



Nottinghamshire
Hospice

Hospice Life



*Our Grief
Appeal
launches!*

A day in the
life of our
Wollaton
shop

Wellbeing
timetable
expands!

CEO joins the
front line

Online shop gets
global sales

Foreword

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

In this issue we bring you news of our expanded Wellbeing Service programme. We're extending this service to cover a wider range of activities to give patients more variety and we'll soon be opening to patients five days a week. It's all part of developing our care strategy.

In our centre pages, you'll see details of our new Grief Appeal, aimed at raising vital funds to meet unprecedented demand on our Bereavement Services which have seen a huge increase in referrals. The appeal, which launches in May, includes opportunities to donate in memory of loved ones.

We've been honoured to receive the Carers' Accreditation which recognises the support we give to carers – not just through our Bereavement Services, but also the emotional support our teams give to patients' loved ones while they are out in the community.

I saw this for myself when I went out on shift with one of our frontline teams recently. I was so impressed by the quality of care they delivered. It was a great reminder of how dedicated our care colleagues are and how they really make a difference.



In the world of retail, some of your donations are now winging their way across the world to overseas collectors! Since our e-Bay shop opened last summer, we've raised £30,000 through online sales and it's fascinating to learn what sells in global markets. You can read more in this issue.

Volunteers are crucial to the smooth running of the hospice, and we're delighted to feature some of our wonderful volunteers including Tetiana, who fled the war in Ukraine last year and now volunteers in our Mapperley shop.

This issue also shines a light on some of our fabulous fundraisers including Devi, who tackled her first ever half marathon as a thank you for her mother's care, and Bramcote Crematorium, who raised £12,000 for us through their metal recycling scheme.

As always, we are extremely grateful for your continued support. We know that these are difficult times as the cost of living continues to rise, and we really do appreciate your generosity. We simply couldn't provide our services without you!

Rachel Hucknall
Chief Executive

Wellbeing Timetable expands

Nottinghamshire Hospice is starting to expand its Wellbeing timetable to offer a more varied programme of group sessions, talks and activities - now open to patients five days a week.

The team can also provide one-to-one sessions with a registered nurse or therapy staff.

Sarah Stanfield, Wellbeing Clinical Lead, said: "Our focus is on promoting wellbeing, widening access to our therapeutic activities and helping patients and carers face the challenges associated with a life-limiting condition. Our aim is to optimise quality of life.

"We've recently recruited extra staff and with our combined skills we can offer a wide range of activities and therapies tailored to individual needs. It's about having conversations that matter with patients and finding out what is important to them as individuals."

New patients will be invited to 'Welcome Wednesday' sessions to get to know the staff and learn about the services on offer.

Sessions on offer will include varied sessions like tai chi, relaxation, mindfulness and complementary therapy as well as watercolours, craft and baking and tabletop games. There will also be carer support sessions,



The Wellbeing Team (from top):
Wellbeing Clinical Lead - Sarah, Massage Therapist - Anna, Occupational Therapist - Amy, Occupational Therapist and Mindfulness teacher - Anna, Physiotherapist - Mel and Therapy Assistant - Maggie.

information workshops about specific conditions, welfare rights talks and a drop-in café.

David, 82, was referred to the hospice after a diagnosis of early Dementia last year. He takes part in crafts, word games, relaxation and has started having hot stone massage therapy.

It's wonderful here. Coming here is totally relaxing, it keeps my brain active and you can have a good old natter.

I think it's brilliant that it's expanding. It means more people will benefit from coming here.

Hospice celebrated for 'carer-friendly' standards

Nottinghamshire Hospice has received two prestigious awards for its approach to supporting unpaid carers in the community, and staff who have caring responsibilities at home.

The organisation is the first hospice in the county to receive the 'Carer-friendly Service' quality mark from the Nottinghamshire Carers Association (NCA). It has also been awarded the 'Carer-friendly Employer Award.'

Presenting the awards, NCA's Stephanie Smith cited the team's 'innovative and impactful approach' to supporting carers.

