



adding life to days  
Nottinghamshire  
Hospice

# Hospice Life

*Adding Life To Days*

Autumn/Winter 2021



## Patients reunite as unit opens for group activities

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Mark your special  
in-memory day  
with us  
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# Welcome

0115 910 1008  
www.nottshospice.org

## Welcome to the Autumn/Winter issue of Hospice Life – my first since I took up post as Chief Executive in June.

I'm thrilled to have joined the hospice at this exciting time, as we are emerging into a post Covid future. It's been wonderful to welcome patients through the hospice doors again for our new therapy and wellbeing service – more about that on pages 4 and 5.

I have first-hand experience of the wonderful care Nottinghamshire Hospice provides, as my own mother-in-law received end-of-life care in her home towards the end of last year. You can read more about my own story on page 9.

This past year has been a difficult one for many organisations, especially charities like Nottinghamshire Hospice which rely on fundraising events and income from shops to bring in vital funds. Thanks to you, our wonderful supporters, who have got behind all our appeals, we've weathered the storm. You can read about some of our amazing fundraisers in this issue.

As you know, we rely on the generosity of our communities to find the £3 million a year it takes to fund our services. We've teamed up with our sister hospice, Beaumont House in Newark, to launch our Forever Fund appeal aimed at encouraging people to sign up as regular givers. Take a look at our centre pages to find out how you can help us secure free care into the future.

Our Hospice in your Home services remain



as crucial as ever, and we regularly receive lovely feedback from families whose loved ones we've cared for. Among them Carole and Mick whose moving story is featured on page 3.

Like many other organisations in the sector, we are struggling to recruit care staff. If you or anyone you know is a nurse or healthcare assistant looking for a new opportunity in the area, please check out the vacancy section of our website. There are more details on page 8

Thank you all for being so welcoming to me and for all your support for this great organisation. We've just celebrated 40 years. Here's to the next 40!

**Rachel Hucknall,**  
**Chief Executive Officer**

# Wraparound care adds life to days



Nottinghamshire Hospice's 'Hospice in your Home' services work together to help patients spend those last weeks, days and hours at home with loved ones around them, providing round-the-clock care according to the patient's needs. Mick and Carole's story is a perfect illustration of how our care helps families.

Mick and his wife Carole celebrated Christmas – and Carole's 60th birthday – early, because they knew she was coming to the end of her life.

Carole was diagnosed with stage three ovarian cancer in January 2020 and treated with major surgery and chemotherapy, but the cancer was very aggressive and spread to her abdomen and stomach. The hospice stepped in when Carole came out of hospital in May this year, allowing her to spend her final weeks at home. They provided day and night care in shifts and short visits which allowed the family to concentrate on making the most of the time they had together.

'The hospice contacted us when Carole was discharged. As soon as she was home, they were there within 20 minutes,' said Mick.

'I've been a carer myself and I recognise good care

when I see it. I cannot speak highly enough of the hospice staff. They were caring, compassionate, consummately professional, and above all, human.

The team took great care to find out about Carole's background, likes, dislikes, and did everything possible to ensure her comfort as her needs increased.

'Your visits were always an occasion, punctuated by laughter, singing and general banter. Carole loved singing and enjoyed company. She perked up when your guys turned up.'

The couple's daughter Lizzie and seven-year-old granddaughter Ella were living with them at their Carlton home. Ella won an award at her school for being closely connected with Carole's end of life care.

'Your care was very inclusive

of the whole family,' said Mick. 'It supported us all and having you guys there freed me up to do the emotional bit – holding hands, playing games and reading books.'

Mick said the hospice care enabled the family to make the most of those precious moments with Carole before she died. Although Covid robbed them of opportunities to meet up with friends and family, once restrictions began to lift in 2021 they managed to celebrate Carole's birthday, and Christmas, early.

The couple, who met in the army when they were both posted to Hong Kong, also had former army friends visit for a 'last parade' with flags and banter.

'Your motto – adding life to days – is absolutely right,' said Mick.

**'If I had to write a text book on how to support someone at the end of life this would be it.'**

# Meet the therapy assistants

As GRACE unit activities got underway, we welcomed three new therapy assistants to the hospice.



**Maggie** worked for the NHS in a community setting. In her previous role she visited patients at the hospice and was inspired by the atmosphere here.

'I was impressed by the warm welcoming environment and how the patients said it enhanced their lives so much.'

