

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER MARCH 19

MEETING THE NEEDS OF OUR PATIENTS

Planning permission has been granted for plans to upgrade the building's environment

PAGES 1-2

CHINA CHALLENGE

A life changing experience
and over £93,000 raised

PAGE 13



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WELCOME TO OUR SPRING NEWSLETTER

I would like to start by thanking everyone who supported the hospice in 2018. The activity throughout the year was immense and we simply could not deliver the services we do without your support. Every year we have a significant financial challenge to overcome so whether your involvement is in fundraising, making donations or providing your time you have made a valued contribution which enables us to deliver the patient care to those in our community who need it most. Thank you so much for all that you do for Nightingale House Hospice.

I would also like to thank all staff and volunteers at the hospice who deliver the highest levels of care and support to our patients and their families and loved ones. You do the hospice proud and make Nightingale House such a special place.

2019 WILL SEE AN EXCITING NEW DEVELOPMENT AT THE HOSPICE.

Planning permission has been granted to upgrade the hospice building for patients and their families. In May this year our plans to modernise the hospice to meet the needs of our patients and the services we provide, both now and into the future, will commence.

The facilities at Nightingale House were built in 1995, 24 years ago, and provided a generalist palliative care service. At the time they were a first class provision that met the needs of the patients and their families. Over the years our services have changed and the hospice is now unique in delivering outpatient services for specialist palliative care in our catchment area. Without



our continued and developing services these patient needs cannot be met. With an increasing demand for our services, and the current limitations of the existing facilities, we are modernising the premises to enable us to increase patient numbers and deliver care in the best possible environment.



The project will involve the relocation and restructuring of the current day centre and rehabilitation centre into a more modern area where all outpatient services can be situated together. As a result of the modernisation of Day Services we will be able to deliver the highest standard of care to our current patients and carers whilst also increasing our capacity to support more patients. The project also supports our vision to deliver more outreach services within the community.

A consequence of increasing patient numbers following modernisation will be the increased demand for patient parking. We have met with BCUHB, our local health



board, to explore options for the hospice to have use of their land at the rear of the hospice to create a new patients' car park. BCUHB is very supportive of our needs and we are waiting to complete a lease of the land in the coming weeks.

The modernisation is a significant investment for the hospice and will be funded by partially utilising hospice reserves, support from charitable trusts and corporate donors. As an independent hospice we have only been able to deliver a project of this nature as a result of the financial stability which has resulted from the wonderful support of our community over the years. In committing hospice reserves to this project the Board of Trustees has ensured that a prudent level of cash reserves has been retained to cover for contingencies.



Works are scheduled to commence in May 2019 and will be completed by Spring 2020. We will continue to update you on the progress of the project as the works develop. Great care has been taken when drawing up the planning of the works to maintain patient services and keep disruption to an absolute minimum. There will be no impact on the Inpatient Unit during these works. Only through the support of our community can we continue to deliver and, where possible, enhance the services we provide. Please continue to support us in 2019 in whichever way you can. We require £8604 per day to run the hospice and every penny received really does count.

Best Wishes,

Steve Parry
CEO

"To continue to deliver high quality care and increase our service delivery, further development and modernisation is required. Patient numbers are limited by our existing facilities; the building is 24 years old now and the current internal layout is not appropriate for our future needs."

"We know from our work that there is considerable demand for our Day Services generally and rehabilitation services specifically. For these demands to be met an appropriate environment is essential."

- Jane McGrath
(Head of Clinical and Patient Services)

"Currently, due to the increase in patient needs and equipment, we can only accommodate 8-10 Day Service patients per session. In the modernised unit we will be able to care for up to 15 patients per session."

- Kay Ryan
(Outpatient Services Coordinator)

"We are fortunate enough to have a hydrotherapy pool, which has huge benefits to our patients. However some patient conditions are more suited to use the gym facilities and we will be able to see several patients at the same time, increasing the numbers of people we can support."

"The new unit will be welcoming, airy and spacious. It will bring the Occupational Therapy and Physiotherapy departments together to promote the rehabilitative approach in palliative care."

- Helen Fisher
(Rehabilitation Team Leader)



All modernisation images included in this article are artist impressions and are for illustration purposes only.

MEET GARY...

BIKER, QUALIFIED SKYDIVER OH... AND OUR HOSPICE CHAPLAIN

As part of the Family Support Team, Gary is responsible for the spiritual care given at our hospice. That part of his job entails making sure that every patient has a chance to talk about their own individual needs - each of us has a spiritual side. Spirituality is about our own hopes, values and meanings and when someone experiences a life changing event it can have a big impact on those areas. Gary is here to help people work through such issues. He is also here to help support all the staff and volunteers at the hospice and helps organise regular memorial events such as our annual Light up a Life, as well as any life rituals that patients may want during their time with us. This includes baptisms, confirmations and weddings which have all taken place at the hospice. As with any ritual, the content can be faith based or secular; we provide the service that is appropriate to the person.