Stephanie said: "Many carers miss out on support that can make a real difference. I've seen the wonderful work that Nottinghamshire Hospice does, not just for patients but also their carers - and its own staff who are also carers. As well as the dedicated bereavement support the hospice provides, the hospice nursing teams provide emotional support for carers while they are visiting patients at home. Feedback shows how valuable this is for carers."

Hannah, 33, became full-time carer for her partner Kestas before he passed away in February. Kestas was just 29 when he was diagnosed with cirrhosis of the liver two years ago. When he became more poorly, Hannah found it hard to cope, and Nottinghamshire Hospice stepped in to help. Care teams visited twice a day to support Kestas, Hannah and their seven-year-old daughter Isabella.

Hannah said: "Kestas started to lose his balance and had a fall where he cut his head. Because his liver had failed his blood wasn't clotting so it was dangerous. I started to worry about leaving him.

"The carers from the hospice took a weight off my shoulders. It allowed me to go out to collect Isabella from school. They didn't

just look after Kestas, they also supported the whole family."

Kate Martin, Palliative Care lead at Nottinghamshire Hospice, added: Hannah's story is one of many examples of the way our nursing teams support carers while they are out and about across the community. It's a real honour to receive this accreditation which recognises the importance of the support our teams give to carers."

The Carers Association was commissioned by Nottinghamshire local authorities to raise awareness of carers and to put together criteria for the accreditation.

One of the requirements for organisations to qualify is that they provide NCA training for staff. Nottinghamshire Hospice has organised training which highlights how to recognise a carer, the impact of caring, how to support carers and what other resources are available.

Jayne Davies, Employer Liaison Worker, said: "Our Carer-friendly Employer Quality Mark acknowledges the amazing work the hospice have done to support their employees who are also unpaid carers. Their approach was always to achieve the best outcome and where there was already carer support in place they asked how can they improve and add more value to it."



CEO joins the front line

Chief Executive Rachel Hucknall went out on shift with a frontline care team recently, visiting patients in their homes.

Rachel joined Hospice in Your Home colleagues for a morning, calling on a series of patients and travelling between St Ann's, Mapperley, Sherwood and Bulwell.

Although not able to deliver hands-on patient care - as that requires specialist training - Rachel helped by chatting to patients and families, making tea and gathering feedback on the care the hospice provides.

"While the team were looking after patients, I was able to offer emotional support and reassurance to family members and to ask them how our care helps them," said Rachel.

"They all said they didn't know how they'd manage without us. Our care meant their loved one could come home from hospital and freed them up to carry on with work and family responsibilities."

During the morning, Rachel observed Senior Healthcare Assistants Lee-Ann and Wendy delivering personal care, washing and repositioning patients, changing pads, and overseeing medication. She was very impressed by the quality of care she witnessed.

"It was an absolute masterclass in delivering care with dignity. The way the team spoke to and handled the patients was dignified, kind and caring. The care is top-notch, second-to none. It's everything you'd want for your own loved one.

"For me it was an excellent reminder of the importance of what we do and the impact we have, not just on patients, but also for their families, carers and neighbours."

As well as delivering care, the team also refer patients to other healthcare services and can raise concerns where necessary.



During the shift, the team called District Nurses out to bring medication to one patient. They encouraged a relative to ask their GP for a medication review from the GP. They also arranged for a colleague to visit one of the patients on a night shift, to allow their carer to get some rest.

In between visits, the team played carpool karaoke and sang along to the radio to de-stress.

Rachel Said:
You need ways to unwind as the work is stressful. As well as the care aspects you are navigating tricky family dynamics, heightened emotions and relatives who are becoming exhausted.

Dealing with dying people day-in, day-out is a tough job. It takes a special kind of person to do this consistently. I have huge admiration for the people in our care teams. We're very lucky to have staff like Lee-Anne and Wendy.

Rachel added that going out with the team helped her appreciate the pressures they are under and the issues they face, and is something she'd like to do again.

Online shop generates global sales

As well as selling donated items across Nottinghamshire in our nine shops, we now sell all over the world through our eBay shop and raised £30,798 last year in online sales.



