



adding life to days
Nottinghamshire
Hospice

Hospice Life

Adding Life To Days

Autumn/Winter 2022



Events are back!

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- Death café breaks taboo
- From volunteering to paid work
- A day in the life of the Care Coordinators

Support our Light
up a Life appeal
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Foreword

0115 910 1008
www.nottshospice.org

Welcome to our latest issue of **Hospice Life**, which is packed full of news and features showing how your support is helping us care for patients and their families across Nottinghamshire.

We were so excited to host events again at the hospice after a two-year hiatus due to the pandemic. Our dog show last month was a huge success with more than 300 guests attending (plus their owners!), and our summer fair saw more than 400 visitors. Thank you so much for turning out to support us.

We also hosted our first ever death café, aimed at encouraging those conversations about death and dying. It sparked discussions ranging from what music you'd like at your funeral to what you'd want on your gravestone, plus how to discuss your wishes with your family. It was a well attended event and we plan to repeat it in November.

In this issue we bring you Frank's story, which shows how hospice care enabled him to be together with his beloved wife Joan until she passed away earlier this year. His story encompasses so many of our services, and Frank himself is now receiving our care.

We are also delighted to host a Light up a Life event in December too, at which friends and family can come together to remember

loved ones. Check out our centre pages for information about our Light up a Life appeal.

Our care continues day and night in patients' homes and the festive season is no exception. This issue contains an interview with Carmel, one of our Hospice at Home nurses who chooses to work on Christmas Day and will be doing so this year.

We are so grateful to all those who have raised money for us during the year and this issue features a few of our fabulous fundraisers including Louise who took on her first ever triathlon for us in the middle of the summer heatwave and Friends and Bredrin who've kindly donated to us.

As the cost of living crisis looms, we are extremely grateful for your continued support.

Rachel Hucknall
Chief Executive



Holistic care adds life to days for devoted couple



When Frank Shaw stood up to deliver a eulogy at his wife Joan's funeral, he started with the words "I'm going to tell you a love story." Nottinghamshire Hospice played its part in that love story by enabling Frank and Joan to be together at home at the end of her life.

Joan had been treated for breast cancer in 2016 but two years later developed another tumour. After undergoing chemotherapy, radiotherapy and two mastectomies, she learnt her illness couldn't be cured. The couple, who had been together 42 years, had rarely spent time apart, so when Joan was taken into hospital Frank found it very hard being apart from her and wanted to bring her home.

After 12 days the hospice stepped in with a care package, so she could spend the last few weeks of her life with Frank in the home they'd made together.

Frank said: "Without the hospice care I don't know how I would have coped. It enabled me to bring her home.

"We had two carers come four times a day and on two or three occasions we had nurses who stayed all night. It allowed me to get some rest.

"We lived the best life we could, Covid permitting,

and the hospice helped us enormously. The main thing was that we were together."

Frank and Joan – who celebrated their 40th wedding anniversary last October – had a very close relationship and it was especially important that they were able to be together until the end.

The couple initially came to the GRACE unit together, where Joan started creating a piece of pebble art depicting two figures with the words 'Together Forever.'

"The pebble art is very precious to me as it reminds me of Joan and it sums up our relationship," Frank said.

When Frank and Joan walked through the hospice doors it was the third time Frank had been to the building. He came as an electrician's apprentice in 1953 when the house still belonged to the Player family. He next visited as a Special Constable in the late 1970s when he apprehended a burglar seen smashing a window to gain entry.

Now Frank, who himself has an incurable degenerative illness, visits the hospice for regular massage treatment to help with his symptoms and has started coming to the GRACE unit again.

"The massage treatment relaxes my legs, and coming to the hospice keeps me occupied," Frank added.


"I'm lost without Joan, but coming here gives me a chance to talk about her.

"You might expect a hospice to be a miserable place, but it isn't like that at all. Nottinghamshire Hospice is a fantastic place. The whole organisation is marvellous."

Rachel McCarty, Director of Care at Nottinghamshire Hospice, said: "Frank and Joan's story illustrates how our services work together to help families. Early referral meant the couple could benefit first from our Therapy and Wellbeing services and later receive Hospice in your Home care when they needed it. We are proud to have played a part in their story."

