



Hospice in your Home care helped Liz spend her final days at home

Brian and Liz lived together in their home for over 60 years; they raised two children together and have five grandchildren. When they both retired, they paid off their mortgage and travelled around the world, visiting over 40 different countries.



In 2024 Liz was diagnosed with terminal cancer. For around the first 18 months she was in discomfort, but she still carried on. Then, after a few months of decline, Liz was admitted into hospital on Christmas Day 2025, where she had a scan that showed the cancer had spread. When she returned home, she knew she wanted to spend what time she had left there. Brian had help from the District Nurse during the day and our Hospice in Your Home team helped care for Liz during the night so he could rest. Brian shares his experience with us;

“We had a bed put in the living room for her overlooking the garden. It was nice that the bed just fit comfortably in here and we could carry on, she was part of life and she could be involved.”

Brian recalls that he took on two roles, husband and carer.

“You don’t realise how much it can feel like a burden, it’s not just the observation of the patient, you are there all the time. In the last few weeks I was calling myself a carer, you don’t realise how much you take on.”

He explains that two people came from Nottinghamshire Hospice one evening, it was about 6pm and as they were leaving, asked if he would like some respite that night.

“I said yes because I thought it a bit stupid to turn it down, and you know the next morning I just could not believe what a different person I was. I was so refreshed; I’ve never experienced anything quite like that emptiness of mind. Every aspect of the care was wonderful, the help made it so much of an easier situation for us all to get through.”

“Liz always made everyone who came a cup of tea and brought out a plate of biscuits, it was her trademark thing. On February 12th about 4pm, our son Brendan offered everyone a drink and came back with a plate of biscuits, less than half an hour later she died. It was as though she’d heard that this was happening and knew all is well with the world, that’s the kind of woman she was, she cared for other people more than she did about herself.”

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

Shades of Grief - an evening with Poet and Rapper: Jah Digga

Nottinghamshire Hospice is proud to be working in partnership with the University of Nottingham and Grandma’s House on an exciting new project designed to support bereaved men from Black African-Caribbean communities.

Thanks to funding from Hospice UK’s Dying Matters Community Grants Programme, the partnership will deliver four themed events over the next 12 months, each using creative activities to provide a safe and supportive space for men to explore grief, share experiences and connect with others who understand.

The first event, held in May, was a powerful poetry performance led by spoken word artist Jah Digga. He drew on his own experiences to help encourage open conversations about grief, loss and mental health with a moving, stripped-back performance of his song Broken Blokes, which explores themes of masculinity and bereavement.

Amelia, our Fundraising Assistant volunteered at the event, she said; “the evening sparked honest and heartfelt discussions, with attendees sharing personal stories of loss, the support that helped them, and the support they wished had been available. One important theme emerged: many people were unaware of the bereavement services and local support groups that already exist within their community. In response, everyone who attended received information about local bereavement services and how to access ongoing support.”

We look forward to hosting the remaining events in the series over the coming year, helping to break down barriers around grief and ensure that more people know they do not have to face bereavement alone.

To find out more about our Counselling and Emotional Support service go to nottshospice.org/counselling-and-emotional-support



Nottinghamshire Freemasons fund new Wellbeing Group in Clifton

The Nottinghamshire Freemasons have donated a grant of £36,600 to Nottinghamshire Hospice to set up a new Wellbeing group in Clifton.

Our new weekly Wellbeing group is a space for fun and relaxation for local people with incurable illnesses, as well as a chance to meet new people in similar situations. With our staff on hand to provide emotional support and help with advanced care planning, these groups will support people to live well following their diagnosis.

Located in a central space in Clifton, this grant brings the Hospice's services directly into this community and makes care more accessible to people who need it most.

Representatives from the Nottinghamshire Freemasons and Hospice UK recently visited our Hospice Hub to discuss the project and the impact it was having. John Pawlik, Chairman of the Nottinghamshire Provincial Charity Committee, said:

“The Provincial Lodge of Nottinghamshire is deeply supportive of the Nottinghamshire Hospice, and it was with unquestionable pleasure that the grant of £36,000 was donated by the Freemasons Charity. The grant was very much deserved and as we saw has been very well applied within the community.”