0115 962 1222
www.nottshospice.org

Here's a few of the items sold on our eBay shop recently:

- First edition copy of The Memoirs of Sherlock Holmes. Although damaged, this sold to a restorer in New York for £300.
- A 1990s Aiwa portable cassette player which went for £95
- Hermes silk scarf - sold for £395
- Cartier watch donated to the Mapperley shop which sold to a buyer in the US for £1,150.



As well as selling donated items across Nottinghamshire in our nine shops, we now sell all over the world through our eBay shop and raised £30,798 last year in online sales.

Since the shop opened in June, we've sold 536 items in the UK and overseas, with buyers based in countries as wide ranging as the US, Japan, and Peru.

Craig Coppen, who runs the shop, said: "You can sell anything on eBay. Often things we can't sell in our shops will get snapped up online.

"When I started at the hospice, our shops were turning away CDs and DVDs because people don't buy them, but it's worth putting some of them on eBay as they're easy to package and you might make some money.

"I've sold DVDs for £40 or £50. Films sealed in their original packaging can fetch hundreds."

Since he's been in post, Craig has sold a small Lambretta helmet to a buyer in Japan, some seven-inch records to a

specialist in Peru and a Cartier watch to a collector in the US.

"Anything quirky or specialist might go abroad," said Craig. "Vinyl, especially if it's seven-inch singles, often sell to the US or South America where the juke box market is still big."

Craig says there's a move back to sales of physical media as people tire of streaming services. He recently sold an audio cassette of The Specials (Specials first album) for £65.

“Old tech is big business at the moment. Vinyl's been big for years but DVDs, CDs and even cassette tapes are now in demand.”

The online auction house offers a global shipping programme which means once an item's been sent to a controlled warehouse in the UK, eBay take responsibility for it and if it goes missing or arrives broken, they take the hit.

The first item to ever sell on the platform when it was set up in 1995 was a broken laser pointer, and there's still a market for broken electronic goods which sell to people who repair and restore them.

Craig spends time sifting through donations that come in from the hospice's shops and researching their value. He keeps an eye on trends and says timing is crucial, too. After Kate Bush's 'Running up that Hill' single was re-released and shot up the charts, anything else by the artist – particularly in unopened original packaging – jumped in value by 600%, with albums now selling for more than £1,000.

Prior to starting work at the hospice last April, Craig ran pubs, including the Horn in Hand and Spanky Van Dyke's in Nottingham. Buying and selling on eBay

has been a long-time hobby, sparked by his love of Dungeons and Dragons and fantasy memorabilia.

"I love the job, it's a treasure hunt every day. When you pull something out that's interesting and it turns out to be worth more than you'd ever imagine, then it sells straight away - it's amazing.

"It's nice to know that something I learnt as a hobby is something I can use to maximise what we get in for donations and that money goes directly into care. It's also good to give things a new lease of life, to know that items have sold to people who will restore and reuse them," Craig added.

Penny Russell, Area Retail Manager at Nottinghamshire Hospice, said: "

It's great that we can now sell items online. If something won't sell in our shops, it may well get snapped up on eBay. It's opened up a whole new global market for our donations.

Volunteers in the spotlight

At Nottinghamshire Hospice, we're lucky to have a dedicated team of volunteers who use their skills and experience to help us. People have all sorts of reasons for volunteering and today we bring you a few of their stories.

Tetiana, from Kyiv, arrived in the UK last May, having fled the war in Ukraine with her two daughters.

In Ukraine, she lectured in German at the University of Kyiv. She now volunteers at Nottinghamshire Hospice's Mapperley shop on Saturdays.

Tetiana, whose husband and parents are still in Ukraine, said: "I came to the UK to seek a place of safety for my children. We came under the Homes for Ukraine scheme and we are living with our lovely host family.

"I also wanted my children to have the possibility of going to school and getting their education in a place not disrupted by war."

She signed up as a volunteer for the Hospice to give something back to the community and to gain new experiences.

"I also want to meet new people, improve my English and to learn more about charity work," she added.

As well as volunteering at the shop, Tetiana helps out at the Ukrainian school and is training to be a Teaching Assistant.



"I hope that I can help the team as they move towards the great future they are planning."

Richard, who joined the hospice as a volunteer Trustee, brings a wealth of experience in risk management, governance and commercial management.

