

Hospice Life

AUTUMN 2025



Nottinghamshire
Hospice

Can you help Bring Care Home?

We've launched our Bring Care Home Appeal to raise vital funds needed to help more people die at home. Demand for our end of life care is growing rapidly and we urgently need to provide more care in the community now. But with rising costs and funding cuts, it's getting harder to meet that need. With your support we could help more people spend their final moments at home.

Your support could help more people like Maureen and her family.

When Maureen was diagnosed with a terminal illness, her family were devastated. Joanne remembers the stress of trying to care for her mum while juggling work and family life.

“It had a massive impact because we were all working and we didn't want her to be left alone. It was very stressful for all of us, just overwhelming.”

Joanne heard about the hospice from the District Nurse; “From the very first visit, the staff that came into mum's home were exceptional. They sat at the side of the bed constantly, and mum realised that someone was there for her, even if it was for a small drink or a hold of the hand. It's paramount to know that you're leaving somebody, who you love so much, in really good care.”

“It was important to us that Mum died at home. We couldn't think of anything worse than all of us not being around her, talking to her, in her own surroundings, peaceful, calm. It was everything that we needed.”

Debbie Ripley, Director of Care Services said: “Most people when you ask them will want to stay at home for end-of-life care. But we know, practically that's really tough, and it's really challenging for patients and their families and carers looking after them at home.”

“We will work with the patient and their family to work out what the gaps in their care are and try and support those gaps, whether that is overnight care or day care, just try and take the pressure off to try and keep them at home. 96% of patients that we support at home, stay at home and die at home.”

“Last year we cared for 2,000 people in our community services, we could care for so many more if we had more money.”



Please consider donating today, just £5 a month could keep our phone lines open 24 hours a day to respond to families in need. Go to:

nottshospice.org/bringcarehome

or scan here



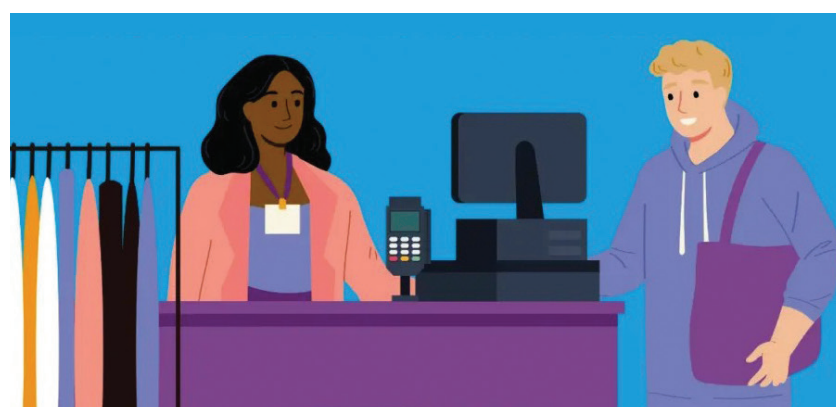
Stand Against MND honour late founder's wishes with a £20,000 donation

Local charity, Stand Against MND have donated an incredible £20,000 to the hospice following the death of their founder and MND campaigner, Sam Perkins. Sam had been receiving support from the hospice for the last 6 years following a devastating diagnosis of Motor Nerve Disease, aged only 37.

After being diagnosed, Sam dedicated his time to helping others and raising awareness of MND. He set up the charity with his wife, Emma in 2020 and raised over £250,000 for research. Emma said “Sam didn't just face MND - he faced it with resolve, humility, and unwavering mental strength.”

Emma said; “We were committed to supporting the valued and essential work of the Hospice. They stood by Sam, offering more than just care - they offered understanding, peace and presence. We just hope that other people that find themselves in situations similar to Sam's have that level of support that was provided so readily, so sensitively and so gently.”

Following Sam's death, there has been an overwhelming amount of support. Emma said “The outpouring of support for the charity and for Sam, I think, really is just a recognition of the impact that he made, and hopefully we continue to keep making that impact.”



We Need Volunteers!

We have lots of different volunteer roles available, each one offering the opportunity to gain experience, give something back and make a difference. Find out more: nottshospice.org/volunteer

Be part of the story

Mark gets his wish to celebrate his daughter's wedding

Last year, Mark and his wife Jane got the news they had been dreading; a worrying shadow on Mark's brain turned out to be terminal brain cancer. In an instant, their lives changed.

