



adding life to days
Nottinghamshire
Hospice

Hospice Life

Adding Life to Days

Spring/Summer 2022



Ambulance crews and hospice teams join forces

- New support model for GRACE patients
- A day in the life of Retail Support
- Forget-Me-Not appeal launches
- Meet the volunteer

Remember
someone
special with us
page 11

Foreword

Welcome to the latest issue of our newsletter Hospice Life, which is full of fabulous stories about how your support is helping us care for patients and their families across Nottinghamshire.

We're delighted to be able once again to open up the hospice for events after the pandemic, and we're really looking forward to seeing you at our summer fair and dog show this summer. We also include news of our Forget-Me-Not appeal which we're launching in support of our bereavement services which have continued to be extremely busy since the pandemic.

It's been great to welcome patients to our GRACE unit, and this issue includes an article about our new 12-stage support programme.

Another exciting development has been a partnership with the East Midlands Ambulance Service who are now able to refer end-of-life patients direct to our night support team. This arrangement benefits patients by preventing emergency admission to hospital, and it helps relieve pressure on the NHS.

One of my aims on taking up this post was to improve our reach to diverse communities across the city and county, and in this issue we introduce you to Sarah who has been appointed to lead this work.



There have been exciting developments in our shops. We've partnered up with two trailblazing women who run clothes swaps throughout the city. Their events save thousands of items from landfill and they donate anything not swapped to our shops. In this issue you can also get a look behind the scenes in our Day in the Life of the retail support team.

We also feature some of our fabulous fundraisers including Daisy aged 6 who is tackling a Lidl Mudder race with her young cousins, Maria, who is celebrating 40 years of running by taking on a 10K race in her husband's memory and a few of our corporate supporters.

As always, we cannot thank you enough for your continued support which enables us to provide crucial palliative care for those with a terminal illness and support for their families across Nottinghamshire.

Rachel Hucknall
Chief Executive

Ambulance crews and hospice staff team up



Frontline clinicians at East Midlands Ambulance Service (EMAS) can now refer patients directly to Nottinghamshire Hospice for intervention at night to prevent emergency admission to hospital.

Crews attending end of life patients can contact the hospice to arrange an urgent visit from the night support teams, to help families care for their loved ones at home.

Rachel McCarty, Director of Care at Nottinghamshire Hospice, said: "A crisis that happens out of hours is much harder to manage than in the daytime. When someone is approaching the end of their life it can be disruptive and traumatic for them and their family members if they get rushed into hospital. It also increases pressure on the hospital trust.

"This new scheme allows the patient to stay in their home environment where we will support them. It means ambulance crews can feel comfortable leaving patients in their own homes, knowing they have the hospice on hand, and

families get the help they need to care for their loved ones at home."

As well as visits from the night support team the hospice can also advise families over the phone and refer patients to its other services.

Suzie Matthews, Senior Clinical Lead for EMAS in Nottinghamshire said: "Often, we attend patients who are in physical or mental distress when coming to the end of their life and they need urgent assistance rather than a trip to hospital.

"Even when our ambulance clinicians know that the right thing for a patient is to stay in the comfort of their own home, this can sometimes be a difficult decision. Thanks to the partnership with Nottinghamshire Hospice, our crews can have these complex discussions with the night support team

and ensure the right care is put in place for the patient and their family.

"This scheme has already helped a fair amount of our patients who are at the end of their life to die with dignity at home, rather than experience the upset and added stress of an unnecessary hospital admission."

Helen Marshall, an Ambulance Technician at EMAS who contacted the night support team recently said: "After assessing my patient at the scene I realised that while they didn't need to go to hospital, they required additional on-going care to meet their end-of-life requirements.

"Being able to refer my patient to the hospice meant they got the most appropriate support to meet their needs, ensuring that the end of their life is as dignified as possible."

New support model for patients

0115 910 1008
www.nottshospice.org

Nottinghamshire Hospice's GRACE unit is trialling a new graded system of support for patients on Wednesdays.