Another major part of Gary's role is to work with our three social workers to provide adult bereavement support to patients and their families. This involves one to one support sessions with people struggling with bereavement, as well as helping to run our regular

bereavement groups. Our Family Support Team also delivers 'Release', our child bereavement service.

Gary is a trained mindfulness teacher and runs regular mindfulness courses. We usually run two or three a year for around 10 people each time. Mindfulness is a technique for helping anyone at any stage in their life to cope with what is happening and to become more resilient. It has a number of beneficial side effects, such as feeling more relaxed and improving concentration, as well as promoting a greater ability to cope with difficulties that may occur in a person's life.

Part of the chaplain's remit is providing education sessions to patients on resilience, relaxation and coping as well as sessions with staff and volunteers on spiritual care and also communications and mindfulness.

On a personal note, Gary is a lifelong biker, a qualified skydiver (with over 300 jumps so far) and is currently training to become an instructor to teach new skydivers. He enjoys walking, reading, science fiction and heavy metal music!



Social Workers Lesley (left) and Sarah (right) with Gary in our bereavement support room, 'Tryfan' which was kindly decorated by staff from HMP Berwyn.

BARBARA'S STORY

My name is Barbara Williams and last Christmas I spent six weeks at Nightingale House Hospice. Prior to this, I had been at the Maelor Hospital for a week. I was in a lot of pain and discomfort and felt totally alone and out of control with my illness.

Nightingale House took control of the situation, my pain relief was sorted, and my mental wellbeing improved immediately. During my stay I learnt lots of strategies to help me cope with difficult situations and I doubt I would have had this expert care from anywhere else.

The atmosphere at Nightingale House is uplifting and positive. I improved very quickly both physically by using the physiotherapy available, plus mentally by speaking to the doctors and nurses that helped me 24/7. After a few days I had improved enough to use a wheelchair for shopping in town with my family. Being able to go out gave me a lot of confidence to cope with other situations too, all under the guidance of the doctors and nurses.

At the push of a button there is a nurse there to help you within a few seconds and I really felt as though they had time for me. My mental lift was also due to the friendly volunteers and facilities available for patients. A lady came to do my nails and I even visited the Nightingale House hair salon. Having your own room with a view outside is calming and means I had real privacy. Family can visit and stay anytime.

My family couldn't believe the difference in me and after six weeks I went back home with my new-found strength and the confidence to cope better. Occupational therapists visited my home ready for my return and I have been here since. My family too felt more able to cope and we are all so grateful to the hospice for getting us through an extremely low and uncertain point and back up into a manageable, calm place.

When I need them again, I know they will be there for me, but even now I can ring them any time, day or night. This wonderful place and its fantastic family of people and facilities are helping me live my days again. On Wednesdays I attend Day Care at the hospice with other patients. We have lunch together, we chat and catch up and I see the doctors and nurses again. It gives me the opportunity to go out independently and keep in touch with the hospice.

Nightingale House is like a big family who immediately set about taking a huge weight off me and my family's shoulders. This has also been the case for my sister, Sue, who has also spent some time at Nightingale. At one point, we were in together. Friends can't believe the improvement in me. I am so grateful to this hospice, we are all so lucky that it is here if ever we need it.



“ Barbara is a miraculous woman. She arrived at the hospice practically bedridden, in a lot of pain and very anxious. Barbara's determination, alongside the work of the multidisciplinary team here at the hospice, resulted in her being discharged home which is something on arrival at the hospice she had not thought possible. ”

– Sarah James, Social Worker

Sponsored World Heritage Walk

Sunday 7th April | Lion Quays, Oswestry | 11am start | FREE Registration

This event is one for the whole family to get involved with, including your four-legged friends. Dogs and pushchairs are welcome on this beautiful 13 mile walk along the Canal from Llangollen to Oswestry crossing the UNESCO World Heritage Pontcysyllte Aqueduct with breathtaking views!



Erddig 10k Trail Run Sunday 5th May | National Trust, Erddig, Wrexham

10am start | £18 UK Athletics Members / £20 for Non UK Athletics Members

The route will grace you with views of the stunning Erddig estate where you'll run along the main drive and through a number of beautiful woodland tracks and back to the iconic Erddig Hall. The run will be chip timed and trophies will be awarded to the top three runners.

The FINAL Midnight Walk Saturday 15th June | Llwyn Isaf, Wrexham

10:30pm start | £12 Early Bird - £15 Standard

Let's make our final walk THE BIGGEST AND BEST EVER!

There will be live music from Rhythm Train and the fabulous motivational coach Dewi Jones will make sure you're warmed up and ready for the walk ahead.