Death café helps break taboo

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What music would you like played at your funeral?

What would you like written on your gravestone?

What's your earliest memory of death?

If you knew this was your last day of life, what would you do?



Death isn't the sort of thing people like to talk about, but breaking that taboo can make things much easier when it comes to the end of a loved one's life.

Having those conversations early can mean when someone approaches the end of their life, everyone is clear about what their wishes are.

Nottinghamshire Hospice hosted its first ever death café recently, aimed at overcoming

the taboo about death and dying.

Attendees got to chat about what matters to them in life, and how they'd like their death to play out when the time comes.

Questions such as 'Where would you like your remains to be disposed of?', 'What's your most treasured possession?' and 'What do you want to happen at your funeral,' sparked the conversation.

Kate Martin, Palliative Care Lead at Nottinghamshire Hospice, who led the event, said:

"Death's not a subject anyone wants to think about because it can feel quite morbid, but the more prepared we are, the less worry and more control we have."

Kate, who lost her own partner to cancer two years ago, added: "Speaking both professionally and personally, I know that preparing for your own death or the death of a loved one can be quite terrifying.

"But talking about death doesn't make it come any quicker. Death cafés give people an opportunity to talk in a relaxed environment and start to break down the taboo."

The team have also run pop-up events at Nottingham Pride, and at an All Together Day for staff.

The hospice plans to host a series of follow up death cafés in venues across Nottinghamshire – the first is scheduled for 10 November.

Hilary treads pilgrim path to focus on life and death

Hilary was diagnosed with ovarian cancer in 2019. After two radical surgeries and several bouts of chemo, a scan last December revealed the cancer was still there and she was referred to the Community Palliative Care team who told her about Nottinghamshire Hospice.

Hilary – who comes to the hospice for massage treatment and reflexology – embarked on sections of a long distance walk to focus on issues of life and death and raise funds for the hospice.

She walked sections of the 97-mile St Oswald's Way in Northumbria – an ancient pilgrimage route that takes in stunning stretches of coastline, a section of Hadrian's Wall, castles, forest and farmland.

Hilary described her travels in a blog called 'St Oswald's Way, Walks and Wanderings.'

"Visiting ancient, neolithic sites makes you think about what will happen to your body when you die," she said.

"I wanted to use the walk as a springboard for discussing bigger issues and to support Nottinghamshire Hospice as I am so grateful for their help and support."

Hilary raised more than £1,200 to help patients.



Hospice hosts events again

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As well as running the shops, the Retail team at Nottinghamshire Hospice also organise events throughout the year. This year, after a two-year hiatus due to the pandemic, events at the hospice are back!

Summer fair scoops £4.5K

Visitors turned out in their droves to the hospice's Summer Fair – the first event held in our picturesque grounds since 2019.

More than 400 people turned out on the day to enjoy cool Pimms, cake and live music while soaking up the sun or sitting in the shade of the historic copper beech.

There was something for everyone, from face painting and garden games to craft stalls, burgers and vegan snacks. Children under seven received a free book to support the Nottingham Literacy Project.

Penny Russell, Area Retail Manager at Nottinghamshire Hospice, said: "It was an absolute delight to reintroduce our

Summer Fair. We're so glad that so many people came to enjoy the grounds and the atmosphere created by a live band, barbecue and bar.

"I'm always amazed by the generosity of our local communities. As well as supporting our stalls, many people approached me on the day to donate directly. Thanks so much to everyone who came to support us."

The event raised more than £4,500 for crucial patient care. It also saw people sign up to volunteer at the hospice and helped raise awareness among local communities.





Twitter: @nottshospice
Facebook: /nottshospice



Dog show a pawsome day out

Hundreds of pooches led their owners along to the Nottinghamshire Hospice Dog Show on August Bank Holiday Monday.

Prizes were awarded for the waggiest tail, most handsome dog, prettiest bitch or the best dressed pooch, as well as for the dog that looks most like its owner.

Penny Russell, Area Retail Manager at Nottinghamshire Hospice, who organised the dog show, said: "It was great to see so many beautiful dogs and their owners at the event. It was so hard to pick winners in each category.

"As always, I'm in awe of the support we receive from members of the public at our events. Thank you to everyone who took part and helped us raise funds towards patient care."