Patients sign up to the structured 12-stage programme which helps them confront challenges and develop coping mechanisms.

Each week the programme focuses on a different area, including self care, dealing with anxiety and stress, building resilience and maintaining independence. Each session finishes with half an hour of relaxation.

The programme, which includes creative activities and gentle exercise as well as guided discussion, encourages people to talk through their emotions with others in a similar position as well as with staff and volunteers.

Clair Russell, GRACE unit manager, said: "the programme encourages patients to address what may be difficult topics in a safe environment. It enables them to express how they are feeling in a therapeutic setting."

Josie's story

Josie, 62, was diagnosed with secondary breast cancer last September, and was told that the cancer had spread to her bones and liver.

She was referred to the GRACE unit by her physiotherapist and has been coming since the 12-week programme began.

"I've found it really useful. I've found out a lot of information. You learn something new every week. It opens your eyes," she said.

"Everyone is friendly. They go the extra mile for you. They know what you're going through and let you express yourself freely. You can say what's on your mind, which isn't always so easy with your own family – when you have a terminal diagnosis it's hard on family members."

Josie, from Clifton, has no close family in Nottingham apart from her husband, as most of her family live in Warrington. She added: "Coming here gets you out of the house. Since COVID I've felt vulnerable, but I feel safe coming here."



Before her diagnosis, Josie did paper crafting at home using a Cricut machine. She now finds this too painful, but she enjoys craft and creative activity sessions at the hospice, as well as having a massage to help ease tension.

"Last week I had a hot stone massage which was lovely. I find the massage very relaxing," she said. "I really enjoy coming. This place is a blessing."



Twitter: @nottshospice
Facebook: /nottshospice

Rose's story

When Rose was diagnosed with breast cancer in 2015, the cancer had already spread. She went through a challenging treatment programme of chemotherapy, radiotherapy, and four operations including a mastectomy and reconstruction. The cancer returned in 2018 by which time she was told it was incurable.

Rose was referred to Nottinghamshire Hospice for complementary therapy and physio, as well as aids to her mobility. She has been taking part in the 12-week programme.

"I didn't initially think this was something I needed," said Rose. "I was reluctant to accept that I needed support, but I was struggling."

"What surprised me was how much the massage and relaxation helped me. I've benefitted physically and mentally. I'd be unlikely to do a relaxation session on my own so being in a group is good. The arts activity helps distract me from my pain and I enjoy being creative."

"I've been surprised at the benefits coming here has for my mental wellbeing. It's not just

the therapies themselves, it's meeting other people and chatting to the volunteers too."

Rose experienced the devastating affects of cancer on family members at an early age. Her mother was diagnosed with late stage Breast Cancer when Rose was just 19, and passed away six months later. Later Rose's twin sister died of cancer, and she also lost her younger sister to the illness.

Rose is passionate about reducing cancer health inequalities, and founded a charity called B'Me Against Cancer, which seeks to inform and support BME communities affected by cancer. She also set up Sistas against Cancer (SAC) – a support and campaign group for women from Black Asian Minority and Ethnic communities affected by cancer.

She's keen to raise awareness about hospice services among communities currently under-represented in hospice care.

"I know the hospice is keen to reach more diverse communities. I've tried out the services and I know they benefit me, so I'm happy to recommend Nottinghamshire Hospice to members of my community."

Hospice pledges to improve Equality, Diversity and Inclusion

0115 910 1008
www.nottshospice.org

Research across the UK shows that people from ethnic and religious minority groups, LGBTQ+ and homeless people are less likely to access end-of-life care. Hospices recognise they need to adapt their services to address this.



Nottinghamshire Hospice has recruited Sarah El Rayyes as Equality Diversity and Inclusion (EDI) lead to address the accessibility of end-of-life care, improve inclusivity and broaden the hospice's outreach to diverse communities across the city and county.