Our Wellbeing groups take place at Clifton Cornerstone every Tuesday from 1pm to 3pm. To find out more, visit our website or give us a call on 0115 962 1222.

(Funding for this project has been awarded through a grant programme funded by the Nottinghamshire Freemasons through the Freemasons Charity and managed by Hospice UK)



Volunteers recognised for their outstanding achievements

Nottinghamshire Hospice was incredibly proud to be represented in London recently, where two exceptional members of our community received awards for their services. Joanne Brunner, Chair of our Board of Trustees, and Cath Butler, one of our valued Wellbeing Volunteers, were recognised by the League of Mercy Foundation for their dedication, compassion and voluntary service.

Recognising Joanne's outstanding leadership.

Joanne's award comes as she prepares to retire as Chair of Trustees later this year. After more than 17 years in the hospice sector, including almost 9 years as Chair of Trustees at Nottinghamshire Hospice, Joanne has made a lasting contribution to both our organisation and the wider hospice movement.

We are incredibly grateful for everything Joanne has given to us, the people we support and the wider community. Receiving the Order of Mercy is a fitting recognition of her exceptional voluntary service.

Celebrating Cath's care and commitment.

We are equally proud of Cath, whose work as a Wellbeing Volunteer provides valuable support to the people who use our services. Many of you will have been greeted by Cath's warm smile, when we hosted activities onsite.

Through the time and care she gives; Cath helps to make a meaningful difference to patients and families. Her Order of Mercy is a wonderful acknowledgement of that contribution.

Joanne and Cath represent some of the very best of volunteering at Nottinghamshire Hospice. We offer them both our heartfelt thanks and warmest congratulations on receiving the Order of Mercy.



Jacqui is helping protect the future of hospice care

Many people don't realise how crucial Gifts in Wills are in allowing us to provide free end-of-life care. For Nottinghamshire Hospice, they fund one in ten of the people we care for at home.

Jacqui, a long-time supporter of Nottinghamshire Hospice shares with us why she has chosen to remember the hospice in her Will.

“When my mother became critically ill and needed constant care, the Hospice staff were recommended to us for overnight support and as a family we were very impressed by their excellent care.

My Dad, then nearly 90, was mum's primary carer, supported by myself and my sisters. We arranged for some residential respite care to give my father a rest, but Mum found it impossible to settle away from the people and home that she loved, so we made the decision to have her nursed at home. When her condition deteriorated, and she became bedridden, we were able to secure overnight care from Nottinghamshire Hospice, and we knew that she would be safe and well looked after.”

“So, when it came to considering beneficiaries in my Will, the Hospice was one of the first charities I chose to add. Not only is it a local cause, but it is largely self-funded and helps people when they are in their direst need.”

If you would like to join Jacqui and leave a gift in your Will, we can help you get started. Find out more at nottshospice.org/gifts-in-wills or call our friendly Fundraising Team on 0115 962 1222.



Write your Will for FREE!

As a supporter of Nottinghamshire Hospice, you can write or update your Will for free with our trusted partner Octopus Legacy.

Get started at will.octopuslegacy.com/NOTTSAUTUMN

Available online, over the phone, or face-to-face.

octopuslegacy



Community Corner

Zack and Joshua held a bake sale to raise money in memory of their grandmother who attended our wellbeing sessions. They raised £200 - that is a lot of cakes!



Vaughandale raised £615 when they hosted a race day at Southwell Racecourse.



Carly took on the Great North Swim in a chilly Lake Windemere and smashed her fundraising target, hitting £310. Thanks Carly!



We were delighted to be the chosen charity for the Inner Wheel District 22 who, from a combination of raffles, fundraising events and donations from the clubs in their district, have raised an incredible £2,235.73!