Sponsored Railway Walk (9.5 miles)

Saturday 27th July | Following the famous Mawddach Trail | 11am start | £10

The Mawddach Trail is one of the most scenic railway paths in the country, running along the spectacular Mawddach Estuary below the foothills of Cadair Idris. The trail follows the course of the old railway line from Barmouth to Ruabon which was open between 1869 and 1965, finishing with a very welcome treat at the end.

Oswestry Balloon Carnival Saturday 24th - Sunday 25th August | Cae Glas Park

10am - 10pm (Saturday) 10am - 8pm (Sunday) | FREE ENTRY (£1 suggested donation)

The Oswestry Balloon Carnival is back for a second year at the magnificent Cae Glas Park with more entertainment, a large food court, a selection of merchandise stalls and a children's fun zone, along with a fantastic array of balloons, with some special shapes to see too.



Nightingale House Colour Run Sunday 1st September

Bangor-On-Dee Racecourse, Wrexham | 11am start | £15 per adult/£5 per child

The sponsored run takes place at the Bangor-on-Dee Racecourse and whether you decide to run, jog or walk the 4km route, you will be sure to have lots of fun while getting covered in colour!



INTRODUCING THE ALL NEW 'ERDDIG 10K TRAIL RUN'

In partnership with The National Trust, Erddig and new for 2019 is the 'Erddig 10K Trail Run'. Located just two miles south of Wrexham and sitting on a dramatic escarpment above the winding Clywedog River is a unique family home that has captured the way of life of a bustling household community during the early years of the last century. The 486-hectare (1,200-acre) landscape 'pleasure park', designed by William Emes, is a haven of peace and natural beauty and the walled garden is one of the most important surviving eighteenth-century gardens in Britain.

Starting and finishing in front of Erddig Hall, the route will grace you with views of the stunning Erddig estate where you'll run along the main drive and through a number of beautiful woodland tracks that surround the park. For those of you familiar with the estate you'll run downhill towards Felin Puleston and head through Big Wood, past Wolf's Den and experience the iconic view of the back of the house before finishing where you started. The race will be chip timed and trophies will be awarded to the top three finishing male and female runners. Each participant will receive a bespoke event medal, a text message with their official time and some goodies at the finish line.

THE FINAL MIDNIGHT WALK

For the past 12 years our famous Midnight Walk has been a popular event that has seen many supporters wearing flashing goods and enjoying a wonderful night of music and entertainment followed by a 6k or 10k walk through the streets of Wrexham. As with all good things they must, at some point, come to an end. As a hospice we need to find new ways to increase the income raised from long standing events. In 2019 this will be the case for The Midnight Walk... all is not lost though as we have some good news; we are currently working on a new and exciting event for 2020 to replace The Midnight Walk. More information about the new event will be announced at this year's final Midnight Walk, so make sure you are there to hear the exciting news first hand.

We would like to thank everyone who has attended any of our Midnight Walks over the past 12 years. We hope you can join us for the 13th and final ever one; everyone is welcome, so grab your friends, family and colleagues and come to celebrate the success and finale of one of our longest running events in Wrexham.



We'd also like to thank our t-shirt sponsors **Brother Industries** and **Village Bakery** for the end of walk treats.

LOCAL CHARITY - LOCAL STORE HELPING LOCAL PEOPLE

In September 2018 our new flagship store opened on Regent Street, Wrexham to a great fanfare. The new store offers a wide range of new and donated furniture at great prices. In our extensive clothing department we offer an exciting selection of women's and men's seasonal clothing and accessories.

On the first floor, our amazing team of volunteers give new life to vintage furniture and create unique pieces in our up-cycling department. We also stock a range of recycled emulsion paint in a variety of colours with prices starting at just £5 per litre.

One of the great successes has been our first floor bookshop where from just £1 you will find a great selection of novels, biographies, cook books, gardening books and many other titles, as well as a good selection of DVDs. You are always welcome to come in, take your time and browse.

In the café on the first floor you can surf the web using our free wifi, enjoy one of our all day breakfasts or choose from our menu of hot and cold lunches, including soups and baked potatoes. Our café is a wonderful place to relax with friends over coffee and homemade cake.

There are lots of reasons to shop at Nightingales where store manager Sam and her team of dedicated volunteers look forward to welcoming you. Find out what is happening in-store by following the Regent Street store on Facebook.

HELP KEEP OUR SHELVES FILLED

We need to keep all our shops filled with super items for our customers. If you haven't already had a spring clean and a good de-clutter why not do it now and drop off those items that you no longer need. We are always looking for good quality clothing, household textiles, bric a brac and books. We welcome donations of furniture and electrical items too.

Donating to us couldn't be easier. You can drop off your donations at any of our shops. At our Regent Street store we have a dedicated drop off point at the rear of the building on Priory Hill. Just pop the postcode LL11 1SU into your sat nav and it will take you there. You can arrange collection of larger furniture items by calling Sam on 01978 262589.



By donating your pre-loved goods to Nightingales everybody wins: you de-clutter, less gets sent to landfill and most importantly, together, we raise funds for Nightingale House.