Sarah's interest and passion for EDI started with her studies in Austria, where she focused on Middle Eastern studies and Cultural Anthropology. She worked in radio journalism in Austria, Bosnia and Macedonia, covering topics such as migration, asylum and freedom of press. After moving to the UK two years ago, she delivered religious diversity training at the Multi-Faith Centre in Derby. She has also volunteered in various faith and community settings.

Sarah said: "Tackling inequalities in palliative care is a challenge that many hospices are now dealing with. It is high time that we all face this challenge head-on, through introspection, co-operation and open-mindedness. On a personal level, it is incredibly fulfilling to be paving a way towards more accessible and inclusive care for people with life-limiting conditions."

Since taking up post in late November, Sarah has been focussing on benchmarking, collecting data and

putting structures in place that will help drive EDI thinking through all areas of the hospice.

She is currently collecting data about the demographic make-up of staff, volunteers, patients and supporters and comparing this to the demographic make-up of Nottingham and Nottinghamshire. This is an important step towards ensuring that the hospice reflects and serves all its communities. This will help Sarah identify outreach opportunities and areas that need improvement.

"EDI needs to be embedded in all areas of our organisation so we can make our services truly accessible. This work isn't limited to my role, it's a joint effort and a new way of working for all our staff and volunteers," Sarah added.

She has set up an EDI steering group to drive this agenda forward, and each department of the hospice will commit to diversity pledges and objectives to improve inclusivity.

A chat with our Chief Exec

Rachel, our Chief Executive, has been in post nearly a year now. We caught up with her to ask her about the highlights of the last 11 months.



What were your first impressions of the hospice?

From day one everyone has been incredibly supportive, helpful and patient with me while I asked lots of questions. My initial fear was that I would never find my way around the building, with the myriad of staircases and corridors. This was soon alleviated by people pointing me in the right direction and helping me learn my way around! More importantly, I have been so impressed by the passion and kindness shown to our patients and their loved ones by everyone who works for the hospice. In addition, our army of volunteers have completely blown me away with their generosity of time and the experience that they bring to us.

What have you enjoyed the most?

Meeting patients in our GRACE unit has been a privilege and a joy. After so many months when we were not able to open our doors to patients due to Covid it's been wonderful to experience the buzz of activity in the unit and to hear the laughter.

I have also loved getting out and about and meeting our retail teams and volunteers. The shops have such high-quality items and I have been fortunate enough to

find some real bargains (which is great as the shop managers don't let me leave until I've bought something!). I've enjoyed getting to know our Trustees and working with them to ensure we are on track to deliver our ambitions for the hospice.

What's surprised you?

I have been overwhelmed by the kindness people show us and the people of Nottinghamshire. I read all the letters which come into the hospice, and they are so heartfelt and much appreciated by our teams. People are so generous that even at a tough time they take the time out to send a card or letter, make a donation or leave us something in their Will so they can ensure we are able to support others. Sometimes we can get distracted by the amount of bad news in the media, but here at the hospice that is counterbalanced by the kindness, thoughtfulness and generosity of others. Our teams and supporters are a real source of inspiration and joy.

What's been the most challenging?

Running a charity, finances are always a challenge, as we need to raise at least £3 million a year to provide our services. This year times are especially tough for so

many people as the longer term impact of Covid is felt and the cost of living rises. But we have exciting plans to increase our income and with the help of our fabulous communities who never fail to support us and the great team we have here both of staff and volunteers I'm confident we're well equipped to meet this challenge.

What's planned for the next six months?

Lots! We have been looking at ways of increasing our income so we can continue to support people in Nottinghamshire. We were the first charity in Nottingham to sign up to the Charity Shop Gift card which is available in all our shops and will soon be available in supermarkets too. We are hoping to commence on-line sales of pre-loved clothes, which is really exciting, and also have our first market stall planned. We have our Forget-Me-Not appeal coming up in May and summer fair, which will be wonderful after a two-year gap.

Clothes swap donates items worth £1.3k to hospice shops

0115 910 1008
www.nottshospice.org

Fashion-conscious clothes-swappers flocked to the Big Style Swap event at Nonsuch Studios bringing with them 700 high quality items of clothing, shoes and accessories to exchange.