Sheriff of Nottingham, Councillor Nicola Heaton, was on the judging panel. She said: "It was a wonderful day. Picking the winners was the hardest bit!"

Overall winner was Lyra, a nine-month old Alaskan Malamute who also won prettiest bitch.

Owner Lucas, who came to the show with his dad David and sister Abigail, said: "I'm ever so proud of Lyra. We've taken her to a few shows and we're aiming for Crufts!"

"We didn't know about Nottinghamshire Hospice before we saw a flyer advertising the dog show. We've had a great day here."

For details of other events throughout the year see page 18

From volunteering to paid work

0115 910 1008
www.notthshospice.org

Volunteering at Nottinghamshire Hospice has huge benefits both for the organisation and the volunteers.

Some people volunteer because they have some free time and want to get out and meet people, others are retired and want to give something back, others seek to develop skills and gain confidence for the workplace.

So far, more than a quarter of the volunteers who've left us have gone on to paid employment, and some were successful in finding work at the hospice itself!



Marc

Marc started work as Facilities and Transport Manager in July after volunteering for a few months in the hospice garden.

Marc, who joined the hospice after a 30-year Army career which included active service in Northern Ireland, Iraq, Afghanistan and the Balkans, said: "I had no idea the hospice existed or what it did, but I was looking for volunteer gardening opportunities as I love gardening and being outdoors. The hospice was the first place that came up.

"The first thing I noticed was just how friendly people were and that includes the staff, volunteers, patients and their families. So when I saw the job advertised, I applied.

"Volunteering in the garden certainly helped me learn about the hospice and familiarise myself with the building which I'm sure helped me in my application for the role."

Jenni

Jenni joined the hospice as bereavement counsellor having volunteered here for four months.

Jenni, who retrained as a counsellor after an 18-year career in the building and maintenance industry, said: "If you're looking to change your career, gaining some experience through volunteering is a great place to start. Try your new career on to see if it fits before making that leap!"

She added that volunteering at the hospice gave her an insight into the importance of offering a complete package of care before and after bereavement.

"Offering bereavement counselling at the hospice provides continuity of service so you can support family members as much as you support the patient themselves.

"Ever since I started volunteering here, I've been impressed by the way things are run and by the people who work here. Everyone is friendly and easy to get on with and it's a lovely building with beautiful grounds. I was delighted to be offered a role here."



Sue

Sue first learnt about Nottinghamshire Hospice when she accompanied her daughter to a careers fair where the hospice had a stall.

Sue signed up as a volunteer in the Fundraising department. But when she started, Sue, who has a financial background, was co-opted to the Finance team who needed some assistance. Her one day a week there expanded to two, and when a job arose on the team, she jumped at the chance to apply. That was in 2016 and she's been at the hospice ever since!

"I learnt loads about the hospice and its processes through volunteering so when the job came up I knew I wanted to work here," said Sue.

"You get a feel for the place and develop a love for it. You get attached to the charity. It was wonderful to go on to work here permanently.

"Six years on and I still love it! I can't do nursing, but I can do finance, so I have the satisfaction that what I do is ultimately helping patients. As we're based in the same building as the care teams it's lovely to have that interaction with the nursing staff and patients and their families. You feel connected and part of the larger team."

Dolores Watters, Volunteer Services Manager at Nottinghamshire Hospice, said: "Volunteering is a great way of getting work experience which can help prepare people for a workplace environment. It's really pleasing to see our volunteers go on to paid work and to hear how their experiences here have helped them do that."

Light Up a Life



Light up a Life Appeal launches!

At Nottinghamshire Hospice, our care continues day and night throughout the year, and Christmas is no exception.

Throughout the festive season, our nursing teams will be out and about across the city and county caring for people in their own homes in the last weeks, days and hours of their lives.

To help us continue to be there for families, we're asking you to support our Light up a Life appeal which launches next month.

We invite you to join us in remembering those we've lost and those we've been privileged to care for during the year.

Your generous donations will not only shine a light on the memory of those special people, but will also light up the lives of those we'll be caring for throughout the festive period and beyond.