'It's exciting to be here right at the start of the unit, to be a key part of the new therapy group and to watch it develop and grow. It's great to work in an environment designed to meet patients' specific needs, where they are given choices.'

'Patients put their trust in us, even though they don't know us. Because we're here in this building that they trust.'

After leaving the NHS, Maggie ran her own tea-shop for a while and she now combines her part-time role at the hospice with putting on pop-up hospitality events.



**Donna** previously worked in a community reablement team and at a day centre for dementia patients. She said: 'I came to a Christmas fair at the hospice several years ago and as soon as I walked through the door I told my daughter that I'd love to work here. There was just something about the place. Now here I am!'

'I've never worked in a therapy setting before. It's lovely to see patients enjoying the different aspects of the unit. They've all said they've enjoyed it.'

Donna also works part-time and when not at the hospice is kept busy with her grandchildren aged six and four.



**Owen** graduated last year from Nottingham Trent University with a degree in Sports Science. In his second year at university he did a placement at the Defence Primary Health Care rehabilitation centre in Colchester where he worked with RAF crew and paratroopers including amputees. 'I realised then that I wanted to work in a rehabilitation setting. It was the same broad idea as here as it was about helping people make the most of what they have and making their days better.'

'It's an incredible service. It's great to see patients walk out with smiles on their faces after such a long lockdown and to be out and about and be able to socialise.'

Owen is a keen and accomplished rower with numerous medals to his name. A member of the Nottingham Rowing Club, he trains six days a week before starting his day's work at the hospice.

# Patients shape services

Once Covid restrictions lifted in July, the GRACE unit opened for group activities which patients helped design.

Groups of up to six patients have been taking part in tai chi, watercolour painting, singing, a book club and current affairs discussions.

Each patient is offered a programme tailored to their individual needs which might include yoga, relaxation, gentle exercise, complementary therapies and creative activities. Group sessions run alongside one-to-one physio and occupational therapy.

Kate Poole was the first patient to walk back through the hospice doors after reopening. Kate, who has metastatic breast cancer, said: 'It's great to be back after such a long time. I've reunited with friends and staff I haven't seen for so long. I love the smaller groups, there's lots of laughs and chat. I particularly enjoyed the painting as it is something I may not have tried and I've painted a boat on the Norfolk Broads.'

'The relaxation before home sets you up for the following week whatever lies ahead. Thank you to the staff and the volunteers for making it all possible and Covid safe, you're the best!'



Kate says coming to the hospice has given her a different outlook on her own and other people's illness.

'It makes me feel I'm more than just 'Kate with cancer.' It's just a happy place. It's great to be with people who understand what you're going through. I've done things I never thought I'd do and made great friends at the hospice.'

GRACE unit manager Clair Marshall said: 'It's been wonderful opening up activities to patients again. Our aim is to help patients achieve their goals and keep their independence as long as possible so they can make the most of each day.'



# Full steam ahead for hospice shops

Nottinghamshire Hospice now has its full complement of shops open after prolonged closures due to the pandemic.

In pre-Covid times, Nottinghamshire Hospice shops brought in an income of around £1 million a year. This was down 75% last year due to closures and restricted opening.

The charity was able to claim Local Authority business grants to make up some of the shortfall, and now hopes shoppers will make up for lost time and frequent the hospice shops in the run-up to Christmas in search of a bargain.

Penny Russell, Area Retail Manager for Nottinghamshire Hospice, said: 'It's been a tough year for our shops and we're delighted to be fully up and running again.'

'Our shops are the hub of our communities across the city and county and we're very grateful to our loyal customers for bearing with us throughout successive lockdowns, saving donations for us and returning to support our shops.'

The hospice has also resumed furniture collections which are currently happening on Tuesdays.

**To arrange a furniture collection please phone our retail team on 0115 970 1427.**

# New lease of life for Sutton store

The Sutton-in-Ashfield shop was the last to reopen in August, having been closed for 18 months pending recruitment of new store manager Ylva Cullerne-Brown.

Ylva, who brings with her a wealth of retail experience from high street stores including Clarks, Dorothy Perkins and Matalan, said: 'The shop is re-stocked, re-shaped and refreshed. Jayne and the team at the depot have worked hard to sort good quality items to entice our customers, and we're very fortunate to have a committed team of wonderful volunteers.'

