured charity. This year the event raised a huge £6,500. Over the last five year’s Tiger Bob’s Charity Day has raised £20,930 for Hospice in the Weald.

For more information on community events please contact Pam Coleman – Community Fundraising Coordinator, pam.coleman@hospiceintheweald.org.uk or Maddy Boyle – Community Fundraising Assistant, maddy.boyle@hospiceintheweald.org.uk
Upcoming events calendar

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<th>Date</th>
<th>Time</th>
<th>Event detail</th>
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<tr>
<td>February</td>
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<td>Sat 14th</td>
<td>7.30pm-10.00pm</td>
<td>Concert, In Memory of</td>
<td>St Peter &amp; St Paul Church, Tonbridge</td>
<td>Glen Goodall 01732 368824</td>
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<td>Sat 28th</td>
<td>6.00pm-8.00pm</td>
<td>Choir Competition Live Final</td>
<td>Assembly Hall Theatre, Crescent Road, Tunbridge Wells</td>
<td>Sara Clark 01892 820586 <a href="mailto:sara.clark@hospiceintheweald.org.uk">sara.clark@hospiceintheweald.org.uk</a></td>
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<td>March</td>
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<td>Wed 4th</td>
<td>12.00pm-2.30pm</td>
<td>Bomber Command Lunch with Wing Commander Jack Lewis</td>
<td>Hospice in the Weald</td>
<td>Anna Hodsol 01892 820527 <a href="mailto:anna.hodsol@hospiceintheweald.org.uk">anna.hodsol@hospiceintheweald.org.uk</a></td>
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<tr>
<td>Fri 6th</td>
<td>10.00am-11.30am</td>
<td>Coffee Morning</td>
<td>St Andrew's Church, Maidstone Road, Paddock Wood</td>
<td>Jean Saggers 01892 833171</td>
</tr>
<tr>
<td>Sat 21st &amp; Sun 22nd</td>
<td>9.30am-5.30pm</td>
<td>Five Ashes Spring Market</td>
<td>Hospice in the Weald Shop, Moyes Barn, Five Ashes TN20 6HL</td>
<td>Chris Sharp 01892 820550 <a href="mailto:chris.sharp@hospiceintheweald.org.uk">chris.sharp@hospiceintheweald.org.uk</a></td>
</tr>
<tr>
<td>Sat 28th</td>
<td>9.30am-12.00pm</td>
<td>Easter Coffee Morning</td>
<td>British Legion Hall, Hawkhurst</td>
<td>Barbara Goad 01580 388912</td>
</tr>
</tbody>
</table>

Choir Competition Live Final!

We are delighted to be hosting our first Choir Competition on Saturday 28th February at the Assembly Hall Theatre in Tunbridge Wells from 6pm-8pm. See 6 choirs battle it out in front of a wonderful panel of judges, including Michael Fenton Stevens, to be crowned the Hospice’s ‘Choir of the Year’. Tickets are £15 per adult, £12 concession, children attend free (but please still contact us for a ticket and allocated seat)! To reserve your place please call Sara Clark on 01892 820586 or email sara.clark@hospiceintheweald.org.uk.

Five Ashes Spring Market

Please join us on Saturday 21st or Sunday 22nd March from 9.30am-5.30pm in our picturesque Five Ashes furniture shop to find arts and crafts, yummy food and drink, new season fashion and of course loads of fabulous furniture treasures at bargain prices!

Wheels Around The Weald

This cycling event is back on Saturday 18th April for the 4th year with the support one again of the Velo House and a new partner LA Fitness. Feel the wind in your hair as you cycle the roads and lanes of the glorious Wealden countryside! With a 15 mile, 40 mile and 80 mile route, this event offers something for the weekend rider through to those training for a competitive event. Sign up before 18th February and claim our ‘early bird’ entry rate of £20 or see our website for further details.

THANK YOU for giving!

Please now fill in the form and tick the gift aid declaration opposite.

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

www.hospiceintheweald.org.uk

A jar full of change could raise enough to pay for a nurse for an hour in the In-Patient unit.

Registered Charity No. 280276
Jars of change!

Every donation we receive, no matter the size, helps us to reach the £6 million we need to raise each and every year to continue to provide vital services to patients, families and carers.

We want to make collecting money for Hospice in the Weald even easier so to support us please cut off the below Jars of Change ‘glass jar sleeve’, put it inside an empty glass jar and use it to deposit loose change. When placed in the home or workplace, family members, guests and colleagues may even make donations to your Hospice in the Weald glass jar too!

When your glass jar is full:

- Take it directly to a Lloyds Bank branch in Cranbrook, Sevenoaks or Tunbridge Wells
- Take it directly to Hospice in the Weald Pembury or any Hospice in the Weald shop
- Use a change-machine at a supermarket or tot up the change yourself then send us a cheque or pay the money directly to our bank account

**Lloyds Bank:** Hospice in the Weald  
**Reference:** Glass jar  
**Sort code:** 30-98-77  
**Account Number:** 07160154

Drop this sleeve inside an empty glass jar to collect spare change and start giving  
Don’t forget to sign up to gift aid and make your gift worth an extra 25%

Your donation is greatly appreciated and helps Hospice in the Weald reach the £6 million we need to raise every year to continue to provide vital services to patients with a terminal illness, their families and carers.