

Hospice Life

SPRING 2026



Nottinghamshire
Hospice

New initiative helps more people start a career in care

We're proud to have launched a new initiative that opens doors for people who want to begin a career in care.

Our on-the-job training programme supports new care assistants - even those without formal qualifications - to learn practical skills while working alongside experienced nurses and carers. It's helping people from all walks of life build confidence, gain experience, and make a real difference to local families.

One of our newest team members, Lisa, joined the hospice six months ago. For her, the decision to move into palliative care came from a powerful personal moment.

“I once helped take a gentleman who was near the end of his life to hospital. He couldn't say much, but when we talked to him, he'd squeeze my hand to let me know he was still there. When we arrived, his wife said, 'thank you, you've made such a difference.' That moment stayed with me, and I knew I wanted to do more palliative care; comforting people at the end of life and their families too.”

When she applied for a role at the hospice, she didn't expect to hear back.

“I didn't think I'd hear anything because I didn't have the qualifications, but the hospice offered me the chance to train on the job. The support here is second to none and everyone's so welcoming and friendly. I've never worked anywhere like this in my life.”

For Lisa, it's the personal connections with patients and families that mean the most.

“When I first met one lady's daughter, she wasn't sure she could leave her mum with me. I told her, 'I'll look after your mum like I look after mine, I can't do any better than that.' After that, she completely trusted me. That's what care is all about.”



Outstanding care in every moment

Alongside this, we are also delighted to share that Nottinghamshire Hospice has been rated 'Good' overall and 'Outstanding' in caring following our latest inspection by the Care Quality Commission (CQC). Stories like Lisa's reflect what the CQC saw in their inspection; a team that goes above and beyond to deliver compassionate, person-centred care, every single day.

Chief Executive Rachel Hucknall said;

“We're so proud of our team and of the care they provide. This rating reflects the passion and dedication that every member of staff brings - especially our new care assistants, who are learning and growing with such commitment.”

Last year, we supported over 2000 patients and families across Nottinghamshire, offering at-home care, group wellbeing sessions, and emotional support and counselling. Looking to the future, we'll continue to build on our success, developing new ways to reach people who need us and providing opportunities for local people to start rewarding careers in care.

Find out how you can support our work at nottshospice.org

College students pamper our patients

We recently started a new partnership with Nottingham College to bring Hair and Beauty students into our Wellbeing sessions. The students have been able to put their skills to the test and treat the patients to some wonderful pampering including haircuts and styling, manicures, and hand and head massages.

The response has been fantastic, the patients have really enjoyed the treatments and having the students in the sessions. The college figured out which treatments would be appropriate for each patient and the staff and students were really respectful and professional during the sessions. They are planning on visiting every few months, so we look forward to welcoming them back very soon.



Bring Care Home with a Regular Gift

We urgently need to reach more families in need.

Just £15 a month provides overnight home care enabling patients to remain at home. Set up a regular gift today at nottshospice.org/bring-care-home

Bereavement group brings comfort

Clare and her husband Nigel had known each other for 33 years when he died. For the last 3 years of his life, Clare cared for Nigel at home. Although it was very hard at times, Clare said, "I don't have any guilt or regrets about caring for Nigel, and I would do it all again." She has some very special memories of the last year of his life as they were able to get married and celebrate Nigel's 60th birthday.

Clare struggled after his death. As well as grieving for the loss of Nigel, she was also grieving the loss of her role as a carer. She had lovely friends, but they weren't able to understand how she was feeling as they hadn't been in the same situation.

Clare tried counselling but preferred the idea of a group as she likes hearing other people's stories. Her sister came across Nottinghamshire Hospice's Bereavement Buddies group and suggested that Clare should try it. She was worried walking in for the first time, but as soon as she arrived everyone was so friendly and welcomed her in. She enjoyed hearing other people's stories and telling her own, she said;

"I've found the groups great, and I've met friends", she said. "Often we'll go out for lunch together after the session which makes a day of it. The groups make a huge difference."

If you or anyone you know needs emotional support, go to our website to find out how we could help you:
nottshospice.org/bereavement-support



"I like being able to talk about Nigel and it's nice to have people listen. It helps that everyone is in the same situation. If you cry, everyone understands why. And it makes you realise you're not going mad".

For example, if she goes upstairs to bed and hasn't said goodnight to Nigel's ashes, then she has to go back downstairs to say goodbye. Talking about this in the group showed her that other people often do similar things and that it's normal to feel how she does. "People understand that you're not just lonely, you're lonely for that person".

Nottinghamshire Hospice chosen as Savills Charity of the Year!

We are delighted to announce that Nottinghamshire Hospice has been chosen as Charity of the Year by Savills Estate Agents in Nottingham.

The Hospice was selected after supporter Dawn shared her experience with a friend who worked at Savills; telling them about the care her mum, Irene (pictured with her cat), received from our Hospice in Your Home nurses.

Dawn said;
"I discovered the hospice services quite late, but when I did, help came very quickly. During the last week of my mum's life, having overnight support made an enormous difference."

"I had been sleeping in a chair next to mum, so being able to get some proper sleep knowing she was being carefully looked after was invaluable. When my mum needed extra comfort, the nurses were quick to involve the wider support team. Knowing she was being treated with such kindness and dignity in her final days meant more than I can put into words."

