



adding life to days
Nottinghamshire
Hospice

Hospice Life

Adding Life To Days



Hospice welcomes patients back to the building

- Shops set to reopen from April 13th
- FUN appeal to launch next month
- Referrals DOUBLE in pandemic year
- Behind the scenes: meet the coordinators

Welcome

0115 910 1008
www.nottshospice.org

Welcome to this latest issue of Hospice Life which comes to you as we start to open up again, cautiously, after a year that none of us will ever forget. We are calling this our Year of Hope!

I will be leaving the Hospice at the end of May for new adventures working with a range of organisations and hopefully achieving the work life balance which often eludes all of us. In my place will be our new Chief Executive Rachel Hucknall who I am working with on a regular basis to support her joining the Hospice on the 1st June 2021. Rachel is full of hope for the future of the Hospice, will be bringing lots of fresh ideas with her and is looking forward to meeting you all!

Despite the pressures of the pandemic, we supported more patients than ever in the last year, doubling referrals to our Hospice in your Home services. Thanks to you, our wonderful supporters, we've been able to be there for patients throughout this difficult year when they need us most.

At the time of going to press we are preparing to welcome patients to the hospice building once again as we launch our new GRACE service which will welcome patients and visitors from the 17th May 2021. You can read all about this and our other services in this issue.

Fundraising had to change dramatically over the last year too, as all our usual events and challenges were cancelled. But we transformed our appeals into something you could get behind virtually – and you did!



Our Christmas appeal raised a phenomenal £80,000. We're so impressed with how creative you've been with your support, thank you! We have featured some of our fabulous fundraisers in this issue.

We also bring you a taster of our new Forget-Us-Not appeal which we'll be launching in May. You rallied to the cause last year, so we are launching it bigger and better this year! Look at the centre pages for more details.

The future holds exciting opportunities to continue to develop our care to meet the needs of local people. We have set ourselves four markers: excellence in our care, resilience in our communities, inclusion in the way we practice and sustainability to be there for those who need us. This year there will still be challenges but we are confident that with your support, we can meet those challenges and continue to thrive.

Thank you for your wonderful support over the past seven and a half years – you've been wonderful!

Rachel

New GRACE model to start receiving patients

Nottinghamshire Hospice is preparing to welcome patients back to the hospice building with the opening of its new Therapy and Wellbeing services.

Each patient will be offered a programme of activities tailored to their individual needs including yoga, relaxation, gentle exercise, complementary therapies and creative activities alongside one-to-one physiotherapy and occupational therapy.

There will also be a drop in café running daily where patients can meet up and chat to volunteers and staff members, and an opportunity to see a clinician by appointment.

Palliative Care Practice Lead Kate Martin said: "When people at the end of life are referred to us we'll invite them in for an initial chat about what their needs are and what they'd like to be able to achieve. We'll work with them to set some goals and design a programme for each individual.

"We'll offer timely personalised support to meet their health, social, practical and emotional needs which helps them to keep their independence and make the most of their lives for as long as possible."

Patients will attend in 6-12-week blocks with a review at the end. Initially numbers will be limited to meet Covid regulations, but it is hoped that as restrictions lift, the hospice will be able to accommodate up to 25 people per day. Carers will also be able to access some of the activities.

When the pandemic hit last March, the hospice closed its Day Therapy centre to comply with lockdown rules. During this time it has continued to offer support in patients' homes, on the phone or via Zoom.



The service follows the **GRACE** model of care which stands for

Goal setting: We'll work with you to set meaningful goals around what's important to you.

Reablement: We offer help with symptom control, gentle exercise, relaxation, complementary therapy, emotional support and creative therapies

Assessment: We'll discuss your current situation and explore ways we can help

Complementary Therapy: Therapies like massage and acupuncture can help you maintain movement, reduce pain and relax.

Emotional support: We offer a safe space for you to explore feelings which may be isolating or overwhelming.

Referrals double in pandemic year

During the last year, Nottinghamshire Hospice has been busier than ever, helping more families than ever before and extending its services to provide round the clock care in patients' homes.

The hospice usually supports around 1,000 families each year, however during the first lockdown alone it supported 750 patients. By the end of December referrals were up to 1,365.

The Hospice Outreach and Discharge Support team (HODS) set up last May in response to the pandemic fast-tracks people out of hospital so they can be at home at the end of their lives and intervenes to prevent hospital admissions.

Referrals to the other Hospice in your Home services were significantly up on the previous year. These services provide care in shifts or night support visits, enabling us to support families day and night across the city and county.