When Mark reached the point where he needed fulltime care, Nottinghamshire Hospice stepped in to provide overnight support, which meant that Mark was able to stay at home. Jane recalls; "he remained in the midst of the family and the normal comings and goings of the home, which made this final stage feel as natural as it could be. I was worried that after Mark's death our home would have been 'spoilt', but, for us, Mark's presence within our daily lives continues - his absence is heart breaking but home feels more natural than we expected."

By April this year, Mark's condition had deteriorated, but he was determined to be at his daughter Lizzie's wedding.

“Nottinghamshire Hospice arranged for overnight support the night before and the night of the wedding, which meant we could sleep soundly and absolutely make the most of every moment of the day.”

"We walked to Church and we walked to the pub for the reception - never more than a hundred yards from our front door."

"By the time of the wedding, Mark wasn't well at all but his famous one-liners and his dry humour never left him. Although Mark and I had to return home from the reception in the late afternoon, we opened all the doors and windows so we could hear the music and laughter from the pub across the field behind us. The party went on well into the evening - it was such a beautiful and joyful day."

In Mark's last days, Nottinghamshire Hospice were able to provide support each night until the end came. The nurses who came out were truly kind, professional and supportive. Their aim is to support the whole family and they always left us feeling that they care - they made a huge difference."

"It's difficult to properly explain just how big a difference this support makes to a family. More often than not, I found that I was barely hanging on and extremely emotional. Our almost daily phone contacts with the Hospice team were always reassuring, patient and kind. Just knowing that overnight cover was a possibility provided a massive sense of relief. We are, and will always be, profoundly grateful for the quiet, sensitive and practical support that we received."

Now that Mark is no longer here, we can only be profoundly grateful for our time with him; he was the most wonderful of men."



Local family inspired to run in memory of Mum

We were proud to be the official charity partner at Nottingham Running Festival this year, the event took place at the iconic Nottingham Racecourse, where runners completed 5k, 10k or half marathon distances. We had 35 runners taking part in aid of the hospice, including Rachel (pictured front left) who inspired a group of her close family and friends to raise money in memory of her mum, Andrea. The group of runners were a mix of ages and running abilities with some coming from as far as Swansea to take part in the event, together they have raised over £2,700.

When Andrea was given a terminal prognosis, she was adamant she wanted to stay at home. Being at home meant that her daughters and grandchildren could visit her and support their dad with caring for her. When Andrea's condition worsened, the family were caring for Andrea in four-hour shifts and, needing sleep, they reached out to Nottinghamshire Hospice for help.

Rachel said, "The first people I spoke to from Nottinghamshire Hospice were Care Administration

on the phones. I felt that they were the only people who listened to me. They reassured me that it was normal for my mum to have ups and downs, they put my mind at rest. I liked how talking to them didn't feel clinical."

“When the palliative care assistants came, we will never forget how amazing they were. We had them for just two nights, but I remember how respectful they were. They were exceptional.”

Rachel said after the running festival; "The organisation on the day was great, with amazing support from the Hospice staff at various points cheering us all on. The choice of distances meant there was something for all of our team which meant everyone could take part and do their bit to support the hospice."

Together all our amazing runners have raised an incredible £4,800, thank you to everyone who took part!



 **Save the Date**

 Nottinghamshire Hospice
**Light Up
A Life**

Date: 1st December

Time: Arrival from 5pm - Lantern walk at 6.45pm

**Location: Welbeck Hall, Welbeck Road,
West Bridgford, NG2 7QW**

Join us at our annual Light Up a Life Event for an evening of reflection and remembrance. This year the event will be held at the beautiful Welbeck Hall where we will have readings, candle lighting, light refreshments and music from the Liberty Singers Choir.

New for 2025!

This year's event includes an optional short walk along the River Trent, where we will carry lanterns to shine light on the memory of our loved ones.

Find out more and register your interest here: nottshospice.org/LUAL25

Community Corner

Nottingham went purple in July! We held a purple quiz at the hospice with our wellbeing groups. Local business Baxter Freight raised £500 with a dress down day and office bingo, and Caroline and her Move it or Lose it exercise classes raised £330!



The Phil Rech Memorial Football Match raised £1,000! Since Phil's passing, friends, family, and the wider community have come together each year to honour his memory and raise money through this special event.



Supporter Chris and our Head of Fundraising Claire took on the Peak District Ultra Challenge and raised a combined total of over £2,500!



Sandra and the team at Tesco Express Wollaton raised £520.



Well done to Hannah who ran the London Marathon in memory of her Nana, Christine and raised an amazing £2,700!



Thank you to all our amazing supporters in the community, we couldn't continue our vital work without you. Thinking about doing your own fundraising? We would love to hear from you, get in touch at: fundraising@nottshospice.org

Bereavement Buddies groups now in the community!