And you can increase the value of your donation by an additional 25% by Gift Aiding the items which you donate to us.

A special thank you goes out to **Westbridge Furniture** for so very kindly donating many goods to our shops, raising much needed funds for patient care.

WHY DO PEOPLE VOLUNTEER?



Our volunteer workforce is critical to Nightingale House. More than that, our volunteers are our unofficial community representatives for the work we do, and for this we thank each and every one of them for their time, commitment and support. No area is more important than another and no area of the hospice is left untouched by volunteers.

HERE ARE SOME OF THE UNIQUE SKILLS WE ARE CURRENTLY LOOKING FOR TO ENHANCE OUR PATIENTS' EXPERIENCE:

- Flat Pack Furniture Builder
- Furniture Upcycler
- Warehouse Operative
- Driver's Mate
- Reception
- Gardener
- Outreach Service
- Patient Companion
- IT Teacher - Phones and iPads
- Administration
- Music and Singing
- Complementary Therapy
- Digital Photography
- Hospice Patient Companion

TEN EXCELLENT REASONS TO VOLUNTEER IN 2019

1. IT'S GOOD FOR YOUR HEALTH

There is now broad agreement about the positive contribution volunteering can have for people's health and wellbeing.

2. CAREER BOOSTER

Did you know volunteering is an excellent way to boost your career prospects? It helps you create a positive impression, makes you more innovative, creative and gives you a range of useful skills.

3. LEARN NEW SKILLS

Volunteering helps you improve your teamwork, leadership, problem-solving and people skills.

4. GIVE BACK TO A CAUSE YOU BELIEVE IN

5. DO SOMETHING YOU ENJOY

Your reason for volunteering should begin where your passions lie. Every volunteer within the hospice believes in the work we do and is moved by the impact they make on our patients and their family's lives.

6. CHANGE SOMEONE'S LIFE

Your actions as a volunteer within the hospice, whether big or small, will have an impact on someone's life.

7. MAKE REAL CONNECTIONS

Volunteering lets you meet people from all walks of life. It gives you the chance to form real friendships that can last a lifetime.

8. BECOME A PART OF THE COMMUNITY

New to the area, just retired, in between jobs or need a bit of company and support? - then volunteer for your local charity Nightingale House Hospice.

9. GET INSPIRED

It can be easy to find yourself stuck in a rut. You can use volunteering as a reason to get out of your old routine and...

10. HAVE FUN!

If you are interested in any of these exciting opportunities please contact:
jo.kearns@nightingalehouse.co.uk or 01978 316800



A NIGHT IN THE LIFE OF NIGHTINGALE HOUSE

The night duty team comprises of eight staff nurses and six health care support workers (HCSW), who all work permanently on night duty. The night shift commences at 8pm and finishes at 7am for HCSWs or 7:30am for staff nurses. The shift requires two qualified nurses and two HCSW's all with varying skills and experiences but one qualified nurse should preferably be a senior staff nurse.

At 8:15pm the night staff receive handover from the evening shift. This highlights the individual patients' diagnosis, prognosis, individual care needs, social needs and any additional information staff may need overnight; the handover usually takes approximately 30 minutes.

Following handover, staff introduce themselves to the patients and their families. This facilitates the initial assessment of the night and promotes communication and relationship building. There is a division of workload at the start of the shift as the HCSWs distribute supper and drinks and the trained staff administer medication. Firstly controlled drugs are administered which requires two nurses to check each one; then the medicine round is commenced.

Early on in the shift, two staff undertake a security check of the whole building to ensure that doors and windows are secured; security is a high priority to ensure the safety of everyone in the building at night.

There is no set routine at night as delivery of care is dependent on individual needs and the necessity to prioritise which needs will be addressed first. Due to the complexity and illness trajectory, patients often have unsettled and wakeful nights where anxieties come to the fore.

If during the night a patient's circumstance changes, staff will provide intensive emotional support and counselling, as well as giving practical advice and information. Staff can spend some hours with one person or family.

No two nights are the same and the workload can be challenging at times, requiring staff to be flexible and responsive to varying situations.



"We try to make the ward a welcoming and friendly place to be with our patients at the centre of everything we do. All of our patients are regarded as part of the ward family."