Jo Polkey, Director of Care Services at Nottinghamshire Hospice, said:

"Our care has been more important than ever during the pandemic as it keeps patients out of hospital, allowing them to spend their last days at home with family around them and keeping beds free for Covid patients.

"We've had increasing demand for our services and we're pleased to have been able to help more families."



Nick's story

Hospice intervention helped Nick Pezzolla bring his wife Christine out of hospital to spend her final weeks at home where the couple spent their last Christmas together. She passed away in mid-January, aged 72.

Christine, who had Alzheimer's, suffered internal bleeding in November after falling down the stairs and hitting her head. She was taken to hospital for assessment when Nick was told she was approaching end of life and there was no further treatment available.

"The hospital said they could make her comfortable, or she could move into a residential care home, but I'd already made up my mind to bring her home," he said.

"At the hospital I got a call from Felicity at the hospice, telling me you were coming on board and explaining about all the help you could provide for us. I was worried it would cost a fortune but she reassured me that it was all free.

"If Christine had gone into residential care she would have been very confused and I might not have been allowed to visit. I'd promised her she would never go into a home, and I kept my promise."

The hospice stepped in the day Christine was discharged with visits from the HODS team plus Hospice at Home support at night.

Nick said: "I can't praise the hospice enough. Everyone who came was wonderful. They treat you like a human being not a patient. After her fall Christine wasn't able to speak, but she recognised your nurses and had a smile for them. They helped Christine and they helped me too."



To find out how our services could help you or a family member, call our 24 hour helpline on

0115 962 1222,

info@nottshospice.org or visit our

website: www.nottshospice.org



"I can't praise the hospice enough. Everyone who came was wonderful. They treat you like a human being not a patient."



Shops set to reopen for business

Nottinghamshire Hospice's ten shops are due to open on the 13th of April after a five-month closure. All shops will be able to receive donations from Thursday 8th April between 9.30 and 4.00pm so please support us with your wonderful donations once again.

There will be a holding cage at each shop for people to drop their donations straight into which is emptied daily. Donations are then taken to the warehouse for isolating before being placed out on the shelves.

Since the first lockdown, each shop has been adapted along with Covid-19 guidelines to ensure the safety of customers, staff and volunteers. Each has a hand sanitiser station on entry, which customers are asked to use. Inside, the floor is marked out with social distancing measures, and a one-way system in place for browsing the stock.

Penny Russell, Area Retail Manager at Nottinghamshire Hospice, said: "It's been a really difficult year for our shops and our staff and volunteers have proved how flexible they are, adapting quickly to all the new arrangements and to frequent changes throughout the pandemic.

"We're so grateful to all our loyal customers who have stood by us, saved donations for us and returned to support our shops whenever we've been allowed to reopen. We really appreciate your support.

"Our shops are at the heart of communities across the city and county so we're really looking forward to being open so we can welcome our customers again."

Collette Priest, who manages the Ruddington shop, said: "Like all the other managers I'm looking forward to getting back to my lovely volunteers and our amazing customers and to making some much needed money for the hospice."

Subject to the lifting of restrictions, the hospice is also hoping to reinstate the festive fair later in the year.



Volunteering with the Hospice

Nottinghamshire Hospice relies on the dedication and commitment of volunteers across all areas of its work, with roles ranging from volunteer counselling and working with patients to gardening, driving or volunteering in the shops. Many of the roles have been on hold during the pandemic, but the hospice is looking forward to welcoming people back and recruiting new volunteers.

Volunteer Services Manager Jo Drake said: "We feel very privileged to work with so many wonderful volunteers who give their time for the benefit of others. Sadly, due to the pandemic, we have not all been together for a year, but our volunteers are never far from our thoughts. We appreciate the time and commitment they donate to the charity. Their dedication, kindness and enthusiasm is second to none."



Find your nearest shop:
www.nottshospice.org/find-a-shop





Volunteer spotlight: Marjorie's story

Before the pandemic took hold last year, Nottinghamshire Hospice had 220 volunteers helping to run its ten shops. Now, as the hospice prepares to reopen its shops this month, it's put out a call for more retail volunteers. We caught up with Marjorie Barnes, who volunteers at the Sherwood shop, to ask her what she loves about the role.

When Marjorie retired from her job as a Nottingham bus driver, she wanted to give something back to the hospice that helped her late mother. She volunteered first as a driver, bringing patients to Day Therapy, then when the pandemic meant patients could no longer come to the hospice building, she retrained as a retail volunteer.