'We are welcoming customers, new and old alike, and promoting the services and good work that Nottinghamshire Hospice offers our local communities. Along with my assistant manager Mark, we look forward to continuing to grow our customer base and sales to support the hospice.'

**'Please come and visit our lovely shop. We will welcome you with a smile and a bargain or two!'**



Ylva Cullerne-Brown

# Charity shop finds

Twitter: @nottshospice  
Facebook: /nottshospice

From designer bags and high end clothing to high street brands, there are great bargains to be had at Nottinghamshire Hospice shops.

Here's just a few of the charity shop finds our supporters have shared with us.

Sarah (left) from BBC Radio Nottingham's breakfast show snapped up an L K Bennett dress in our Ruddington shop – it made the perfect outfit to wear to an awards ceremony.



Here's a customer modelling a Mac trench coat in a scenic location.



Esther Ruth chose a vintage turquoise top from our Mapperley shop. She loves it because: 'bright colours make you feel better.'



And here's Sarah Jackson, a regular supporter who runs Style Swap events across Notts, sporting a pair of stylish chequerboard Vans from the West Bridgford shop.

Have you picked up a bargain at one of our shops? Send us a pic or tag us on Instagram, Facebook or Twitter #charityshopfinds

# Callout for Care staff

0115 910 1008  
www.nottshospice.org

Like many hospices and organisations in the healthcare sector, Nottinghamshire Hospice is currently struggling to recruit Care staff. Across all sectors, employers are struggling to fill vacancies, but this is particularly evident in healthcare, with a national shortage of nurses in the NHS too.

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

'There are a number of reasons for this. People may come to us after many years in the NHS, which works well because they have the experience we are looking for, but it also means that some are now reaching retirement.

'A lack of movement generally and the climate of uncertainty since the pandemic means it's harder to recruit. We are looking at options for addressing this.

'Currently we need to carefully allocate the care we give, prioritising those with the greatest need. If we were at our full quota we'd be able to provide more Hospice at Home shifts and additional visits to patients. The more nurses we have, the more care we can provide.'

The hospice currently has vacancies for Hospice at Home nurses and healthcare

assistants (HCAs), who care for patients in their own homes, working day or night shifts, and Senior HCAs who work in pairs visiting patients throughout the day or night.

'We offer a great deal of flexibility, people can choose the shifts they work and get to deliver one-to-one, personalised care which may be the reason they went into nursing. Some people prefer this type of environment to working on a ward,' Jo added.

At the time of going to press, the hospice is seeking to recruit three registered nurses, seven HCAs and four senior HCAs to bring it closer to a full quota of Care staff.

It is also looking at the possibility of offering apprenticeships to attract staff earlier in their careers and offer a training environment.



Hospice at Home nurse Judith

Go to [nottshospice.org/current-vacancies](http://nottshospice.org/current-vacancies) for more details

# Introducing Rachel, our new CEO

In June, the hospice welcomed Rachel Hucknall as its new Chief Executive Officer. Rachel joined the hospice from global kidney care provider Diaverum where she was Director of Operations for six years.



She brings with her a wealth of clinical and management experience from business, the NHS and healthcare sectors. She began her career as a podiatrist before moving to Boots where she ran 56 UK stores. She also managed the Diagnostic Imaging and Clinical Neurophysiology Unit at Nottingham University Hospital and later the Renal, Transplant, Diabetes and Cardiac Surgery and Vascular Surgery departments.

Rachel said: 'Throughout my career I've always been keen that end of life care is treated as priority. We've seen through the pandemic the importance of providing high quality care in patients' homes. Hospice care has never been so crucial.'

Rachel has seen first-hand the quality of care provided by Nottinghamshire Hospice as her mother-in-law, Anne, received Hospice at Home care last year before she died.

'I was so impressed by the hospice care. The people who came were incredible. My mother-in-law had pancreatic cancer and it was a long, drawn-out death. As a family we were so exhausted by that point, it was such a relief when the hospice got involved.'

'Anne died in her own home with her husband, sister and son with her. You can't ask for a better death. If it wasn't for the hospice care she would have died in a hospital bed alone.'

Rachel's connection with the hospice goes back to childhood. She grew up in Mapperley and noticed the building from her school bus.

'I was intrigued by the hospice even when I was little, then I came to a summer fair and saw how lovely it is. It's a wonderful place with fabulous people and a beautiful building. I'm proud of the work we do, especially as I've seen for myself how important it is for families.'