People came to drop off clothing, browse the rails and choose items to take home in the first of a series of five swaps planned for this year by organisers Sarah Jackson and Zoe Summeyer.

Afterwards, leftover items with a retail value of £1329 were donated to Nottinghamshire Hospice shops.

Among those attending were veteran and first-time swappers, all looking for ways to refresh their wardrobes in a way that doesn't cost the earth and benefits the hospice too.

Laura, new to swap events, said: "This is the first one I've been to and I absolutely love it. I'd been meaning to come to one as I had lots of things to get rid of. I've found loads! I'm really happy."

Charlotte, who enjoys the social elements as well as the opportunity to swap items, said: "I love it. It's a fabulous opportunity to meet friends and get together and sustainably swap great clothes."

Karla, a seasoned swapper, said: "I've been before. I love that you can find stuff you wouldn't see in the shops. I like the social element and the fact it's giving clothes a new lease of life."

Organisers Sarah and Zoe are planning further events in the city throughout the year.

Zoe, an arts officer and trained textile designer, said: "It's great to see so many people embracing



Charlotte

our events and it feels good that all the leftover items have been taken for resale in Nottinghamshire Hospice shops across the county."

Sarah, a fashion buyer and fashion business lecturer at Nottingham Trent University, said: "The swaps are all about circular fashion and making sure nothing goes to waste. What we love about it is at the end, everything goes to the hospice."

Latest figures suggest the average person in the UK owns 115 items of clothing but hasn't worn 30 per cent of them in the last year – estimates suggest there's at least £30 billion of unworn clothing hanging in wardrobes across the UK.



Karla



Laura

Corporate support boosts fundraising

0115 910 1008
www.nottshospice.org

Businesses across Nottinghamshire provide valued support to the hospice. Here's what a few of our wonderful corporate supporters have done in the last six months.

Finance company Capital One donated £4,950 from the Capital One Uplift Grant Scheme to help fund bereavement support services at the hospice.

Their donation is the latest in a series of measures of support during the last decade. Since 2012, the company, which has 1,500 employees at its Nottingham base, has sent teams to volunteer in the hospice garden, taken on fundraising challenges, sponsored a robin sculpture during Hoodwinked 2018 and donated to our Big Give match funding appeal during the pandemic.

Head of Corporate Responsibility Dave Richards said: "At Capital One we're committed to supporting the communities we live and work in. We recognise the care and compassion that Nottinghamshire Hospice brings to local people. We're proud to have worked with them over many years."

John Lewis's Nottingham store donated £1,000 from their Community Matters scheme. Every three months, each shop selects three community groups or charities to help. Customers use tokens to vote for the organisation they want to support.

Petrol station chain SGN Retail have pledged to donate 50p from each sale of car wash and screen wash sold in Carlton and Meadow Lane outlets, with an option for customers to also donate by rounding up the cost of their purchase to the nearest 50p or £1 at the point of sale. The company is also offering staff and volunteers a chance to claim 2p off per litre of fuel they purchase at each station as well as keeping hospice collection boxes near their tills at designated stores.

Trish Bojczuk from SGN said: "We're delighted to be working with Nottinghamshire Hospice and we look forward to collecting as much well needed money as we can."



Dave Richards

Gemma Taylor-Mahon, Fundraising, Marketing & Communications Manager at Nottinghamshire Hospice, said:

"We're so grateful to all these companies for their generosity. We're lucky to have incredible support from local companies large and small. We're extremely proud of the special relationship we have with them."

Forget-Me-Not appeal launched

Last year Nottinghamshire Hospice gave over 17,000 hours of one-to-one support to people grieving the loss of a loved one.

The number of bereaved people we support is increasing, and we need your help to meet the growing demand on our service.

By supporting our Forget-Me-Not appeal you are helping us reach the people who need us, creating a safe supportive environment for them to grieve in.

Together we will support the Nottinghamshire community.

With your help, we can offer different levels of support depending how complex the grief is. We also offer counselling for patients coping with a life-limiting condition as well as pre-bereavement support for their significant others.