Throughout the summer and autumn, Marjorie volunteered at Sherwood shop on Saturdays, meeting and greeting customers, encouraging them to use the hand sanitiser and follow the social distancing procedures and chatting to them about the stock.

With shops set to reopen this month, Marjorie can't wait to get back out on the shop floor.

"The hospice is a big part of my life and I've really missed it during lockdown so I can't wait," she said. "They're a brilliant bunch of girls to work with and I miss them. They're like family."

"I love meeting people. I have a laugh with the customers and I look forward to Saturdays – there's never a day when I don't fancy going in."

Marjorie first spotted the hospice when she drove her bus – the number 45 – past the gates on Woodborough Road.

"I thought it looked a nice place but never realised what it was. Then when Mum wasn't very well we were asked if we'd like her to go to the hospice. I went to have a look around and thought this is amazing! Mum absolutely loved going to the hospice. The work they do there is amazing. Everyone's so warm and friendly. Just walking in you get a warm feeling."

Marjorie's advice to anyone considering volunteering at the hospice is: "Do it! Volunteering is one of the best things you can do. You'll love it and it's for a very good cause!"

During lockdown Marjorie also helped the hospice by driving to Chesterfield to collect supplies of PPE. She hopes to get back to volunteer driving at some point as well as her retail role.

"The work they do there is amazing. Everyone's so warm and friendly. Just walking in you get a warm feeling."

Light Up A Life

Christmas appeal raises £80K

Communities across Nottinghamshire responded to our Light up a Life appeal at Christmas, raising an amazing £80,000.

After the hospice put out an urgent appeal to the public to help it 'save every last Christmas', funds flowed in through sales of festive flowers, donations and fundraising - raising £40,000. Families donated to see the hospice tower lit up in memory of loved ones. Others responded to a virtual Light Up A Life concert featuring talented musicians from across Nottinghamshire.

The charity also raised £40,000 through the Big Give match-funding platform, with support from Nottinghamshire businesses and foundations.

Rowena Naylor-Morrell, Chief Executive of Nottinghamshire Hospice, said: "A massive thank you to all those who got behind our campaign. You can feel proud that you have helped us care for patients in the last weeks, days and hours of their lives, and supported their families when they needed it most.

Among those fundraising for the hospice in the Christmas period were Molly, who ran a marathon a week during December, raising more than £1,000, and Richard, who raised more than £600 through sales of his Sherwood Sunset Calendar, containing stunning images contributed by photographers in the Sherwood community.

Companies who got involved through the Big Give match-funding platform included Water company Severn Trent, who awarded a grant of £5,500. Finance company Capital One pledged £7,500 and Law firm Eversheds Sutherland contributed £2,000. St James Place Foundation awarded £10,000.

Big Give charity champions The Hospital Saturday Fund also offered £5,000 match funding.



Paul Jackson, Group Chief Executive of The Hospital Saturday Fund said: "We've supported Nottinghamshire Hospice with grants since 2010 and we are very much aware of the important work they do so we were pleased to be able to support them again through the Big Give.

"We're delighted to hear they now have the funds for a new palliative nurse at the hospice. We know what a great help this will be to their work supporting those in need and their families."

The money will fund a palliative nurse in the Hospice Outreach and Discharge Support service (HODS), introduced during the pandemic to fast-track patients out of hospital so they could be cared for at home, freeing up beds for Covid-19 patients.

Tori Harrison, Individual Giving Fundraiser at Nottinghamshire Hospice, said: "We're truly grateful to all these companies for their generous support and all those who donated online and offline. This means we can fund our nurse for a whole year which is brilliant and much needed good news."



Light Up A Life in Photos

Twitter: @nottshospice
Facebook: /nottshospice



HCA Donna



Richard and the sunset calendars



Polished Copper Festive Forget-Me-Notes



If you would like to support Nottinghamshire Hospice by organising your own fundraising event or taking part in one of our challenges, visit www.nottshospice.org, email fundraising@nottshospice.org or telephone 0115 910 1008 ext 295.

Forget-Us-Not campaign launched

0115 910 1008
www.nottshospice.org

Opening our doors to a Year of Hope

During the last 12 months we sadly had to close the hospice doors to patients. Protecting our patients has been paramount. In this time we have received double the expected number of requests from people asking for our help and we have cared for them in their homes.

We have diversified our care and now, as the country moves out of national lockdown, we plan to open our hospice doors to patients and their carers once again.