Having worked all over the world as a consultant in the airline industry, Richard held various senior management roles at Capital One, before becoming Director of Risk and Compliance at an online retail company.

He experienced the benefits of hospice care first hand when his grandfather died in a hospice in York. His mother later worked in the same hospice.

"The care my grandfather received was wonderful," he said. "Hospices bring joy, provide reassurance, and support people going through a difficult time.

"It's a great environment here at Nottinghamshire Hospice, with lovely people, an ambitious team and huge potential to help more people in the future.

Ben is a third year student at Nottingham Trent University studying Criminology.

He's just started a role as Volunteer Kitchen Assistant at the hospice where he'll be preparing sandwiches and snacks for patients.

Ben, who has experience of working in restaurant kitchens in Nottingham and in his hometown of Leeds, said: "I was looking for volunteering opportunities on the Internet and found this one. It seemed a good fit because I've worked in kitchens. I'm really looking forward to starting the role."

Ben's mum previously worked in a hospice in Leeds which gave him an appreciation of the importance of end-of-life care.



"I'm enjoying the role so far. The staff are very helpful and kind. I enjoy meeting customers and other volunteers and like learning about the payment system."



"Hearing her talk about her work made me think it's a good thing to get involved in. Death isn't really talked about that much, but it's an important part of life, so it deserves attention."

Support our Grief Appeal

Twitter: @nottshospice
Facebook: /nottshospice

What your donation will do

Donate to our Grief Appeal now, and you can help us invest in essential sessions and remote therapy.

All the services we provide to patients and their loved ones are tailored to their personal needs and experiences, are free of charge, and relieve pressure on NHS services.

£15 could fund a 1-2-1 Bereavement Support session

£45 could fund a whole hour with a qualified counsellor

£80 could fund a wellbeing session

The death of a loved one is one of the hardest things a person will go through.

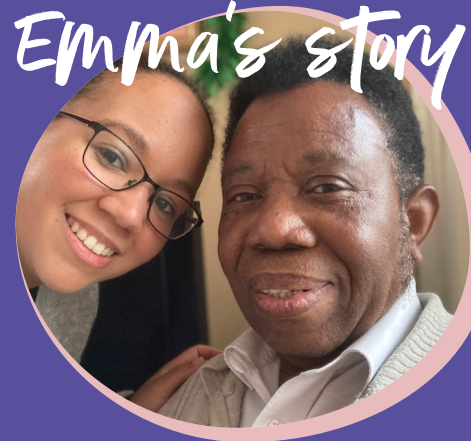
For over four decades, Nottinghamshire Hospice has been a lifeline for people coping with grief. Whether it's through emotional support, bereavement counselling or group sessions – we've been a light for people during the darkest periods of their life.

But now we need your help

Our Bereavement Support Services are facing unprecedented demand. We currently have a waiting list of people that desperately need our help, with more reaching out to us every day.

We need to expand our services and make sure people battling with grief have the support they deserve, from skilled staff and volunteers.

Emma's story



Emma's father Leroy died suddenly in November 2021, aged 78. This left Emma, who'd given birth just a few months earlier, experiencing a rollercoaster of conflicting emotions. Her father had seemed completely well, although it was later discovered that he had pneumonia, and it was a huge shock when Emma heard of his unexpected death.

"I'd heard from Dad just that morning and he seemed completely fine," said Emma. "He had lunch with my stepmother, sat down to write a sermon, then went outside to paint the windows. A few hours later my stepmother went out to look for him and he had died. It was all so sudden."

Emma, 32, was very close to her father and struggled to make sense of what had happened. Some friends reached out to Nottinghamshire Hospice for help.

She received 12 sessions of one-to-one telephone counselling to help her process her grief.

"I was sceptical at first and I felt a little pressured by my friends, but I found it incredibly helpful to talk to someone neutral and to be able to share some raw and personal feelings about something that was having such a big impact on me."

"I was really impressed with the Bereavement Support Service. Every few weeks someone would call to check I was OK and I found that very reassuring. I would recommend the Bereavement Support Service to anyone experiencing grief. We don't tend to talk about death very much, but I found it really helpful to open up to someone, rather than trying to deal with it alone."