Louise's story

Louise sought pre-bereavement counselling at the hospice after her mum, aged 61, received a shock diagnosis of stage 4 liver cancer last year. The 12-session programme has helped her build resilience, cope with overwhelming emotions and support other family members.

Louise, who has two young children said: "When we received Mum's diagnosis, I felt like I was drowning in emotion, it was hard to breathe, it was hard to sleep and facing my every day commitments on top of that was challenging to say the least. The sessions reminded me of my resilience and ability to cope.

"I wasn't aware that pre-bereavement counselling existed before Mum's diagnosis, but it's been a lifeline when I didn't have anywhere else to turn. I can't imagine having gone through this period so far without that support in place. I was able to express my heartbreak for all of us in a safe, supportive space.

"Being able to talk through changes to Mum's situation each week and express my emotions has been like releasing a pressure valve, creating a space inside my head and enabling me to keep up with every day responsibilities and pressures. It's helped me to prepare for conversations with my children and support my dad too. Even though I've been the one in the sessions, the whole family has benefitted."

How you can help:

- Give once and help now
- Start a monthly gift and help the hospice and your community all year round
- Give using the enclosed form, online at www.nottshospice.org/fmn or by phoning **0115 910 1008 ext 295**
- Purchase one of our beautiful **Forget-Me-Not pin badges** in memory of someone special and take their memory with you everywhere you go
- Tell a friend about Nottinghamshire Hospice and the impact it has on your local community

By supporting our appeal, you will directly help patients and their loved ones to feel empowered, helping them to become more resilient and accepting of their grief.

What your gift will provide:

- £15** funds a bereavement support session
- £45** funds an hour of counselling
- £80** funds a wellbeing session

Scan me



To show your support

A day in the life of Retail Support

0115 910 1008
www.nottshospice.org

Our Retail Support team work tirelessly to sort stock, allocate items across our ten shops and decide what to do with unsold goods. Central to their work is a 3.5 tonne Luton box van and a warehouse tucked away in a corner of Radford. We spent a day with the team to get an inside look at what goes on behind the scenes and to bring you a day in the life of retail!

7:30 am The day starts early at the warehouse. The team arrive to start their busy day. Today it's driver Kevin, retail support assistant Patryk and antiques specialist Susan on duty.

We are heading off in the van on a round of the shops to collect surplus stock. It will be taken back to the warehouse to be reallocated. It's a 90-mile round trip and we have nine shops to get round before lunchtime.



8:00 First stop, Wollaton. We arrive before the shop is open, so we let ourselves in. There are bags of stock to be taken to the warehouse, we load them up and move on.

8:30 Ruddington's next on the list. We pull up just as manager Collette arrives to open up. The shop's recently had a refurb and is looking super smart. Collette praises the help of the team.

8:55 At West Bridgford, we meet shop Manager Nicola who draws inspiration from Pinterest and Instagram for her creative displays. She's excited because an Instagram influencer with 45k followers liked a pic of one of her displays

9:20 We're now at Radcliffe. Manager Mark is an accomplished artist who uses his talents to make the shop window look fabulous. Here he is with one of his amazing window paintings



Mark

9:35 The drive to Burton Joyce takes in some picturesque scenery around the Vale of Belvoir. To pass the time en route, the crew do the Planet Rock 'guess the year' challenge.

9:50 At Burton Joyce we're met by Assistant Manager Claire. Claire volunteered at the shop since 2019 and was recently offered the Assistant Manager role.

10:15 As we head for Calverton, the northern part of our route is bathed in sunshine. At the shop, there's excitement because they've just sold an electric recliner for £300.

Manager Lynn has saved a vintage projector for the team to take to the Mapperley shop for their vintage & retro section. Lynn's full of praise for the team. "Our drivers and the depot are amazing. The support we get from them is unconditional."

10:40 Blidworth

It's busy at Blidworth. Donations are piling in, and customers are arriving for coffee. The Blidworth shop has a café area and serves tea, coffee and cake.