To complement our round-the-clock hospice-care in people's homes we have a new model of Therapy and Wellbeing launching at the hospice. You can read more about this on page 3.



This May we are launching our Forget-Us-Not appeal to help us continue supporting our patients and their families, providing the very best in palliative care each day and night. If you responded to our appeals last year, we thank you! Your support now will make a real difference at this time of rebuilding and recovery.

A gift to memorialise loved ones or in tribute to our national loss will also mark and support the incredible sacrifices and hard work of the hospice and (taking pressure off) NHS staff.

If you are able, please support us today and help us rise from the challenges of 2020 to become the best version of the hospice we have ever been.



How you can help:

Please support our Forget-Us-Not Appeal by:

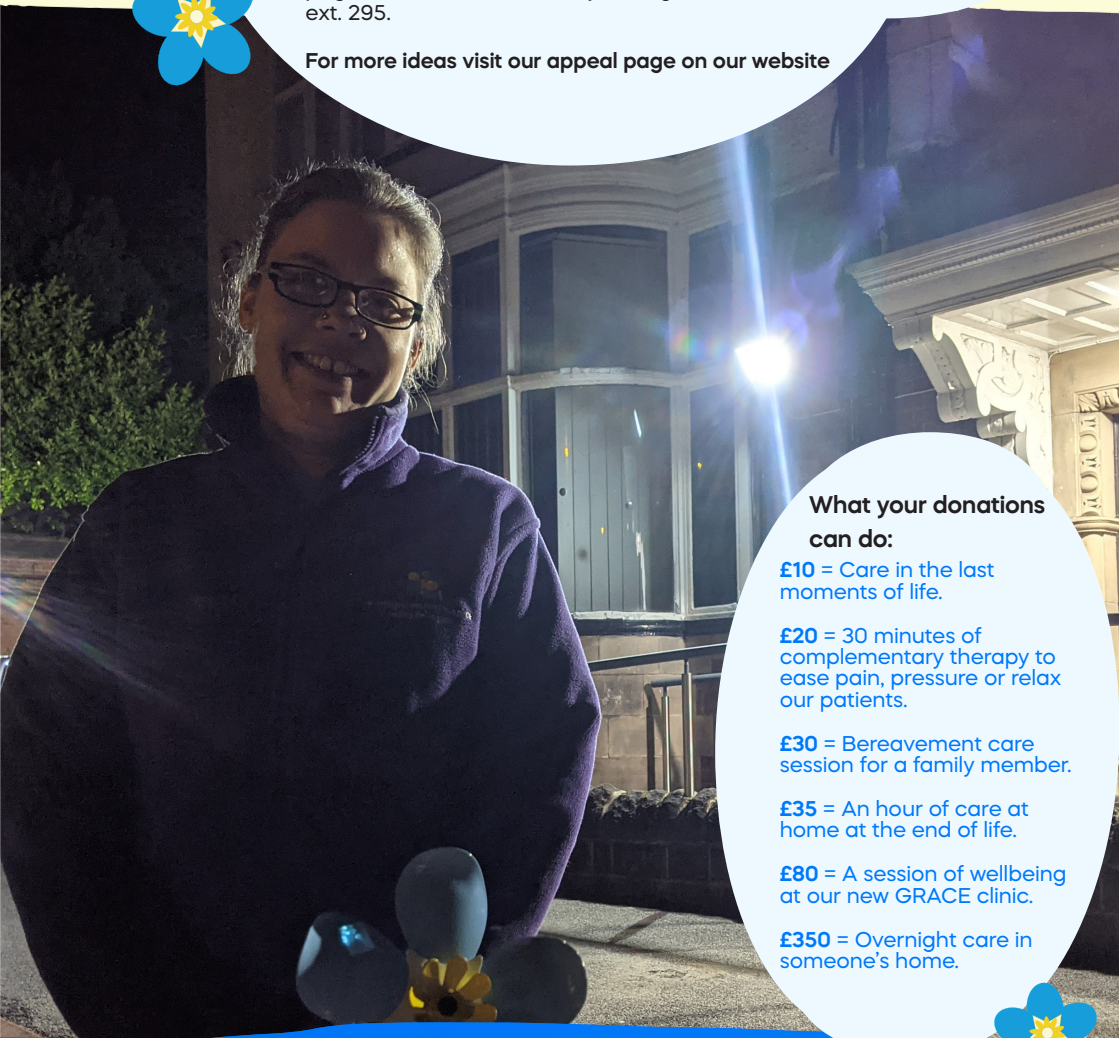
- Give a gift in memory
- Set up a regular donation
- Purchase a flower in memory of a special someone
- Host a family reunion fundraiser with a tribute fund for your loved one
- Support us now by completing the form on the back page of this newsletter or by calling 0115 910 1008 ext. 295.