Donate to our Grief Appeal now and your generosity will help us be there for others like Emma. No one should have to process grief alone.

Head to the form at the back to make a donation, or you can donate quickly online at

www.nottshospice.org/grief-appeal



A day in the life of retail

Our Communications and Marketing Manager, Hollie Anderson recently took a sneak peek behind the scenes at our community charity shop in Wollaton – here's what she discovered!

8.30am: The shop usually opens at 9am, but Retail Manager Lorne arrives early to get everything ready for a busy day ahead. Lorne's career has seen him work across many retail outlets – and his expertise and creative eye has helped make the Wollaton shop a real success.

Commenting about his role, he says "It's the people that make it special. There's always so much to do that without the support of volunteers and Lynda, my Assistant Manager, we'd struggle to sort through all of our donations and talk to our lovely local customers."

9.30am: Lynda and some volunteers arrive to help out. Among them is Nick Sands, a local author who is manning the tills, greeting customers, and helping to put out stock. Next to the till is a copy



of his book, *Leave Only Footprints*. Nick generously donates £1 of every sale straight back to the Hospice and its services.

He says: "I've volunteered for Nottinghamshire Hospice for many years now, and I just love it. I get to meet new people and find it really interesting."

10am: Things start picking up, with customers browsing on the shop floor. There's also a hive of activity behind the scenes. Wollaton gets a steady stream of donations with a huge pen of future stock waiting to be sorted through. This is where volunteers come in handy once again.

Sandra, dubbed the "super sorter" by Lorne and Lynda, shows me how they rummage through donations to find great-quality items to sell. Amongst the first few bags we find Fat Face, Weird Fish and Next clothing – most of which is nearly brand new – and some gorgeous toys for young children.

After being popped on hangers the clothes are double-checked for quality, freshly steamed, priced up and added to the shelves.

Some items, however, won't be put out on



the shop floor. These may include bobby jumpers, torn trousers and stained or faded tops. We make sure these donations are properly recycled and they'll still raise money for the Hospice, thanks to money received from the rag man.

11.30am: Lorne and Lynda catch up with the volunteers to check how they're doing, and make them well-earned cups of tea.

1pm: As lunchtime approaches, a raft of regular visitors stops by. As a community-based shop on a bustling street, the volunteers and staff get to know the people who live nearby.

Two customers immediately notice new items added to the rails since their visit earlier in the week. Two young mums spot children's shoes in the shop window but leave with a gorgeous new coat for themselves.

3pm: As some volunteers clock off for the day, new faces start their shifts. Amongst them is Sarah, who helps Lynda sort through jewellery that needs to be polished up, priced and put on display. She enjoys cleaning a silver charm bracelet which is added to a display cabinet.

Meanwhile, I go through the rails and transfer some clothing to the 50% off sale rail. Lorne and the team regularly move

items about so there's always something new to discover.

Included is a Ralph Lauren t-shirt and some cosy-looking cardigans.

After this, there's more room for the newly sorted clothes to be put out. I even re-dress a mannequin in a lovely spring outfit and add some fancy dress costumes to the children's corner.

4pm: Lorne takes a quieter moment to clean up after a busy day and look at the sales made. A lady makes one final purchase: a Forget-Me-Not pin badge that helps raise money for the Hospice.

5pm: Lorne closes up the shop and heads home for a well-earned break!



We have nine shops across Nottinghamshire, and they play a huge part in raising money for our services. Find out about your closest shop at:

www.nottshospice.org/our-shops/

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Nottinghamshire Hospice need your help now more than ever!

Small yet regular donations will allow them to carry on their essential work, providing critical care & vital support for patients and their families.

You may not need the services now, but you may need them in the future for you or your loved ones.

You can sign up to Your Hospice Lottery on a regular basis for as little as **£4.34** a month. We also offer the option to buy single tickets at **£1** per play, if you do not want to commit to playing regularly.