Regular customer Marie says: "I come here often. They're so friendly and they have good quality stuff for sale. It's nice to be able to have a coffee."



Marie

11:12 Mapperley

A good quality banjo's been donated by mistake. Luckily for the donor, it hadn't yet sold. Manager Cheryl says this is quite a common occurrence. Moral of the story, check your donations before you bring them in, in case something you want to keep has crept in!

11:35 Sherwood

Last stop on the morning run is Sherwood, where Assistant Manager Leanne is hero of the hour, having sold three sofas in a day – worth £500. She also sold a table and chairs within two hours of them being put out on display.

There's a mystery object for Kevin to identify. Can anyone guess what it is?

11:55 – back at base.

We're back at the warehouse.

"Nine shops and a full van," says Kevin. "I call that a good morning's work."

12:30 Over lunch, we chat to antiques specialist Susan. She has an eye for anything



Kevin

that might fetch something at auction. She arranges these in lots then takes them to auction on Saturdays. Last week's haul raised £866. Susan says: "My role is lovely, it's so varied. I'm always busy and I love it."

13:00 Time to load up the van for this afternoon's trip to the rag merchant.

But first, there's one last stop to make. Sutton in Ashfield is our northern-most shop and it's another sale in the bag for Assistant Manager Mark



Mark

14:00 It's off to the rag merchants. Twice a week, the team make this trip, dropping off rags (clothing or textiles not suitable for resale) which are then recycled – so nothing is wasted.

The van gets weighed in before entering the yard where there are juggernauts reversing and fork-lifts manoeuvring. A truck backs a giant cage up to the van. Kevin and Patryk climb into the back of the van and transfer all the bags to the holding cage. It's done in a matter of minutes.

Before we're weighed out, Kevin and Patryk play 'guess the weight.' There's 920 kilos of rag. I won't tell you who won, but they're both pretty close.

15:00 On the drive back to Nottingham, Kevin and Patryk tell me what they like about their jobs. "It's a great team and a busy and varied job," says Kevin. "I used to work in the commercial sector where it was all about making money for profit, here there's a sense of satisfaction that what you're doing is creating money for care."

Patryk agrees: "It's a small team but everyone helps each other. Where I worked before it was the same every day. Here each day is different."

There's a sense of a job well done as the van heads back to the warehouse at the end of a busy day.

Meet the volunteer

Volunteers are crucial at Nottinghamshire Hospice – we couldn't provide our services without them. Roles vary from driving, gardening and helping patients to counselling and serving customers in our shops. Here we introduce you to three of our wonderful volunteers.

0115 910 1008
www.nottshospice.org

Sarah

Sarah combines being a full-time serving Police Officer with volunteering at the Wollaton shop.

Sarah - whose current role at Derbyshire Police involves mostly working from home - wanted something to do when she's off shift while her children are at school, so she does a shift a week at the shop.

"We've been going to that shop since the kids were tiny and we love it," said Sarah, who has twins aged nine.

"It's a really nice environment. It's so well looked after. They've got nice stuff in there and the team is great, they make you feel really welcome. I really enjoy it. It's fun.

"I like that it's a local charity so all the money raised stays in Nottingham. It's also promoting sustainability in fashion, which is important."

Sarah enjoys talking to families about the books and clothing on sale at the shop and can advise on what childrens' items are likely to sell.

On one occasion, a foster parent came in who had learnt at short notice she would be receiving a baby the very next day. Sarah helped her choose baby clothes for her new foster child.

Sarah's advice to anyone considering volunteering is, "It's fun. You get to meet loads of people. Go for it, there's nothing to lose!"



Bradley

At 19, Bradley is one of Nottinghamshire Hospice's youngest volunteers.

He volunteers in the GRACE unit, where he works with patients, chatting to them, making them drinks, and helping them with activities.

Bradley, currently on his gap year before starting a dentistry degree next year, found the hospice online when he was looking for volunteering opportunities.