How you can help

- Dedicate a light on our tree in memory of someone special.
- Join us at the hospice for our Light up a Life event on Sunday 11th December when we'll switch on our tree of lights.
- Take part in the event at home with our Light Up a Life at Home pack.
- Purchase one of our special edition festive Forget-Me-Not pin badges.
- Light up a night: light our historic tower for a night in a colour of your choice in memory of a special someone. Let their memory shine out as a beacon of hope across the city.
- Go to nottshospice.org/light to support our appeal



What your gifts can do

£15

provides a session of bereavement support

£25

provides an hour of complementary therapy

£45

provides an hour of counselling.

£80

provides a wellbeing session in the GRACE unit

£350

provides a night of care in a patient's home



Care at Christmas

Hospice at Home nurse Carmel will spend Christmas day – as she does every year – caring for terminally ill patients in their own homes and supporting their families, all too conscious that this is likely to be the patient's last Christmas.

Carmel says: "Caring for someone who is dying is especially poignant during the festive season as it's supposed to be a time for celebration. Families usually try and make something of Christmas to make a sad memory as bearable as possible."

The care provided by nurses like Carmel allows patients to stay in their own homes at the end of their lives. Carmel says patients usually feel safer in the familiarity of their own surroundings with family around them. This can be especially important at Christmas.

For details of how to support our Light up a Life appeal go to nottshospice.org/light



A day in the life of the Care Coordinators

Sometimes described as the 'beating heart' of the hospice, our Care Coordination team is crucial to the smooth running of the organisation. They handle calls from 7am till 10.30pm to ensure the hospice provides care to those who need it most.

We spent a day with the team to get an inside look at what goes on...

6.30am Phones divert from the Night Support Team to the duty Coordinator and today it's Molly on duty. She picks up on any issues that have arisen overnight. This might include a patient's condition deteriorating, a crisis in the home, admission to hospital or a patient dying. Care staff on shift overnight check in with Molly when they finish their shift.

8.00am Molly meets the Hospice Outreach and Discharge Support (HODS) team, who will be out seeing patients today. They run through the day's visits. Two new referrals have come in. One is a patient who has pet snakes, so the team need to take this into consideration when allocating a staff member to go.

8.15am The HODS team head off for their morning visits. Today it's Wendy and Kate on duty and they have four patients to visit this morning.

8.30am Coordinator Stuart arrives to start his shift and the phone starts to ring. It's a busy office and as well as care related queries, the team picks up calls for other areas of the hospice.

The care coordinators take referrals and decide which nurses to send where, reassuring family members and managing the hospice's 80-strong care team. They are often the first port of call for distressed relatives.

9.00am we chat to Molly about her role. "It's rewarding helping families in the hardest times and making sure patients who are reaching end-of-life are getting good support," she says.

"Each day is different. No phone call is the same. Each call we take, we learn something new. We have a good strong team here and I enjoy the role."

10.00am The team continue to take calls. These might be referrals from NHS colleagues, self-referrals from patients or their relatives, or queries regarding care we're already providing.

When taking a new referral, they run through a check-list of questions about the patient including diagnosis, prognosis, medication, what equipment they have in the home eg a hospital bed, are they on oxygen, and whether there are any smokers or pets in the property. This assessment helps them coordinate care and decide who to send where.



Patients are categorised according to the Gold Standards Framework which uses a traffic light system to assess end-of-life patients' needs. The team uses this to prioritise care to those in most need.

11.00am Stuart contacts Hospice at Home nurses to advise them where they're going tonight. If they've worked a night shift last night they'll still be sleeping, so he texts so they can call back later.

Stuart says: "We can't plan too far in advance because things change so frequently. A patient's condition might deteriorate so their need becomes more urgent. If a patient we're due to visit dies, we then need to reallocate that care."

"We all work together well as a team which is so important as we need to have a complete understanding of our patients."



12.00pm The HODS team return from their morning visits and update on any issues, before going out again in the afternoon.

12.30pm Hospice at Home Lead Nurse Jenny is planning rotas. Jenny manages the team and oversees caseload. She's a registered nurse so the coordinators can refer to her if they need advice.

1.00pm A referral's come in from the NHS Fast Track team about a patient who's deteriorated. They've asked if the hospice can provide a care package. The team looks at rotas to see if they can get anyone in for tonight or tomorrow. It's good news, we're able to help.