Scan me



to get involved

For more ideas visit our appeal page on our website



What your donations can do:

£10 = Care in the last moments of life.

£20 = 30 minutes of complementary therapy to ease pain, pressure or relax our patients.

£30 = Bereavement care session for a family member.

£35 = An hour of care at home at the end of life.

£80 = A session of wellbeing at our new GRACE clinic.

£350 = Overnight care in someone's home.





During the year the hospice has had wonderful support from people in our communities. Here's how a few of our fabulous fundraisers have helped.

Fearless fundraiser takes the plunge

Chris Hobbs started facing her fears a few years ago when partner John taught her to swim. Since then there's been no stopping her. First she had a go at para-gliding, then she jumped out of a plane in aid of Nottinghamshire Hospice.

In July, Chris, 73, took the plunge at Langar airport, skydiving from 15,000 feet, freefalling for the first 50 seconds at speeds of up to 120 miles per hour.

Chris, inspired to fundraise because her partner's former wife and her own mother received care from the hospice, said: "I can't believe I was that brave – when I saw the video of me doing the skydive I didn't recognise myself! I was a bit shocked by the cold when we first stepped out, but after that it was amazing! I'd like to do it again!"

Not content to bask in the glory of her parachute jump, now Chris wants to sign up for a wing walk!

"I never used to do anything like this, but now I feel like I can tackle anything!"

Chris, who has three daughters, seven grandchildren and two great-grandchildren, says all her family are proud of her. She raised more than £340.



Hospice scores support from Art of Football


A Nottingham business set up by two brothers has donated £500 to the hospice to say thank you for their grandma's care.

Luke and Gabe Cuthbert set up Art of Football in their early 20s from their parents' back bedroom. Since then all three of their other brothers have joined the company which makes football-themed merchandise and artwork. After winning a young entrepreneurs award they bought their own studio where they design products ranging from t-shirts to plant pots.

Each year the company asks its social media supporters to vote on a local charity to support, and this year the hospice won the draw! It's a charity close to the brothers' hearts as it provided care for their Grandma Thelma at the end of her life.

Luke said: "You supported our gran by coming in at night for the last five nights of her life. You have no idea how much this care meant to my mum. It meant she could have a rest away from gran's house for a few hours knowing she would be cared for and that they would ring if it was necessary.

Also as it was lockdown Mum felt quite lonely caring for our Gran. We can't thank you enough and hope this contribution will help another family at a difficult time."



All female DJ line-up host Valentine's livestream

Five female DJs who made friends online through the power of music put on a six-hour live-stream Valentine's fundraiser raising more than £1,000.

Jakki D, a member of the Lincoln-based Ultrasound DJ collective, teamed up with the other DJs to host the online event on the My House Your House Platform on Twitch TV.

Jakki knew first-hand the importance of end-of-life care after her father and a close friend died of cancer. She recently got the all-clear from breast cancer herself after a gruelling treatment regime including surgery, chemo and radiotherapy and wanted to give something back to help others.

Nottingham DJ Jodie Parker, who also took part, has connections with the DIY collective. Jodie suggested Nottinghamshire Hospice as a charity to support in memory of DJ Pete Woosh who received care from the hospice at the end of his life.

Jakki said: "All the girls were happy to get involved in a special all female line up for Breast Cancer awareness which is very close to home. I lost my friend and my dad to cancer and I had breast cancer myself. Music kept me sane during my illness and through lockdown. It has been my heartbeat."

"I have made friends with lots of different people through the power of the Internet and via our livestreams. This has helped build a sense of

community, so to collaborate and create the event was an exciting manoeuvre."

The DJs smashed their original £600 target, raising more than £1,200 through online donations.

"The event went bigger and better than we'd expected. The traffic of people listening created an amazing vibe. It was an online spirit and atmosphere I myself had never experienced. There was a lot of banter and the buzz on the chat was just brilliant!" Jakki added.



If you would like to support Nottinghamshire Hospice by organising your own fundraising event or taking part in one of our challenges, visit www.nottshospice.org, email fundraising@nottshospice.org or telephone 0115 910 1008 ext 295.