"I didn't realise what the hospice was about, I thought it would have beds. It's a really nice place and it's great that it's here to improve patients' lives," he said.

Bradley currently volunteers once a week, helping patients who come for therapy and activities such as tai chi, arts and crafts and baking.

"I like spending time with patients, talking to them and helping them do things they enjoy," he said.

Bradley, who has been volunteering at the hospice since October, feels his experience will help him in his chosen career of dentistry where he's looking forward to working with patients on a one-to-one basis and building up trust and confidence.



Sue

Sue is one of a group of green-fingered volunteers who tend the hospice garden.

She started volunteering a few years ago after moving to a flat with no garden. When she heard that the hospice was looking for volunteer gardeners she was keen to get involved.

Sue said: "It was the first time I'd lived anywhere without a garden of my own and I missed getting outside. I enjoy being in the hospice garden in all weathers. There's always something that needs looking after. I also enjoy the company of the other volunteers, the patients, their friends and relatives and staff who come into the garden to chat to us."

Covid lockdowns meant there were long periods when volunteers could not come to the hospice, but Sue and her fellow gardening volunteers have been busy making up for lost time.

"Covid has taken its toll on the garden but we are gradually bringing it back to its former glory, so that once again it will be in a fit state to hold events in," Sue added.

To find out more about volunteering opportunities at Nottinghamshire Hospice, go to nottshospice.org/volunteer

SCAN ME



to find out more!

WIN up to £25,000

Play **Your Hospice Lottery** to support Nottinghamshire Hospice

Do you want to support **Nottinghamshire Hospice** and have the chance to win amazing prizes?

You can sign up to Your Hospice Lottery on a regular basis for as little as **£4.34** a month.

Scan the QR code to find out more or contact our friendly team using the details below!

lottery@yourhospicelottery.org.uk
0800 285 1390



www.yourhospicelottery.org.uk

Play & Save

We offer a **Play & Save Reward Card** to our loyal lottery players as a way to say thank you!

Another great reason to join the lottery!



Supporters in the running to help the hospice

Three young cousins are taking on a Lidl Mudder challenge to raise money for Nottinghamshire Hospice in memory of their much-loved great grandad and nana who received hospice care at the end of their lives.

Six-year-old Daisy, and her cousins Lexie (8) and Harry (7) will battle through the mud in the mile-long obstacle course at Belvoir Castle later this month.

Lauren, mum to Lexie and Harry said: "It's been a hard couple of years for all three of them losing close family members in a short time. They are all so excited to get muddy and raise some money for those that took care of our loved ones."

Daisy's mum Rebecca said: "Daisy chose to run for the hospice because your staff looked after both my grandad in May 2020 and my mamma in Feb 2021 and they were amazing. Daisy's been running a mile at school every day to train for the race and she can't wait!"



Hospice supporter and volunteer Maria Mills is taking on the Birmingham 10K in May to celebrate her late husband's life and to mark 40 years of running.

Maria, aged 64, began running in April 1982. She trains every day and has not had a day off running for the past two years.

With 35 Robin Hood half marathons, seven London marathons and 27 Great North Runs under her belt, Maria says running has helped her handle her grief since her husband Steve died 15 months ago. He would have been 70 this year.

"I love running. Since Steve passed away it's helped me enormously and it's now my life. It's helped me keep fit and strong, both physically and emotionally," she said.

"Steve wasn't a runner but he was always there to support me at every race. We had wonderful weekends away when I travelled to races. My favourite race was the Great North Run, I especially loved the stretch towards the end coming into South Shields along the coast. Steve and I had unforgettable weekends up there, it was so special."

She trains in her local area of Carlton, Gedling and Mapperley, running between 5 km and 8.5 miles each day and clocking up 35 miles a week. A regular at parkruns across Nottinghamshire, she's recently started running with the Up and Running social runners group.

Maria finds it hard to do races she did before because of the memories of Steve attached to them, so she has chosen the Birmingham 10K – an event she's not done before – which doesn't have those associations.