2.00pm The phones get busy again as Hospice at Home staff call in for their instructions for tonight.

If a nurse is going to a new patient, the coordinators give detailed information about what to expect when they get there, including directions to the property – particularly important in rural areas where SatNav is less reliable.

2.30pm Coordinator Kathryn arrives for the late shift. Kathryn says: "I'm proud to work here. It's really good to know the support you put in is helping people who are often on their knees when they ring us. We are a lifeline. You hear relief in their voices on the phone."



3.00pm Molly takes a call from a family member who has questions about care provided last night. The team check the records which show the hospice didn't provide care for this particular patient. After further digging it transpires that the patient also has two care agencies involved in their care, so we are able to reassure the relative and advise them where to go with their query.

Often patients at end of life have multiple agencies involved in their care. This can be confusing, particularly for elderly relatives. Once the hospice gets involved, our staff member at the property will take the time to explain to relatives what each agency does.

4.30pm Phones divert to the duty mobile, but the day isn't over for Kathryn. She's on duty till 10.30pm when she'll check in with all the Hospice at Home staff to make sure they are safely in their properties.

5.00pm We catch up with Jenny at the end of the day. Although the phones have rung a lot, she says it's been a relatively quiet day.

"Our coordinators work very hard and we're proud of the crucial contribution they make to the smooth running of the hospice. They don't often get public recognition, so it's good to shine a light on what they do."

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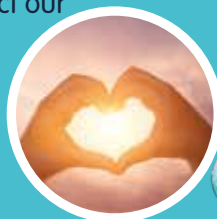
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Trusts and grants boost hospice funds

Matt Winn



Nottinghamshire Hospice relies on the support of local communities to raise the £3 million a year it needs to provide its services.

As well as fundraising appeals and challenges, the team seeks out opportunities to apply for grant funding, and last year received £500,000 from Trusts and Foundations.

Recently, the hospice received £10,000 from the Boots Charitable Trust – which awards grants to registered charities and small voluntary organisations benefiting people in Nottinghamshire.

The Trust – which has supported the hospice for many years – allocates grants against four criteria including health. The hospice applied for funding for its bereavement services and the money will help pay for a bereavement support counsellor.

The Albert Hunt Trust has awarded £20,000 towards hospice core costs. This Trust – which supports local charities throughout the UK – has a long-standing relationship with the hospice

and has provided funding for more than eight years.

Albert Hunt Trust Operations Manager Jane Deller Ray said: “As a committed funder of core costs for hospices throughout the UK, we were delighted to yet again support Nottinghamshire Hospice in the valuable palliative community work they undertake locally.”

Trusts and Grants Fundraiser Matt Winn said: “We’re very grateful for the long-standing support of both these Trusts and all the others who continue to support us. We’re also keen to hear about any new or emerging trusts and foundations we can apply to for funding.

“If your company or employer has their own trust or foundation to support charitable causes, we’d love to hear from you.”

Meanwhile, to celebrate their 10th anniversary, Cambridge & Counties Bank enlisted the help of

their brokers and business partners via LinkedIn to suggest organisations to donate funds to. They are gifting a total of £10,000 to ten charities and Nottinghamshire Hospice – named by several of their connections – was among ten organisations selected to receive £1,000 each.

Simon Lindley, Chief Development Officer at Cambridge & Counties Bank said: “Supporting charitable causes and doing the right thing is very important to us, and this is a fantastic opportunity for us to do just that. We’re keen to support local charities that contribute in a positive way to our communities.

“Nottinghamshire Hospice is a well-established charity that provides crucial care for people at the end of their lives in their own homes and supports their families. We’re delighted to be able to help this vital service.”

Fundraising Focus

0115 910 1008
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FAB fundraiser benefits hospice

Friends and Bredrin (FAB) – a group set up to raise awareness about the increased risk of prostate cancer, predominantly but not exclusively, in men of African and African Caribbean heritage – has donated £1,000 to the hospice, with plans for some joint fundraising activity in the future.

The group – founded 10 years ago – holds monthly support meetings in premises close to the hospice on Woodborough Road and learnt more about the organisation through word of mouth.