WIN up to £25,000 with Your Hospice Lottery

Weekly Cash Prizes: £1000, £250, £10 x 185, plus a £500 rollover up to £25,000

£1 per
play

An easy and
fun way to
support people
in your local
community

Play
once or
regularly
every
week

*"The hospice is a magical place.
From the moment you walk in
you feel special."*



Registered Charity Number 509759

It's easy to join at yourhospicelottery.org.uk
or call the Your Hospice Lottery team on **0800 285 1390**



You must be 18 or over to play Your Hospice Lottery. Please play responsibly. Responsible gambling support: www.begambleaware.org. Your Hospice Lottery is wholly owned by St Helena Hospice, a hospice working with other hospices to raise much needed funds. Promoter: St Helena Hospice trading as Your Hospice Lottery. St Helena Hospice Limited is licensed and regulated in Great Britain by the Gambling Commission under account number 4685 www.gamblingcommission.gov.uk. St Helena Hospice is a company limited by guarantee. Registered in England and Wales Number 01511841. Registered Charity Number 280919. Registered Office: Myland Hall, Barncroft Close, Highwoods, Colchester, CO4 9JU. Your Hospice Lottery office: 6 The Atrium, Phoenix Square, Wyncolls Road, Colchester, CO4 9AS. Your Hospice Lottery Privacy Policy and Terms & Conditions can be viewed on our website.

BeGambleAware.org



Make Your Will With Nottinghamshire Hospice

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Four Seasons Future Planning

The supportive team at Four Seasons will help guide you through the different options you have when writing your FREE Will, in the comfort of your own home, so that you can make an informed choice that is right for you and your loved ones.

Call 0800 861 1247 or visit
www.fourseasonsplans.com for more info



Reliance Wills

Making a Will online in just 3 easy steps with Reliance Wills can help you protect yourself and support your loved ones, both during your lifetime and after. You'll also be given the option to donate part of the fee to Nottinghamshire Hospice, making a difference to the families we care for too.

Visit www.reliancewills.com for more info

Your Legacy

When you make a will with Four Seasons or Reliance Wills they'll ask if you'd like to pledge a gift to Nottinghamshire Hospice. To pledge a gift to charity in your will is one of the most meaningful and precious gifts you can leave in your memory. It ensures that your legacy lives on, enabling you to continue supporting others in your absence. It's a gift that we will value and treasure on your behalf, as will those who'll benefit from your kind generosity.

Why make a Will?

Your Will is one of the most important documents you'll ever sign – it ensures that the things you leave behind will go to the people and causes you care about. If you do not have one in place when you die it could cause unnecessary strain for the people close to you at an already difficult time.

How to make a Will?

To make a Will it's advisable to use a professional will making service, and Make Your Will gives you the opportunity to do this. We've partnered with two local Will providers who'll make a donation to the hospice when you use their services.

You can learn more about the impact of your legacy gift, what it will mean for our patients, families and carers and how we will recognise your pledge by contacting our fundraising team on 0115 910 1008 or email fundraising@nottshospice.org

Behind the scenes with the coordinators

In the past year as Coronavirus gripped the globe, teams at the hospice upped their game and transferred their skills to adapt to an ever-changing situation. Here we feature some of our staff who've made big changes to the way they work.



Sonia

Throughout the pandemic, one team at the hospice has been working flat-out behind the scenes, fielding an unprecedented number of calls to ensure the hospice provides care to those who need it most.

Since Coronavirus hit last year and the UK went into lockdown, the Care Coordinators have been extra busy, taking referrals, working out which nurses to send where, reassuring distressed family members and managing the hospice's 80-strong nursing team.

They've cancelled leave, worked extra shifts and adapted their working pattern to accommodate huge extra demand on our services. Whereas previously referrals would come in at earlier stages of a patient's illness via healthcare professionals, since the pandemic, more families are self-referring. Those calls often come in when a family is in crisis as their loved one is just days from death.

Emma Bradfield-Jones, who's been a Coordinator for three years, said: "We're used to getting urgent referrals – where a patient is likely to die in the next 48 hours. So we have to be really responsive and flexible to meet those patients' and their carers' needs. By the time people phone us for support, they're often at crisis point.

"Evenings and weekends are the times when you get more crisis calls."

The team moved to a shift system in response to the pandemic, with coordinators working an early, day or late shift, covering calls from 7am to 10pm. The hospice recently recruited a call handler and two extra coordinators to help meet demand.

As well as taking referrals and allocating care, each team will manage up to 15 nurses or health care assistants, constantly adapting to changing Covid-19 rules, ensuring PPE is provided and supplying weekly Covid tests to nursing staff. Earlier in the pandemic, as staff were having to self-isolate, the team would frequently need to reassess the situation and reallocate care.