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

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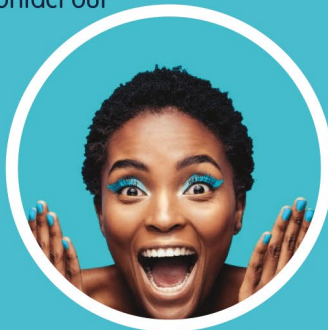
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“ I play to support Nottinghamshire Hospice because I had prostate cancer, & the care I have received has been exceptional. I wanted to give back to a local charity. ”

David - £250 lottery winner

SCAN ME



to find out more!

Hospice care helps Angie keep promise to best friend



When June Pulfrey was diagnosed with breast cancer, she told her best friend Angie that she wanted to be at home at the end of her life.

Angie promised to look after her, and she and other friends took it in turns to keep an eye on June – who lived alone – as her condition deteriorated.

A care package including Hospice in Your Home visits was put in place to care for June in her East Bridgford home.

“June had no relatives, so when she came to the end of her life, it was such a relief to have this care package in place. It was so good how professional everyone was and how they all worked together,” said Angie. “The hospice made a tremendous difference. The setup was brilliant. Nurses came to stay all night with June and were so compassionate.”

June and Angie had been friends for 40 years and were close neighbours. When Angie’s partner died at the start of the pandemic, both were on their own, which drew them even closer together.

Several years earlier, June had made a funeral plan with Angie.

“She knew exactly how she wanted things to be. She wanted a wicker coffin and a memorial service at the local church,” Angie added.

“One thing she said was ‘whatever you do Angie, don’t put me in a home’. She wanted to die in her own house. Her bedroom looked out on the garden and she’d lie in bed looking out at the oak tree and the birds feeding.”

With help from the hospice and other agencies, Angie was able to keep her promises and enable June to die peacefully at home, aged 92.

June, was a sociable, fun-loving person who enjoyed hosting parties. In her younger years she worked as a court stenographer, recording transcripts of court proceedings. When she left school she went to secretarial college where she became a very proficient shorthand typist and won a national award.

Angie said:

I really miss her, but I’m happy we were able to do things exactly as she wanted and keep her at home. The care from the hospice helped so much.

Fundraising Focus

Devi tackles race in memory of much loved mum

Devi Rani Cooper ran the Nottingham Robin Hood Half Marathon last September to raise funds for the hospice as a thank you for her mother's care. She began training for the race – her first half marathon - in March last year, working up to 5K then 10K runs.

"I did the distance. I had a knee niggle three miles in so didn't run as much as I'd have liked, but it was good," said Devi.

"I wondered what I was thinking of, starting to run half marathons in my 40s, but I did enjoy it and it gave me purpose."

Devi's mother, Sushila, was diagnosed with bile duct cancer in March 2021, aged 84, and was told she could have just weeks to live. Devi took leave from her job and moved into her mother's home to care for her. Nottinghamshire Hospice provided overnight Hospice in Your Home care to help Devi cope.

"Other family members were supporting, but I was the main carer, and it got to the point that I was getting tired. Caring for someone 24/7 can be exhausting. I had a baby monitor set up in my bedroom in case Mum needed anything in the night, but you don't sleep properly.

"When the lady came from Nottinghamshire Hospice, it meant I could switch the baby monitor off and get some sleep, knowing there was a healthcare professional in the house taking care of Mum all night.



It's reassuring to know that there is a safe pair of hands to leave your loved one in."

Devi also had hospice help in the daytime which enabled her to tackle the admin associated with end of life and get a break.

"When you're caring for someone, you can't leave the house. Having the day support meant I had a couple of hours to go home, get some clean clothes or just get outside for a run or a walk.

"The hospice took care of Mum and they also took care of me. And it wasn't just the carers that helped me. Even the people I spoke to on the phone were lovely too. A few days after Mum died I felt overwhelmed and I phoned the hospice and the person I spoke to gave me reassurance and support."

Devi said training for and running the half marathon gave her a purpose as she processed her grief for her mother. She's now signed up for this year's race.

Claire Herrick, Head of Fundraising at Nottinghamshire Hospice said: "We're really moved by Devi's story and grateful for what she has done to raise money in her mother's memory.

Taking on a challenge in memory of someone special is a lovely way of celebrating their life and can help channel grief for that person.