Rachel is keen to broaden the hospice's care to more people in different communities so has made it a priority to reach into those communities.

She lives with her husband and two teenage children and enjoys theatre, music, reading and walking as well as taking on intrepid fundraising challenges. She's previously tackled a firewalk, abseil, numerous walking challenges and climbed Ben Nevis. She's planning a danceathon next!

Rachel's husband Bryan is taking on a marathon for the hospice – there's more about him in the Fundraising Focus on page 12.

# The Forever Fund – Keeping Care Free

0115 910 1008  
www.nottshospice.org

Nottinghamshire Hospice has teamed up with Beaumont House Hospice in Newark to launch an appeal to keep care free long into the future.



The pandemic revealed a growing need for hospice care services and taught both hospices increased resilience.

During the lockdown, traditional day services were postponed but both hospices continued to give care to people in their own homes across both communities.

This is thanks to you, our supporters. Your donations, especially regular gifts, have sustained and protected our care through the pandemic. Your gifts and generosity are supporting people through grief and are giving dignity in death.

During the pandemic Nottinghamshire Hospice expanded care in people's homes and has now launched its GRACE Unit – a bespoke programme of therapy and wellbeing for patients. The hospice is now welcoming patients back into the building individually and in groups for shared activities.

Beaumont House has built a new garden therapy room and is caring for residential patients, day therapy patients and at home patients.

Both hospices have reintroduced in-person bereavement support for

families and carers and continue to give support remotely as an option.

Covid-19 denied many people dignity in death but our hospices remained with patients and their families throughout.

Now as we move away from restrictions, we still have a long road to normality for our fundraising.

**Starting a gift now has never been more crucial to secure the future of our hospices.**

**To sustain the free care of your local hospice please start a regular gift today.**

**Giving in memory:** You can give on any day or month that is special or significant to you. You can start or increase your regular gift by filling in the form on the inside back cover and returning it via freepost. Alternatively, you can give online at [nottshospice.org/forever](https://www.nottshospice.org/forever), text to donate or set up a standing order. For advice please contact the fundraising team on [fundraising@nottshospice.org](mailto:fundraising@nottshospice.org) or 0115 910 1008 ext 295.

# Ian's story

On receiving a diagnosis of terminal cancer, Ian, a Newark resident for nearly 50 years, determined that he would like to spend his remaining days in his beloved home.

His GP initiated input from various agencies – coordinated via the mid-Notts Palliative Care team – and it was through them that Ian and his family learnt about Hospice at Home care.

The Beaumont House Hospice at Home team offered to provide care on a day-to-day basis as required.

## Emily, one of Ian's daughters, said:

'The members of this team were supremely professional at all times and it was clear that for them it was not just a job. They were obviously dedicated to their role which was carried out with a lightness of touch that meant dignity, respect and comfort were always foremost in all their actions, with a healthy dose of humour along the way. Our father was very independent and they made sure that he was very much front and centre in everything that they did.'

Nottinghamshire Hospice also came on board, providing nursing care at night.

'We were grateful for this help as it allowed us some time to rest easy knowing help was on hand during the night. Sadly, one of these nights proved to be our father's last and the registered nurse there that night was just wonderful. Her compassion was clear to see and allowed us to spend his final moments with him and say our goodbyes. It was a peaceful farewell and his dying wish to be at home was made possible by the amazing care he received,' Emily added.

'Every agency worked holistically to ensure care was given in a timely, respectful manner. The whole approach was seamless; both hospices worked in parallel with one aim in mind – to make our father as comfortable as possible. This provided a huge degree of emotional comfort for the family.'

'There is no handbook on how to deal with a terminal diagnosis as a family but having assistance from both hospice care teams meant we were able to navigate the final weeks together, safe in the knowledge that they were there to help us in our time of need.'

# Focus on Fundraisers

0115 910 1008  
www.nottshospice.org

Nottinghamshire Hospice relies on the generous support of its communities to raise the £3 million a year it needs to provide support for patients and families. Here's what some of our wonderful supporters have been doing.



## Army friends net £10K

Former serviceman Matt Sharpe and 20 friends – among them ex-army colleagues – took on a gruelling seven-hour endurance challenge in the Peak District, raising a phenomenal £10,000.