Did you know we have organised hospice tours on the first Wednesday of every month between 6pm -7pm? **Ring 01978 314292 and ask for Carol to book your place.**

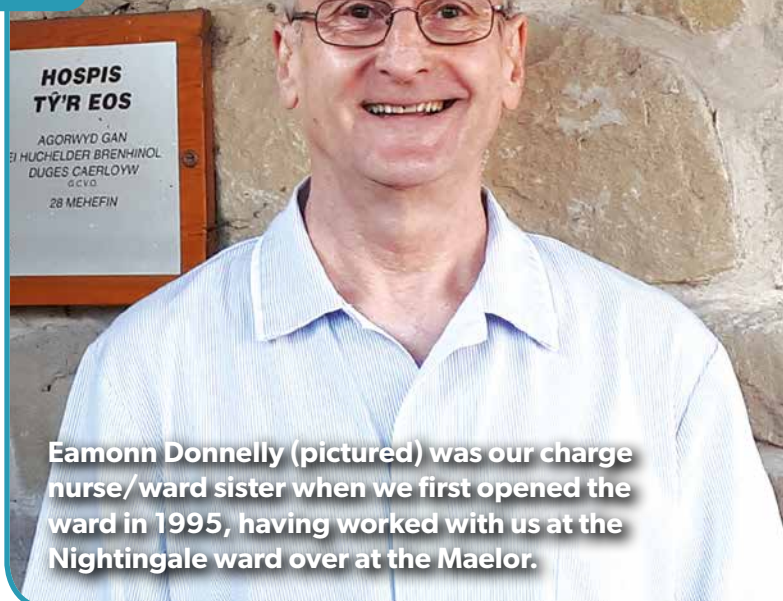


UNSUNG HERO

Eamonn is a Health Care Support Worker and volunteer at Nightingale House. He supports patients with personal care and daily living tasks, for example helping people to wash, dress and making sure they are eating and drinking well responding to people as individuals and ensuring care is person-centred, safe and effective.

"Eamonn originally worked here as the Charge Nurse on our Inpatients Unit. He left for a while to become a chiropodist and then after retiring came back as a bank Health Care Support Worker. He is a sensitive and caring nurse with a great sense of humour. He puts everyone at ease with his easy-going manner. He values everything that our hospice is about - quality care, relieving stress, supporting people in distress, preserving dignity, individuality, spiritual needs, improving quality of life... I could go on."

"Eamonn surprised us all recently when he turned up in a volunteer fleece and said he was helping at our Regent Street shop because he thought it was a great idea."



Eamonn Donnelly (pictured) was our charge nurse/ward sister when we first opened the ward in 1995, having worked with us at the Nightingale ward over at the Maelor.

"He loves helping in the book section in particular. He is now working nights on the ward as a Bank Health Care Support Worker. He is a real star."

- Kay Ryan, Outpatient Services Coordinator

BEING PART OF THE BIGGER PICTURE

Each year, hospices across the UK have a variety of opportunities to come together at conferences and study days to share their work, learn from each other's experience and often to use that learning to avoid pitfalls that others have experienced in service development. The last 12 months has been no exception - as a hospice we have had the opportunity to present our work at a variety of both regional and national conferences.

In November, Hospice UK held its annual conference over two days in Telford. We took two pieces of work to present and attended a range of sessions delivered by other hospice teams. They ranged from the merger of the Countess Mountbatten Hospice and Mountbatten Isle of Wight Hospice, to the perceived impact of Brexit on the hospice sector.

Our poster presentation shared information about what we have learned from the volunteers delivering befriending services in their own communities and the findings so far from our St. James Place Foundation funded project developing palliative care heart failure services.

Sarah and Tracey had the opportunity to look at new developments in therapies and equipment for hospices with Sarah testing out the options in virtual reality. We

are currently testing a virtual reality headset, which could be used for relief of pain and anxiety for our patients.

The equipment, with its 360° camera, could also be used by patients who were unable to attend family events or are too unwell to make a visit home. VR would enable them to experience that environment again through use of the headset.



Pictured: Tracy Livingstone (Head of Governance and Education) and Sarah James (Social Worker) are promoting our work.

OUR GENEROUS COMMUNITY

Social media is growing in popularity every day and it creates an opportunity for our hospice to reach out to more and more people. An added bonus, for example, is the money we save on print and production.

Approximately six months ago we joined a number of popular local social media groups and have requested that they publish our events to reach as many people as possible. We are glad to say that due to the generosity of our online community, we have successfully increased the numbers of people attending all our events. To reach thousands of local people without having to pay anything to do so, gives our fundraising team a big advantage. With all that said we would like to specifically thank the following Facebook groups for making a big difference to our fundraising efforts:

Wrexham Town Matters | Wrexham County Matters | Wrexham Noticeboard | Llangollen and District Noticeboard | Wales Comic Con | Ask Oswestry | Wrexham Buy & Sell Anything and Everything | Love North Wales | Penyffordd & Penymynydd (Streetlife Page) | HMP Berwyn – Wrexham | Oswestry a Lovely Funny Old Town | Ask Oswestry Anything | Holt Village - North Wales | Wrexham Ink | Llay Noticeboard | Corwen Issues Group | Llangollen Matters | Wrexham Street Festival Group | Digwyddiadau Dolgellau Events | Friends of Whitchurch Shropshire | Gresford & Marford Village

THANK YOU



Amelia raised £1,486 and donated her hair to The Little Princess Trust



Yale Rotary Club visit Caffi Cwtch every Wednesday and have donated £408



Phil Caslin and Janet Bingham Captains 2018 Padeswood & Buckley Golf Club presented £4,755



Edward donated all his Christmas money (£50) to our hospice



Stanley sold so much merchandise he ran out!