Hettie took to the skies for a second time, and this time bought her father-in-law Stephen along too! Their joint skydives raised £651

With thanks to Savills, PWC, Capital One, Sills & Betteridge and ILUX as well as support from Elephants Don't Forget and Columbus who all took part in Go Purple in July!



Sarah threw a party to celebrate what would have been her late husband Martin's 60th birthday. Family and friends turned up in droves to celebrate and together raised a phenomenal £2,662.57!



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

Local people open their gardens and support Nottinghamshire Hospice

Held over two weekends in June, East Bridgford and Sherwood both held their respective Open Gardens events and kindly chose Nottinghamshire Hospice as their charity.

East Bridgford Open Gardens raised £3,000 at their record-breaking event that welcomed more than 900 visitors in a single day. Since 2019, East Bridgford Open Gardens has raised over £10,000 for Nottinghamshire Hospice. We are so grateful for their continued support, which has helped us provide compassionate care, comfort and respite to patients and their families across Nottinghamshire when they need it most.

Sherwood Open Gardens were supporting Nottinghamshire Hospice for the first time this year and raised £3,750! Besides the beautiful gardens on display, the day also included cake and plant sales, live music and the opportunity to purchase local artwork with all proceeds going to charity.

We are so grateful to both East Bridgford and Sherwood Open Gardens for choosing to support us but also want to spotlight the wonderful volunteers, gardeners, bakers, artists, musicians and, of course, visitors who made the days so successful.



Nottinghamshire Hospice

Light Up A Life

30th November 2026

Arrival from 5pm - Lantern Walk at 6.45pm

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. Held at the beautiful Welbeck Hall, we will have readings, candle lighting, light refreshments and music from the Liberty Singers Choir. The event will be followed by an optional short walk along the River Trent, where we will carry lanterns to shine light on the memory of our loved ones.

The event is free to attend, however there is a suggested donation of £5.00 per lantern. Lanterns will be available for collection on the night.

Find out more here: nottshospice.org/LUAL26

Our Community Shops

Each of our shops are 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



Could you volunteer in our shops?

Our shops are brought to life by our wonderful retail staff and volunteers. Together, they sort and sell generous pre-loved donations, offer a friendly welcome to customers, and help every visit make a difference.

Every donated item, every purchase and every hour given by a volunteer help us provide vital end-of-life care across Nottinghamshire.

We're always pleased to hear from people who may be interested in volunteering in one of our shops. It's a great way to meet new people, learn new skills and support hospice care in your local community.

Pop into your local Nottinghamshire Hospice shop or visit nottshospice.org/volunteer



Our shops went Purple for the month of July

Did you spot any of the Purple displays in our community shops?

Every July the Hospice encourages supporters to host Go Purple parties to raise awareness and funds for our services. If you would like to get involved next year please email fundraising@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, 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 962 1222**

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:



Influencer artist visits West Bridgford shop

Artist and social media influencer Sophie Tea, who runs a weekly 'Charity Shop Friday' challenge on her channels, visited our West Bridgford shop in July after an anonymous fan suggested our shop due to her late husband receiving hospice care.

Thanks to this tip, Sophie popped in to meet the team and bought a reusable water bottle, which she took away and decorated with her wonderful art, with the plan to return to the shop later that day and raffle the item off. By the time she returned, our recently refurbished shop was crammed full of supporters, all wanting to meet Sophie and buy the water bottle that she had adorned.

As a consolation prize for anyone who didn't win, Sophie agreed to sign items that were purchased from the shop, leading to an extra £500 in sales.



TikTok Page



We are excited to announce that Nottinghamshire Hospice is now on TikTok! The videos are mostly focused on our community shops showing the wide range of clothes, accessories, toys, books and homeware that are donated by kind supporters. If you, or anybody you know, uses TikTok please ask them to follow us over there ([@nottshospice](https://www.tiktok.com/@nottshospice)) and help us spread the word about the benefits of using community shops.