Crematorium raises £12K through metal recycling

Bramcote Crematorium have donated £12,000 to Nottinghamshire Hospice raised last year

through its recycling program of metal recovered during the cremation process.

Each year the crematorium chooses a charity to benefit from its metal recycling scheme in which artificial joints, dental implants, brass coffin handles and other metal recovered from the cremation process is recycled.

Bereavement Assistant Clare Harlow nominated Nottinghamshire Hospice as the Crematorium's chosen charity for 2022 because the hospice cared for her grandad Jim before he passed away in January last year, providing overnight and daytime care, enabling

Jim to stay at home with family members around him at the end of his life. Clare said: "The hospice support was amazing. My mum and my aunty were caring for grandad at home and they say they wouldn't have been able to get through without the hospice. It was so reassuring to know he was being looked after.

"Nottinghamshire Hospice is a charity close to our heart and always will be, so when we were looking for a charity to support, it was the perfect choice."

The Crematorium asks bereaved families if they want the metal returned to them or if they prefer it to be donated to the scheme. Most people choose to donate the metal for recycling and take comfort in knowing that metal recovered from their loved one has benefitted a charity.

Claire Herrick, Head of Fundraising at Nottinghamshire Hospice, said: "We're so grateful to Bramcote Crematorium for selecting us as their charity of the year in 2022.

The money raised from the metal recycling scheme will help us to provide crucial palliative care for more patients like Jim at the end of their lives.





Sign up to our e-newsletter

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



Thursday 11th May

Death Café

Take part in an evening of conversation and ideas about death, dying and funerals. You'll find a friendly, supportive environment to talk about the many aspects of death and dying we don't normally have the opportunity to discuss with others.

Sunday, 10th September

Great North Run

Cheer on our runners in the world's biggest half marathon. This city to coast route sees 60,000 runners take part, starting at Newcastle on Tyne and finishing along the seafront at South Shields.

Sunday 4th June

Ramathon

Sign up to Derby's oldest and biggest half marathon event. The exciting new route starts and finishes in Iron Gate close to Derby Cathedral and takes in Pride Park Stadium, Alvaston Park and the stunning scenery of Elvaston Castle Country Park.

Saturday 16th September

Inflatable 5k

The world's biggest inflatable fun run is coming to Lincoln showground. This year's race is bigger and bouncier than ever with new giant obstacles to tackle. With four different distances - 2.5K, 5K, 10K, 15K - to choose from anyone can take part.

Saturday 9th September

Sky Dive

Experience the thrill of skydiving from 14,000 feet at Langar Airfield. Enjoy an adrenaline filled freefall followed by a gentle descent to earth, harnessed to a fully qualified parachute instructor. We have ten spaces available.

Sunday 24th September

Robin Hood Marathon Events

Join thousands of runners in one of the UK's longest established city centre road events. Starting and finishing at Victoria Embankment, the undulating route takes you through picturesque parkland and stunning landmarks.

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



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

I would like to make a regular donation

£5 £10 £20 £50

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

Starting on the 1st of 20

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

I enclose a single donation

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

£5 £10 £20 £50

Other: £

I would consider leaving a gift in my will

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

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

Please tick to gift aid

Please can we stay in touch? Email: 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

Branch Sort Code

Service Number

Reference (for office use only)

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

Nottinghamshire Hospice has been supporting people affected by a life-limiting diagnosis for more than four decades. We help people who are facing the most daunting period of their life with physical, social and emotional support.

Our compassionate care helps meet the individual needs of patients and their loved ones through our Wellbeing offer, Hospice in Your Home care and Bereavement Support.

All our care is provided free of charge, thanks to the generosity of our local community.

How can you help

It costs £4 million each year to make sure people across Nottinghamshire can access our care during the most difficult time of their lives.

You can help today by donating online, or find out about other ways to support us at www.nottshospice.org or call us on **0115 962 1222**.

Contact us

Nottinghamshire Hospice
384 Woodborough Road
Nottingham
NG3 4JF

www.nottshospice.org

-  0115 962 1222
-  info@nottshospice.org
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Nottinghamshire
Hospice

Registered Charity Number: 509759