The group completed the Great Cloud Walker Challenge involving a 4km kayak, 30km hike and 100-foot abseil, in memory of Matt's aunt Julie who received care from the hospice. They carried a Nottinghamshire Hospice flag and wore t-shirts printed with a photo of Matt's aunty and the words 'In Memory of Julie Nadin.'

Hospice teams cared for Julie in her Clifton home in her last weeks of life. She'd been diagnosed with Breast Cancer in 2018 and died in December 2020 aged just 62.

Matt said: The hospice came to her house, they supported the whole family through this time. Emotion runs high when you're about to lose your loved one so you need support. Nottinghamshire Hospice provides a service that's second to none for all families.'

Matt, a former Infantry man from the Worcestershire and Sherwood Foresters regiment, has seen active service in Afghanistan and toured Kenya, Botswana and South Armagh. He and his friends take on an annual challenge, choosing a different charity each year.

'There was a real sense of achievement for all of us. I'm overwhelmed by how much money we've raised. Aunt Julie would have been proud and would have been cheering me on.'

If you have a fundraising idea, contact our team on 0115 910 1008 ext 295

## Sian tackles new heights in memory of grandma.

Sian Lovett is tackling the National Three Peaks challenge this month after taking up walking with her canine companion Huckleberry Finn, an 18-month old Cockapoo.

Sian is taking on the dizzy heights of Ben Nevis (1,344m), Scafell Pike (978m) and Snowdon (1,085m) all within 24 hours – to say thank you for her grandma's care.

Sian said. 'Nottinghamshire Hospice became a lifeline for my Mamma. They provided care which allowed her to have her final wish of staying at home in those final few months.

'They became our saviours, ensuring my bed-ridden Mamma could still live with dignity, go to the toilet safely, be given medication as and when required and have her lunch made for her.

'More importantly they



provided her with friendship. They gave her someone to talk to, someone to smile with and someone to ensure she didn't spend her days alone. She called them her angels.

'This challenge will push me physically and mentally but I will do it for my Mamma, to say 'thank you' when she can't,' said Sian, who took up walking when her dog came into her life. After separating from her partner some months later she and Huckleberry took their walking to new heights as they tackled Mam Tor then Snowdon.

The National Three Peaks Challenge is considered one of Britain's toughest outdoor challenges, with a 23-mile walking distance and a total ascent of 3,065 metres. Sian trains with Huckleberry but will tackle the actual challenge without him as it would prove too much for a small dog in a 24-hour period.

## Bryan goes the extra mile despite battling Long Covid.

**A man who suffered severe, lasting lung damage through Covid is to run his first ever marathon in October in memory of his mother who received care from the hospice.**

Bryan Hucknall caught Covid in March 2020 and continued to struggle with his breathing. Eventually referred to a respiratory consultant, Bryan learnt he had a part-collapsed lung and damage to the phrenic nerve controlling the diaphragm which has moved up into the lung space. His condition – classed as a symptom of Long Covid – has reduced his lung capacity by half. Doctors don't know if he will recover full use of his lung.

Undeterred, Bryan – who's been running since 2015, with four half marathons and four 'Survival of the Fittest' obstacle races under his belt – has signed up for the London Virtual Marathon. He will run 26.2 miles on the day of the actual race in a route that will take him past the hospice building plus several of the hospice shops.

Bryan said: 'Covid knocked me out of running for eight months. I really missed being out there. This challenge is going to be hard. It's a distance I never attempted before, even when I had full lung capacity. I won't be as fast, but I'll keep going.'

Bryan's mum Anne was diagnosed with pancreatic cancer in January 2020. The hospice care enabled her to be at home at the end of her life. Bryan hopes to raise £1,000 to help other families needing support.

'The hospice offered support at a time when there was no hope. They were experts in making my mum feel the best she could in those last weeks, days and hours. It gave us respite so we could switch off and recharge batteries, knowing she was being looked after by people you could trust to give her the best care possible.'

'In my head I can do this. With support from friends and family, the focus on why I'm doing it and realistic-for-me training, my body should be able to do it too.'



# Hospice seeks to reach more diverse communities

Nottinghamshire Hospice has launched a drive to reach more diverse communities, seeking to raise awareness of the services available and provide an environment that is welcoming to all.

Figures from across the UK show that patients from black and minority ethnic groups are less likely to access hospice care than those from white backgrounds. Studies suggest a wide range of reasons why people from minority groups don't use hospice services, including differences in cultural beliefs, approaches to end-of-life and treatment preferences as well as concerns about prejudice.