Trustee Dr Des Powe said: "Our community are at double the risk of prostate cancer compared to white Europeans and when we opened FAB it was apparent this important message was not reaching men at most risk. We rapidly became aware there was a cultural barrier to discuss prostate cancer so we initiated a self-help group where men can talk openly about their experience and concerns. Today, FAB welcomes all men with prostate cancer regardless of their cultural heritage.

"While the treatment for prostate cancer continues to improve, sadly there are still instances where the disease spreads and becomes terminal, so patients and their families may turn to the hospice for end-of-life support and palliative care.



"Nottinghamshire Hospice is perfectly placed in the city to provide this care and they share similar values to FAB in creating a friendly and welcoming support environment."

As well as raising awareness, FAB fundraises through various activities and – until Covid struck – regularly entered a team 'Team Riderzz' in the annual Nottingham Cycle Live event.

"We like to share some of the funds we raise with organisations that complement and improve support for men with prostate cancer," said Des. "We recognise and value the important role Notts Hospice serves, and want to formally say 'thank you' by means of a donation."

Ladies' Circle chooses hospice as charity of the year

The Long Eaton Ladies Circle – a friendship, activities and fundraising group for women aged 18 to 45 – has pledged to support Nottinghamshire Hospice throughout the year.

The Circle is part of an international network linked to the Round Table and every year each group chooses a local charity to fundraise for.

Jen Neal, current chair of the Long Eaton Circle, chose the hospice because her friend's mum Kate, who has secondary breast cancer, comes regularly to the GRACE unit.

"I've known Kate since I was a teenager and I know visiting the hospice has been a really beneficial and positive experience," said Jen.

"I've also had family members who've had hospice care and I know it brings a lot of value to people in the final stages of life."

Louise, another member of the Ladies' Circle, took on her first ever triathlon at the peak of the August heatwave – with just eight weeks to train.

After enrolling for the Erewash triathlon, which was postponed until October, Louise decided to go the distance on her own. She completed the 400 m swim, 16 km cycle and 5 km run cheered on by other members of the Ladies Circle and Round Table.



Louise said: "I've thought about doing a triathlon and I've always enjoyed the separate elements but putting them all together on the day was more difficult than I'd anticipated.

"Doing it for charity motivated me through the training. I was blown away by the generosity from friends, family, Ladies' Circle and Beeston Round Table before during and after the race. I wouldn't have got through without all the support."

Louise, whose own father received hospice care in Leicestershire, raised £500 for the hospice.

Jen added: "Louise has done an amazing job and we're absolutely proud of her. It was so hot that day but she did brilliantly."

Other fundraisers the group has planned include a quiz night and a 24-hour karaoke which will be live-streamed on Facebook.

Save The date

Sign up to our e-newsletter

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



LONDON MARATHON

Sunday 2nd October

Help us cheer on our runners in this world-famous race. They'll be joining thousands of others on the 26.2 mile route around the streets of London which takes in historic landmarks and iconic views along the way.

DEATH CAFÉ

Thursday 10th November

Take part in conversation about death, dying and funerals in a friendly, supportive environment. Help us break the taboo and overcome barriers to talking about death and dying. (Venue tbc)

FESTIVE FAIR

Sunday 27th November

Get into the spirit of the season at our Festive Fair. There'll be stores galore selling gifts, crafts and edible treats. There'll also be live music and – of course – mulled wine and mince pies!

LIGHT UP A LIFE

Sunday 11th December

Join us at our Light up a Life event where we'll be remembering those we've lost and those we've cared for over the last year. There will be carols and festive fare and we'll be switching on the lights on our Tree of Lights.

COUNCIL HOUSE LIT PURPLE

Wednesday 14th December

Nottingham Council House will be lit purple in support of our Light up a Life event. If you're in town for the Christmas market, take a photo to share on social and tag us!

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 910 1008 Ext 295. Please complete 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. 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**



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

I would like to make/increase a regular donation:

£5 ☐ £10 ☐ £20 ☐ £50 ☐

Other £/Or increase to: £ _____ Per: Month / Year
(please circle / options)

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 910 1008 Ext 295

£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 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

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Branch Sort Code

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Service Number

2	8	9	8	3	0
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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 £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