Local employer Fibrax Limited raised £213 from a Christmas raffle



Vale of Llangollen Golf Club has raised an eye-watering £7,000



Jackie Roberts held an event at her house raising £2,054.03



Cefn Albion FC raised £1,100 from a fancy dress bike ride

WYT TI'N SIARAD CYMRAEG?

We produce an electronic version of our Welsh newsletter which is on our website. If you require a hard copy, please contact our fundraising department on 01978 314292.

The previous two newsletters were kindly translated, completely free of charge, by Gareth Evans Jones. Gareth's support is appreciated by everyone at our hospice.

View or download our Welsh literature:
nightingalehouse.co.uk/cymraeg

Byddwn yn cynhyrchu fersiwn electronig o'n cylchlythyr Cymraeg, a gallwch gael y ddogfen ar gais neu o'n gwefan. Os hoffech chi gael copi papur, cysylltwch â'n hadran codi arian ar 01978 314292.

Cafodd y ddau gylchlythyr blaenorol eu cyfieithu'n rhad ac am ddim yn garedig iawn gan Gareth Evans Jones - mae pawb yn yr Hospis yn gwerthfawrogi cymorth Gareth.

I ddarllen neu lawrlwytho ein llenyddiaeth cyfrwng Cymraeg, trowch at:
nightingalehouse.co.uk/cymraeg



In three years The Sun Trevor has raised over £10,000 from their regular quiz nights



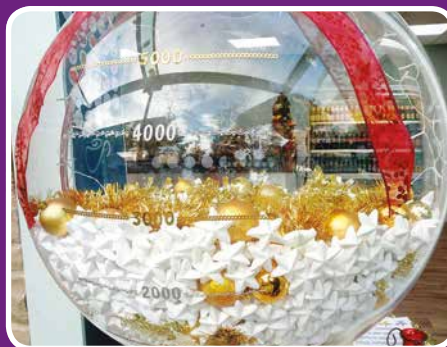
Our annual Reindeer Run raised £11,278.40



The Golden Lion Coedpoeth produced a very 'special' calendar and it raised £2,000



Light Up a Life generated £33,494.34 for our hospice



Our 'Help us Pay for Christmas Day' campaign brought in £4,956.14



We had a record-breaking Christmas Fair raising £5,202.61



Ady Jones Tae Kwon Do Schools and Family Martial Arts Centre raised £970.02



Bellis Brothers' Grotto and Breakfast weekends raised £7,767.71



Individual challengers brought in £51,613.32 in 2018

GOODNESS GRACIOUS GREAT WALL OF CHINA!

When we decided to stage our first ever International Challenge, none of us who work here knew what to expect. How would it be received? Would anyone be interested in attending the Information Session, never mind the actual challenge? How difficult would it be to attract people who wanted, not only an adventure, but to commit themselves to raising money for the hospice? Well, there was only one way to find out – launch it and see!

So, on a Wednesday evening in June 2017 at 6:30pm at Caffi Cwtch and in conjunction with Global Adventure Challenges, Chester, we decided to do just that. And, because of that one small step, an adventure of a lifetime began.

The responsibility on behalf of Nightingale House for organising and supporting the Trek was given to Christine Dukes, not a trekker but an experienced world traveller with adventure in her soul and one who loved inspiring people to see what they could achieve. In conjunction with Rich Lupton, Open Events Manager from Global Adventures, an

experienced trekker, the adventure began to recruit and inspire people to join our own challenge.

Over the next few months 25 people signed up to undertake two tasks – increasing their fitness to be able to undertake the challenge and raising funds for Nightingale House. In addition to the monies they paid for the actual adventure, they each pledged to raise

additional money on top of this whilst undertaking physical training sessions and 'getting to know each other' gatherings. That was the secret of the success of this trek. By the time October 19th 2018 arrived, the group had met on a monthly basis and formed strong bonds and a unique understanding of the reasons why they wanted to undertake this adventure so that they could support each other as they walked upon the wall.

Over the period leading up to October 2018, the group either individually or in groups, staged a variety of fundraising events. These included a trolley dash, gin appreciation evening, coffee mornings, raffles, quiz evenings, golf days, pop up shop evenings

and so much more. Their enthusiasm was infectious and led to a whole group fundraising evening at Caffi Cwtch where there were raffles, an auction, shopping and gin tasting – a perfect way to lead up to the date of departure.

Nightingale House Hospice was privileged to have 25 people who led the way when it comes to establishing international challenges within the hospice and who, at this moment in time, have raised a staggering **£93,000** for the hospice. We thank them most sincerely and pay tribute to their spirit, fortitude and their sense of adventure.