As well as those from black and ethnic minority backgrounds, the hospice also wants to reach out to other under-represented groups including older people, LGBTQ+ communities, homeless people and travellers.

## New role

The hospice is recruiting an Equality, Diversity and Inclusion Lead to help them address this. The post-holder will look at all areas of the organisation and develop ways of reaching out to communities, overcoming barriers and broadening reach across the whole of the city and county.

Nottinghamshire Hospice Chief Executive, Rachel Hucknall, said: 'We know there are sections of our communities we're simply not reaching. I want to adapt our services to reach people from those communities and to find out what they need to support their loved ones at the end of their lives.'

'Equality, diversity and inclusion touches all aspects of hospice life, from our staff and volunteers, to the people we support, and the customers who come into our shops. So I also want to encourage people from those backgrounds to apply for roles at the hospice – both paid and voluntary – and engage with our shops.'

'The pandemic has shown there are big divides in health outcomes for people across different backgrounds and that in some communities mistrust of healthcare services can be a major barrier to accessing care. We want to tackle those barriers to make sure our hospice is a place where everyone feels welcome and included.'

## Unconscious bias training

GRACE Unit Manager Clair Marshall runs sessions in unconscious bias for managers and staff to help them recognise possible bias in themselves and others and practice techniques to address this.

Clair said: 'I put together the workshops after the murder of George Floyd and the rise of Black Lives Matters. It made me look at my own behaviours and biases and think about how we as a hospice welcome and are viewed by the wonderfully diverse communities of Nottingham and Nottinghamshire.'

'We need to be open and honest about any biases we may have. We need to talk about them, explore where they have come from, challenge ourselves. It is only by confronting our biases that we can learn and make positive changes.'



# Bereavement support more crucial than ever

During the pandemic, bereavement support has been especially important as contact with friends and family has been limited. Nottinghamshire Hospice has continued to offer counselling and emotional support by telephone and Zoom.

One person who knows the importance of this support is Janet, whose husband Les died suddenly at the beginning of April 2020. He was 73, and the couple were approaching their 50th wedding anniversary. Les had been prescribed antibiotics over the phone for a suspected chest infection but remained unwell. Due to Covid restrictions doctors were not seeing patients so he was unable to get properly checked over.

After Les collapsed on the stairs, Janet called 999. Paramedics performed CPR and got his heart started again, before taking him into hospital where he died shortly after.

'When they wheeled him down the drive to the ambulance, I had no idea that would be the last time I would see him,' said Janet. 'It was horrendous.'

Janet was left numb with shock and isolated at the start of the pandemic. A former teacher and a sociable, active person, she was used to going out with friends and doing regular volunteer work. Lockdown meant she was confined to an empty house.

At the funeral, Janet rode alone in the limousine behind the hearse, and had to stay distanced from the four close family members allowed to attend.

After the funeral, loneliness really hit home. 'I made myself go for a daily walk, but I felt worse walking back into the empty house. I'd never known the feeling of being so desperately lonely.'



Nottinghamshire Hospice provided emotional support over the phone, initially weekly, moving to fortnightly then once a month.

'It makes a big difference to talk to someone who is objective and not involved, but who knows what to expect in these situations,' Janet added. 'Coping with bereavement, especially during a pandemic, has been extremely difficult. The sessions have been a lifeline.'

Now, Janet has begun to go out and socialise, has met some new people in her local area and has started volunteering again.

Debbie Hastings, Support Services Development Manager at Nottinghamshire Hospice, said: 'Janet's story is one of many where the circumstances of death and grief have been complicated by the pandemic. I am honoured that we can be there to support people on their grief journey.'

Nottinghamshire Hospice is cautiously reintroducing face-to-face bereavement support, while continuing to offer telephone support.

**If you've experienced the death of a loved one following an illness, our bereavement services may be able to help. Contact us on 0115 9621222.**

# Volunteers return to the hospice

Volunteers returned to the hospice building this summer to support therapy and wellbeing services in the new GRACE unit. As well as meeting and greeting patients, volunteers work with staff to organise creative activities, help set up and run sessions in the new unit.

## Alan's story

Among the returning volunteers is Alan Shardlow, who recently celebrated his 10-year anniversary of volunteering at the hospice.