Our bereavement support groups are free sessions that provide a safe space for people to talk openly about their grief with others who understand. They help people to know they're not alone in how they feel as they share their experiences and support one another. There is always a warm welcome to newcomers. Anyone is welcome to attend and there is no need to book.

Last year we ran over 55 bereavement group sessions across Nottinghamshire, helping people to build their confidence and grow around their grief.

We have drop-in groups in Nottingham City Centre on the first Monday and third Friday of each month, in Clifton on the last Tuesday of each month and in West Bridgford on the first Thursday of each month.

To find out more go to: nottshospice.org/bereavement-support

Or call: 0115 962 1222



A big thanks to Boots!

In August, we were delighted to welcome the wonderful Boots team into our charity shops for a corporate volunteering day.

The day was spread across three of our stores, Sherwood, Beeston and Rushcliffe, and it was fantastic to see the team's enthusiasm and energy throughout. They kicked things off by arriving with an incredible number of donations, including 19 full bags for our Sherwood shop alone!

Despite it being one of the hottest days of the year, the Boots team rolled up their sleeves and worked alongside our retail staff to sort donations, serve customers, and support the shops. Spirits stayed high in the heat, and the team even enjoyed a well-deserved ice cream break to cool down before getting stuck back in.

At Nottinghamshire Hospice, we love supporting businesses to fulfil their CSR goals. Not only does it make a real difference to our charity, our corporate partners tell us that they benefit hugely through raised profile, enhanced staff morale and the knowledge that they're making a real difference.

If your business would like to get involved, we would love to hear from you! Please email our Corporate Fundraiser Maria: maria.romanov@nottshospice.org



Sills & Betteridge
Incorporating
CAMPIONS

Free Wills Month

1st - 31st October

Local solicitors Sills & Betteridge are offering our supporters the chance to write your Will for FREE this October.

Book your appointment at: nottshospice.org/wills

Our Community Shops

Our shops are a delightful mix, each designed with the local community in mind. Whether you are looking for clothes or books, homeware or toys, you can grab yourself a bargain and support our work.

📍 Find your local shop at:
nottshospice.org/our-shops

DONATIONS
WANTED



New hospice shop now open in Beeston!

Our ninth and newest shop is now open in Beeston, located on Villa Street opposite Sainsbury's, offering a wide range of pre-loved fashion, homeware, books, and more. The grand opening was a joyful celebration of community spirit and support for hospice care. As a crowd gathered, the ribbon was cut and locals were welcomed into their newest shop.

Nurse Debbie Winspear joined the morning to represent our care services and support the retail team's efforts. "It was an honour to be part of the ribbon cutting," said Debbie. "Every pound of profit this shop makes will be spent directly on patient care, which wouldn't be possible without the kindness of the community we serve."

Shop Manager Sam Saunders, said the opening marked the beginning of a new chapter for the retail team, and for the Hospice in Beeston.

“We're thrilled to have had such a warm welcome from the Beeston community.”

“Everyone has been so lovely, and we already have people saying they want to volunteer with us and donate.”

The Beeston shop is open 7 days a week, 9am - 5pm and 10am - 4pm on Sundays.



Get in touch

Supporting You

We provide care and support to people in our community living with a life limiting or terminal illness, and their families. All our services are free of charge and include Hospice In Your Home, Wellbeing groups and Bereavement Support.

For more information about our services, please contact: **0115 962 1222** or email: info@nottshospice.org
Find out more at: nottshospice.org/our-care

Supporting Us

If you've been inspired by anything in this newsletter and would like to find out more about fundraising or volunteering contact: fundraising@nottshospice.org or call: **0115 910 1008**

To stay up to date with the latest news, events, and how your support is making a difference, sign up to our e-newsletter here:



Hospice shops burst with Pride!

Our community shops came together in August with beautifully bright window displays to celebrate Nottingham Pride and show our support for the Nottinghamshire LGBTQ+ community.



Second-hand style showcased at the Green Hustle

We were delighted to be a part of the Green Hustle Fashion Show in June - a celebration of style, sustainability and second-hand fashion in Nottinghamshire! We showcased some of our stunning pre-loved clothing on the runway, proving that you can look amazing while making conscious, eco-friendly choices.

By shopping with us, you're not only embracing sustainable fashion, but you're also helping us continue to provide essential end-of-life care for people in your local community.



STOCK
IT TO
US!

We always need your donations! Simply take your quality unwanted items to any of our shops.