Care coordinator Sonia Lees has worked at the hospice for seven years, starting as a Healthcare Assistant working in patients homes. During the pandemic she has also put in extra shifts on the Hospice Night Support team to help out. Sonia said: "It's been really hard over Covid with referrals coming in thick and fast. We've changed the way we work completely and we've turned things around really quickly."

Jo Polkey, Director of Care at Nottinghamshire Hospice, said:

“We're really proud of our Care Coordinators. They don't often get public recognition but they are absolutely vital for the smooth running of our care. The role requires excellent communication skills and empathy as they're often the first port of call for distressed relatives. They're highly organised, good at working under pressure and have specialist knowledge about patient's needs.”



Emma

Wendy and Carol rise to Covid challenge

Twitter: @nottshospice
Facebook: /nottshospice



Wendy

When the UK went into lockdown last March, patients could no longer come to the hospice building, so Senior Healthcare Assistants Wendy Crofts and Carol Flater adapted their skills to work in patients' homes. Both previously worked for many years with patients who came for Day Therapy at the hospice.

Now they work in the Hospice Outreach and Discharge Support team (HODS), travelling across the city and county to care for patients in the last weeks, days and hours of their lives.

Wendy, who has worked for the hospice for 15 years, said: "It was a massive change. When I worked in Day Therapy we never saw our patients dying. It's been hard to adjust to being there at the very end of their lives.

"It's very rewarding though. Many of our patients have just come out of hospital. They want to be at home and we're able to facilitate that. It's nice to get to know the families too and to support them when their loved ones are dying. You get closer to patients and families when you see them in their own homes.

"People are so appreciative of what we do. Even if we are only there for a weekend or a couple of days, they are so grateful."

Wendy has first-hand experience of the importance of end-of-life care at home, as the Hospice cared for her own mother before she died a few years ago.

"We had Hospice at Home in to help with my mum and it really made a difference. It was so important that she was able to stay at home. I think having that experience has helped me empathise with our patients and their families. I know what they're going through.

"I'm an emotional person and sometimes I have a little cry when I get back to the office but we all support each other in the team."

Carol started working at the hospice 13 years ago. She had experience of working in people's homes from her early days at the hospice when she worked Hospice at Home shifts as well as in Day Therapy.

"This is completely different from when I worked in Hospice at Home which was more about giving family members respite," Carol said. "The patients we are seeing now are much closer to dying.

"It was daunting at first, but it's wonderful being able to support families at this crucial time. All they want is their loved ones home and they often don't know what to do. We go straight in with our package of care and we reassure them, teach them what to do and refer them on if they need anything extra like physio care. If they need special equipment or a hospital bed we can arrange that too as we have the contacts.

"We're privileged to be able to spend time with patients, we can be there for half an hour or an hour depending on what people need.

"I'm really enjoying it. I'm loving the challenge. Every day is different and I look forward to it."



Carol

For more information, go to
www.nottshospice.org

Save The date



Sign up to our e-newsletter

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the latest news and events
straight to your inbox.

Stop Press

At the time of going to press this information is accurate to the best of our knowledge, subject to the lifting of Covid-19 restrictions. Please keep an eye on our website for up to date information:

www.nottshospice.org

April 13th

Nottinghamshire Hospice Shops

Our shops are officially re-opening and ready to welcome you back in!

September 12th

Great North Run

Challenge yourself to the largest half-marathon in the world! Run from the heart of Newcastle to South Shields and raise money for Nottinghamshire Hospice.

May 1st

Ruddington Village Market

Join us at Ruddington Village Market, a traditional market set on Ruddington Green. We'll be selling our Forget-Me-Not Flowers and talking about our services.

September 26th

Robin Hood Marathon

An amazing community running event in and around Nottingham, including Half Marathon, Nottingham Mile Challenge and Mini Marathon. This year is extra special as last year's 40th Anniversary event was cancelled due to the pandemic.

September 4th

Snowdon Challenge

Take on Snowdon with Nottinghamshire Hospice! Whether you're facing grief, fancy a challenge or are looking to meet new people, join us in hiking up the tallest mountain in Wales.

October 3rd

London Marathon

Join us for the iconic London Marathon on its 40th Anniversary! Help us cheer on our supporters Annette and Yvette.

To sign up or find out more about any of our events and challenges, please visit www.nottshospice.org, email fundraising@nottshospice.org or call the fundraising team on 0115 910 1008 ext 295.