Alan started at the hospice in 2011 after retiring from 32-years as a pharmacy storekeeper at Mapperley Hospital. He began volunteering in the shop which was previously inside the hospice building, before becoming a Day Therapy volunteer.

During lockdown Alan continued to support patients by making weekly welfare calls, which he still does. Now he also comes to the new GRACE unit on Wednesdays and Thursdays to run watercolour sessions for groups of patients.

Alan, who was shortlisted for a Nottingham Post Volunteer Carer of the Year award in

2018, said: 'I was very excited to walk back through the hospice doors after 16 months. I love volunteering. I'm inspired by the patients and want to keep them smiling, happy and entertained.'

'I like the way the new unit is organised, with structured activities, and I enjoy running the art sessions – they've been very successful.'

Alan, a keen watercolour artist, added: 'Painting is something patients can focus on which is completely absorbing. People are often surprised at what they can do with a bit of encouragement and guidance.'



## Callout for volunteers

The hospice urgently needs volunteers to help in its shops. This role would suit someone with an interest in fashion or home décor, who enjoys meeting the public and working as part of a team. Volunteers get to use their creative flair to create stunning window displays, price up items and chat to customers.

Jo Drake, Volunteer Services Manager at Nottinghamshire Hospice, said: 'This is a perfect opportunity for someone seeking work experience in the retail sector, or someone looking for opportunities to get out and about and meet people.'

The hospice is also seeking volunteer drivers to drive patients to and from the hospice. This role would suit someone with good communication skills and a friendly personality, who enjoys driving and wants to give something back to the community. Volunteers need to be 21 or over and have their own car and three years driving experience.

For more information contact [volunteering@nottshospice.org](mailto:volunteering@nottshospice.org)



## It's now possible to donate monthly just by sending a text!

Regular monthly gifts are a lifeline for us and make a significant difference to the families we care for.

By choosing to give a regular gift today, you will play a vital part in helping our patients receive the best care for them, today and tomorrow.

Your commitment will help us to continually develop the care we give to make sure our patients' changing needs are met with compassion and expertise. With a steady income to rely on, we can plan ahead and make longer term enhancements to always be, and do our very best for our patients and their families.

Your regular gift is simple to set up and easy to manage. It's flexible and hassle free yet makes a huge difference to many lives.

To set up a monthly donation of £5, text

**'ADDLIFE 5'  
to 70085**

This costs £5 per month plus a standard rate message. Alternatively, you can opt to give any whole amount up to £20 per month by replacing the 5 with the amount you'd like to give.

**Thank you for helping us to  
add life to days.**

# Save The date

## Sign up to our e-newsletter

Scan the  
QR code to  
receive the  
latest news  
and events  
straight to  
your inbox.



September 12th

### Great North Run

Join us in cheering on our seven runners in the world's largest half marathon. They'll be running from the heart of Newcastle to South Shields to raise money for Nottinghamshire Hospice.

October 2nd

### Mam Tor Hiking Challenge

Join us for an eight-mile circular walk in the Peak District taking in spectacular views of Mam Tor, The Great Ridge, Hollins Cross, Lose Hill and Castleton and reaching heights of 1.8K feet.

October 3rd

### London Marathon and London Virtual Marathon

Join us for the iconic London Marathon on its 40th anniversary! Help us cheer on our supporters

December – date tbc

### Light up a Life

Christmas is coming, and this year we hope to be able to offer a face-to-face Light up a Life event to remember loved ones as well as a virtual option. Plans are developing at the time of going to press, so please keep an eye on our website for details.

### Light up a Night

As winter approaches we are once again offering families and organisations the opportunity to light up our tower in memory of a loved one in a colour of your choice. Our cupola tower is our crowning glory and when the light is lit it shines out like a beacon of hope across the city.

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

## Could your shop, café or business keep a Nottinghamshire Hospice collection tin?

In pre-Covid times, the hospice raised more than £4,500 each year through collection tins, but due to COVID restrictions, with shops and business premises being shut for many months and many people no longer carrying cash, this source of income has dropped right down.

We're now looking for businesses to again support us by taking a tin. It's a simple thing any public-facing company can do to bring in valuable funds to help your local hospice.

Get in touch with [fundraising@nottshospice.org](mailto:fundraising@nottshospice.org) if you can help.







## 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 £3 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](http://www.nottshospice.org), or call us on **0115 910 1008**

## Contact us

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Nottinghamshire Hospice  
adding life to days

Registered Charity Number: 509759