After hearing about the impact our care had on Dawn and her family, the team at Savills wanted to do what they could to support other local families. Over the next year, we look forward to working alongside them on all the exciting fundraising events and activities they have planned.

If your business or place of work would like to find out about ways you can support us, please get in touch at:
fundraising@nottshospice.org



Your Story Matters

One of the most special ways you can support our work is by sharing your story - we'd love to hear how our care helped you and your loved ones.

Send your story to fundraising@nottshospice.org or call 0115 910 1008

Community Corner

Just Sing Choir raised an incredible £1025 from two concerts in December.



Swings Golf raised £300 from their 'Putting Care First' golf event.



We are delighted that we have been chosen as one of Vaughandale's charity partners for 2026.



We were delighted to be selected as the chosen charity for the Christmas Tree Festival at Holy Rood Church in Edwalton, which raised an amazing £1500.



Thank you to Ravenshead Petanque club who raised £265.



Our partnership with the Victoria Centre ended in December raising an incredible £24,972 over two years! A highlight this year was the Christmas Wrap, delivered in partnership with the Nottingham West Lions, raising £3,000.



Boots employees kindly donated Christmas care packages for our nurses and patients as part of their 'What we do matters' scheme.



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



Alex, Joey, Scot and Nick organised the 23rd annual Christmas Covers Concert and raised £964!



Thank you to Okarno and ILUX who both donated to light our hospice tower in December and collectively paid for 18 nights of care.

An evening of remembrance at Light Up a Life



We held our Light Up a Life event in December at Welbeck Hall in West Bridgford. It was wonderful to see so many familiar and new faces coming together to remember and celebrate the lives of your loved ones in such a special way.

The evening started with a service which had readings, candle lighting and moments of reflection, including a special reading from one of our supporters, David. He kindly shared his story of how the hospice helped him and his family when his wife Charlotte was diagnosed with a terminal brain tumour. We then enjoyed a fantastic performance from the West Bridgford Liberty Singers Choir.

Following the service David and his family led our Lantern Walk. Each lantern was dedicated in memory of someone special and carried on a route along the embankment, over Trent Bridge and back to Welbeck Hall. Our lanterns shined bright in a beautiful display of love and remembrance. Thank you to everyone who joined us.

This year's event will be on Monday 30th November at Welbeck Hall, more information will be announced later in the year.



Your challenge, their care

Take on a challenge this year and every mile you run, jump or trek will help fund essential end-of-life care. When you sign up for any event, you will get a free Nottinghamshire Hospice running top and dedicated support every step of the way!

Go to: nottshospice.org/challenges

DATES FOR YOUR DIARY

- 6th June: Lincoln Inflatable Obstacle Course
- 4th & 5th July: Tough Mudder Midlands
- 30th August: Nottingham Running Festival
- 13th September: Great North Run
- 27th September: Robin Hood Half Marathon
- Pick a date: Skydives & overseas treks

Official charity partner for Nottingham Running Festival 2026! Run for Team Notts Hospice and get a special edition t-shirt, spaces are limited, sign up today.



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



West Bridgford shop opens with a fresh look!

We're excited to share some great news from our West Bridgford shop. Following a recent refit and refurbishment, the shop has reopened with more space to display donations and welcome customers.

By improving the layout and making better use of the space, the shop can now sell more of the quality donations we receive - helping to raise vital income to fund hospice care for local people, including care provided in people's own homes.

Income from our shops plays an important role in supporting patients and their families across Nottinghamshire. Every item donated and every purchase made helps ensure hospice care is there when it's needed most.

How you can help across our hospice shops

Nottinghamshire Hospice has nine charity shops across the county, and there are lots of ways you can support the care they help fund:

- **Donate quality pre-loved items to any of our shops** - helping turn donations into care
- **Visit our shops and enjoy a great shopping experience** - every purchase supports hospice care
- **Volunteer with us** - our retail volunteers play a vital role, helping our shops thrive

Whether you're donating, shopping or volunteering, your support helps us provide care for local patients and their families. Thank you for supporting Nottinghamshire Hospice and the vital role our shops play in making care at home possible.



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

Join our Team! - Volunteer Drivers needed -

We're looking for reliable, friendly volunteers to help transport patients to and from our Wellbeing sessions. Doug is one of our volunteer drivers, he said:

“I originally volunteered as a driver to help in a small way, but it's turned into one of the most rewarding things I do. The patients, the staff, the volunteers and the atmosphere make it a joy to be part of.”



It's a very sociable role, as you can stay at the centre with patients and other volunteers to have a cuppa and take part in activities. Or, go offsite to catch up on a few things in between drop-off and pick-up.

You'll need:

- Your own 5-door car with MOT
- At least 3 years' driving experience
- A kind, patient and reliable approach

In return, you'll gain new skills, meet great people, and make a real difference in your local community. Go to nottshospice.org/volunteering to find out more or email volunteering@nottshospice.org

Get in touch

Supporting You

We provide care and support to people in our community living with an incurable illness, and their families. All our services are free of charge and include Hospice In Your Home, Wellbeing groups, Grief Counselling and Emotional 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:




Go Purple!
1st-31st July 2026



Wear it, bake it, think it, make it! The choice is yours!

Do something purple this July and raise money to help provide vital end-of-life care in your community. Have a dress down day, host a bake sale, get together for a quiz night or hold a knitathon! Whatever you choose to do, you will make a difference for local families facing the toughest of times.

Get your free fundraising pack at: nottshospice.org/gopurple