It's great that you'd like to support Nottinghamshire Hospice. You can give once or make a regular donation by completing and returning this form, or online at: www.nottshospice.org. For more information and advice call the fundraising team on 0115 962 1222 Please complete all of the About Me section. To create a new or update an existing regular gift please ensure you fill in the regular gift sections, including your bank details if you're making a direct debit payment. These sections are highlighted with pink titles and annotations. Direct debit payments will be processed by a 3rd party. Finally please tell us if you're gift aid eligible and how best to keep you updated. Return the form free to: **Freepost Plus RTKZ – BBTG – KUSX, Nottinghamshire Hospice, Fundraising, 384 Woodborough Road, Nottingham NG3 4JF**



adding life to days

Nottinghamshire Hospice

About me

Title:	First Name:
Surname:	
Address:	
Tel:	
Email:	

About My Gift

Please fill in this box and the direct debit form opposite for your regular gift.

I would like to make a regular donation

£5 ☐ £10 ☐ £20 ☐ £50 ☐

Other: £ _____ Per: Month / Year (please circle)

Starting on the 1st of _____ 20 ____

(Your gift will be taken on the first of the next calendar month unless stated otherwise)

I enclose a single donation

Please enclose a cheque or call to make a donation 0115 962 1222

£5 ☐ £10 ☐ £20 ☐ £50 ☐

Other: £ _____

I would consider leaving a gift in my will ☐

I'm able to make my donation to go further *giftaid it*

I am a UK taxpayer paying income or capital gains tax at least equal to the amount that will be reclaimed on my donations to all charities or CASCs in the tax year (currently 25p for each £1 given). I want Nottinghamshire Hospice to treat all donations I have made in the within 4 years of the date of the declaration and all future donations as Gift Aid donations, unless notified otherwise.

Signed: _____ Date: DD/MM/YY _____

Please can we stay in touch? Email: ☐ SMS: ☐

We will only use your information for the purpose it was collected, or for similar/related purposes. Go to our website for our privacy policy and to update your mailing preferences nottshospice.org



The Direct Debit Guarantee This guarantee should be detached and retained

• This Guarantee is offered by all Banks and Building societies that accept instructions to pay Direct Debits. • If there are any changes to the amount, date or frequency of your Direct Debit Nottinghamshire Hospice will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Nottinghamshire Hospice to collect a payment, confirmation of the amount and date will be given to you at the time of the request. • If an error is made in the payment of your Direct Debit, by Nottinghamshire Hospice or your Bank or Building society, you are entitled to a full and immediate refund of the amount paid from your Bank or Building society. • If you receive a refund you are not entitled to, you must pay it back when Nottinghamshire Hospice asks you to. You can cancel a Direct Debit at any time by simply contacting your Bank or Building society. Written confirmation may be required. Please also notify us.

Instruction to your Bank or Building Society to pay by Direct Debit



Please fill in the whole form in ballpoint pen and send it to:
Secure Collections Limited re Nottinghamshire Hospice Limited,
384 Woodborough Road, Nottingham NG3 4JF.

To: The Manager Bank/Building Society:

Address:

Postcode:

Name(s) of Account Holder(s):

Bank/Building Society account number

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Branch Sort Code

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Service Number

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Reference (for office use only)

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Instruction to your Bank or Building Society

Please pay Nottinghamshire Hospice 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 Nottinghamshire Hospice and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s):

Date:





About us

Founded in 1980, Nottinghamshire Hospice aims to add life to days for people who have been told their illness cannot be cured. We help people who are thought to be in the last year of their life to live as actively and well as possible with care that puts the highest value on dignity, choice and respect.

We provide holistic care to patients and their carers. We offer compassionate nursing care to help meet physical needs, social support to help tackle loneliness or isolation and counselling and chaplaincy to support spiritual and emotional needs.

Each year we need to raise £2.7 million to make sure people across Nottinghamshire are not alone during the most difficult time of their lives. All our care is provided free of charge, thanks to the generosity of our local community.

How can you help

A simple way to help is to make a donation, perhaps in memory of a loved one, or you might remember us in your Will. You can make a donation online, or find out about other ways to support us at www.nottshospice.org, or call us on 0115 910 1008.

Contact us

Nottinghamshire Hospice
384 Woodborough Road
Nottingham
NG3 4JF

www.nottshospice.org

☎ 0115 910 1008
✉ info@nottshospice.org
f /nottshospice
t @nottshospice



Nottinghamshire Hospice
adding life to days

Registered Charity Number: 509759