Thank you, our hospice friends, you are truly inspirational.

For the 25 people who trekked on the Great Wall of China in aid of our hospice, life will never be the same. A bold statement to make but if you speak to any one of them, they will totally agree with it.





**Kay and Gary Whistler
who both work at Carden Park
are among the cyclists taking part.**

TWO FASCINATING COUNTRIES – ONE AMAZING CHARITY CHALLENGE IN 2019

Twenty two challengers are gearing up to take on a breath-taking 382km charity bike ride in support of our hospice, taking them from Vietnam's Ho Chi Minh City (Saigon) to the ancient temples of Angkor Wat in Cambodia.

The challenge will take place between November 16th and 26th and our challengers are wasting no time in getting stuck into their fundraising. So far a 'Babes on Bikes' 'soup and puds' event at the Forum Theatre in Chester has raised £273, while a sponsored six hour spin class has raised £1,244. Two of our challengers also took part in the Village Bakery Half Marathon.

Coming up, challengers are organising a sponsored walk around the Isle of Arran, a sponsored Ben Nevis climb, quad biking, a 1,000km cycling challenge, a spinathon and a charity ball. An afternoon tea will be held at Caffi Cwtch on Sunday April 14th.

Anyone interested in supporting our cyclists can contact Debbie or Del in the hospice fundraising office on 01978 314292.

NEW 2020 CHALLENGE!

INCA TRAIL TREK, PERU
6TH TO 15TH NOVEMBER 2020

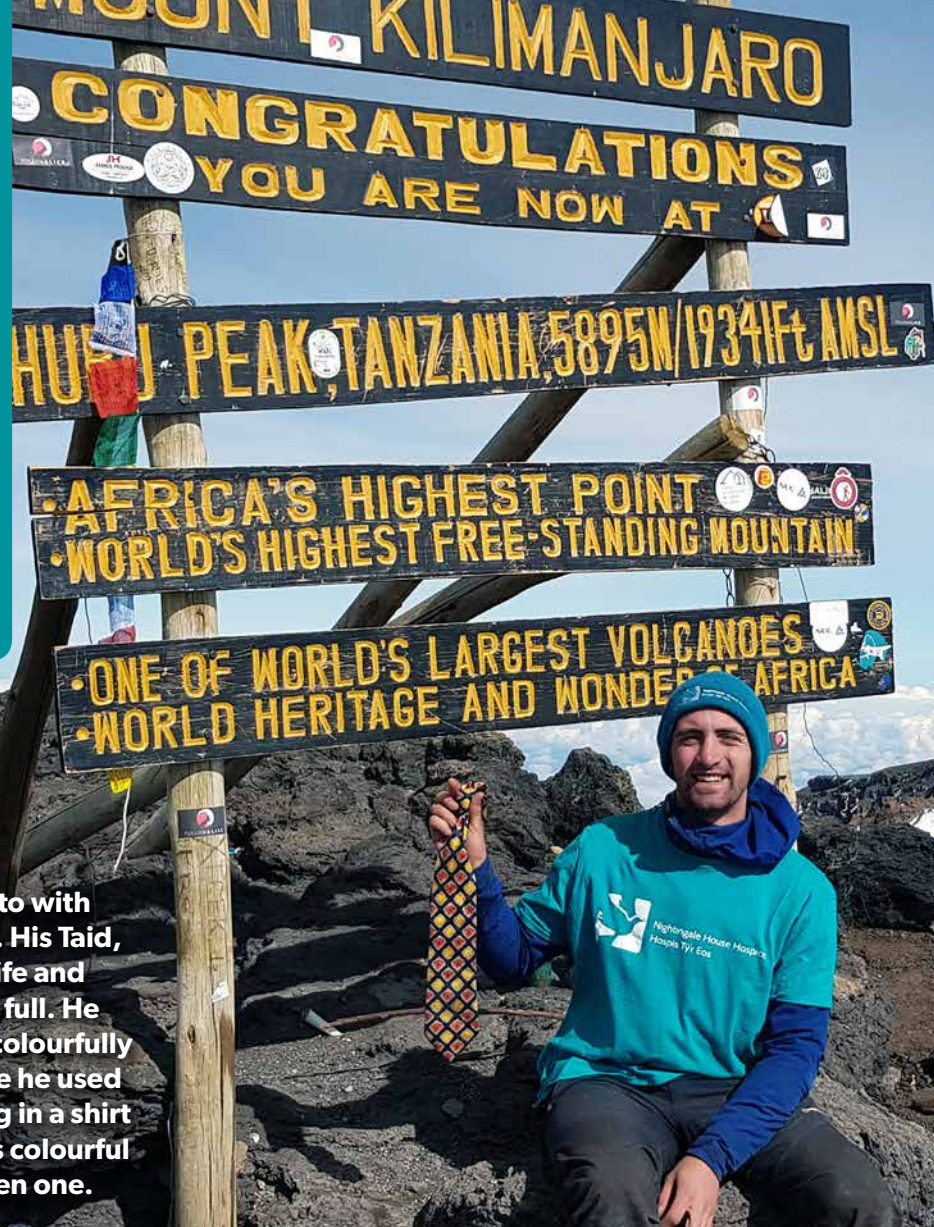
If you fancy a challenge combined with visiting one of the world's most important archaeological finds and one of the New Seven Wonders of the World, then look no further. Our next International Challenge will do just that – we are conquering the one and only Inca Trail to Machu Picchu!