"We'd been married for 43 years and part of me was lost when I lost him," she added. "I'm now trying to rebuild that part of my life that's gone."





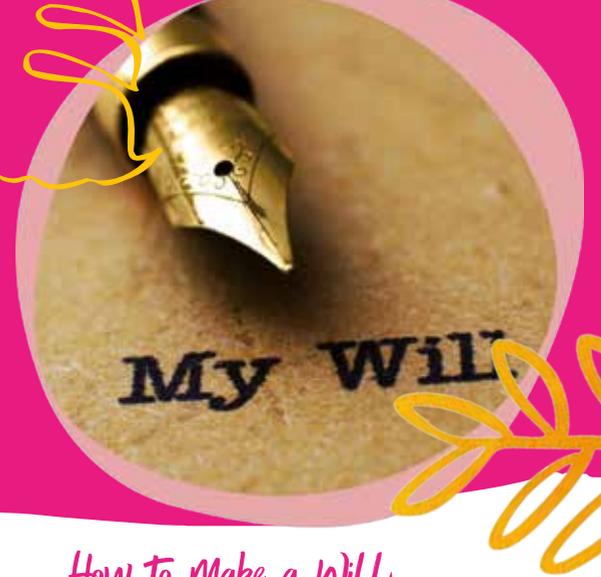
Sign up to our e-newsletter

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



adding life to days
Nottinghamshire Hospice

Your Legacy Make Your Will



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. These include your home, bank accounts, investments, and your possessions.

It can also set out your wishes in relation to your funeral and who you would like to be the guardians of your children, should you die whilst they are young. Writing a Will makes sorting out your affairs much clearer and easier for your family after your death, preventing unnecessary strain and worry at a distressing time.

If you die without making a Will, you'll have died intestate, meaning that if no relatives are found and you are not married, then your estate will go to the Crown. The estate will often not simply pass on to a spouse entirely, and if unmarried then there is a real danger of them being entitled to nothing.

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 a local Will provider who'll make a donation to the hospice when you use their services.



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, by telephone, or on a video call, so that you can make an informed choice that is right for you and your loved ones.

Your Legacy - Remember Us in Your Will

When you make a Will with Four Seasons 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.



Nottinghamshire Hospice,
384 Woodborough Road, Nottingham, NG3 4JF
Registered Charity (charity no. 509759)

www.nottshospice.org info@nottshospice.org
0115 962 1222 [@nottshospice](https://www.instagram.com/nottshospice)

Saturday 7th May

Ruddington Village Market

Join us for a great day out at Ruddington Village Market where we will be promoting our Forget Me Not campaign. Look out for our stall where we'll be on hand to talk to you about the care and support the hospice provides.

Wednesday 18th May

'Run with me' at Nottingham Embankment

Show your support for a group of fundraisers who've trained together to complete a 5k run. Cheer them past the finish line, sponsor them, or grab your running shoes and join them on the day!

Sunday 19th June

East Bridgford Open Gardens

A fabulous opportunity to explore the beautiful village of East Bridgford, tour 18 beautiful gardens, a 23-hive bee farm and a millennium wood while enjoying stunning views over the Trent Valley and Vale of Belvoir.

Sunday 3rd July

Summer Fair

Join us for our first summer fair since the pandemic. Enjoy live music, BBQ and vegan food while browsing craft stalls in our beautiful grounds.

Monday 29th August

Dog Show

Let your canine companions lead you to our garden for the Nottinghamshire Hospice dog show! There'll be prizes for waggiest tail, best dressed pooch, and the dog that looks most like its owner. It'll be a pawsome day out!

Sunday 25th September

Robin Hood Half Marathon

An amazing community event that takes over Nottingham every year, with a route that takes in iconic sites across the city. Races to choose from include the half marathon and mini marathon. Get in touch if you're planning to take part and want to support us.



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, 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
-  [/nottshospice](https://www.facebook.com/nottshospice)
-  [@nottshospice](https://twitter.com/nottshospice)



Nottinghamshire Hospice
adding life to days

Registered Charity Number: 509759