There are literally thousands of Inca Trails within Peru and many other charity events sound similar, but there's only one Inca Trail that leads through the majestic Sun Gate, and then onto the fascinating ruins of Machu Picchu.

Join us at our informal Information Evening at Caffi Cwtch on Tuesday 12th March at 6pm to find out more. All welcome.



REACHING NEW HEIGHTS FOR THE HOSPICE



Saul took with him a very special memento with which he is photographed at the summit. His Taid, Norman Land, played a large part in his life and had always inspired him to live life to the full. He was renowned for dressing smartly and colourfully no matter what the occasion. For instance he used to go down to his allotment or go walking in a shirt and tie! For his funeral everyone wore his colourful ties and the one Saul chose was his Mr Men one.

A trek to the top of the world's highest free standing mountain, Kilimanjaro had a special significance for Saul Darlington who took on the challenge to raise funds for our hospice as a tribute to his late Taid Norman Land, a former chairman of trustees.

Recounting his trek, which he completed in October and for which he was in training for 12 months, Saul said:

"I love mountains and wanted to set myself a challenge. I found like-minded people willing to undertake the Kilimanjaro trek and decided to raise funds for Nightingale House as they've always been amazing when helping close friends and family in time of need. My Taid had always been very proactive with the hospice and I want to raise enough money to have a pebble in the hospice garden in his memory."

"When asked by Debbie from Nightingale's Fundraising Department if I had thought about taking anything to the top in his memory it didn't take me long to decide. Everyone who knew my Taid will make the connection between him and ties."

"I hope wherever he is, he's looking down proudly and I hope to raise recognition for all the good things he has done for the community."

Recalling the trek Saul said: *"After a four hour hike from Karanga to Barafu Camp we'd all been given just three hours to sleep before setting off for the summit at 11pm."*

"The night hike consisted of five kilometres of 'pole pole' walking pace for almost ten hours. When passing the 5000m mark the air was noticeably very thin and we had to take in one breath per step. Motion sickness, headaches and migraines were very common amongst the hikers."

"The views were incredible, with an African red sunrise filling the sky and a sea of cloud for miles. Once heading to the summit I was walking slowly even by Kilimanjaro standards!"

"We were a lucky group as we were able to take plenty of pictures on the top of the mountain and were given at least half an hour there. I made sure I kept my Nightingale House hat and t-shirt, and my Taid's tie on show."

Saul plans to continue his adventures. Next on his list is Toubkal and some unguided treks outside of the UK.

NOT JUST ANY FUNDRAISING...

M&S FUNDRAISING

M&S

EST. 1884



Each M&S store has its own dedicated charity and the team at our M&S Eagles Meadow store chose Nightingale House Hospice as the charity they wanted to support.

M&S Wrexham have supported our hospice for 10 years and during this time they've raised a staggering ...£66,690.85!

This has only been possible because they've supported our hospice in so many ways with some of their fundraising efforts being match funded by M&S HQ! For example they've allowed our wonderful volunteers to bag pack on Saturdays and held exclusive shopping evenings. In addition to this their staff have taken part in The Midnight Walk and Colour Run events, and this year they're sponsoring our Coffee and Cake Morning.

"Nightingale House Hospice is very lucky to have such a great charity partnership with M&S and Katie and George the store managers at M&S Eagles Meadow. It wouldn't be possible to raise such great amounts for the hospice year on year without support like theirs. Their

staff dedicate time to support our events, allow us to have bag packing days and have spent time volunteering at our distribution centre for the day. We look forward to working with M&S Eagles Meadow and forming a new relationship with M&S Broughton this year too."

- Jess Druce, Community Fundraiser

"We are so proud and privileged to be able to provide much needed resource to Nightingale House, they offer such vital care to our local community. We know a lot of people in Wrexham have an affiliation to the hospice, which is why we think it's so important to support something that's on our doorstep. We look forward to working with the fundraising team and to continue raising funds for the hospice."

- George Lees, Store Manager

We couldn't continue to provide such vital care without the support of local businesses, and would like to invite you to see the work we do first hand. On the first Wednesday of every month between 6pm -7pm your business can join our organised hospice tours.
Ring 01978 314292 and ask for Carol to book your place.



BUSINESS NEWS UPDATE



Welcome to our new business pages, bringing you the latest news from our business supporters and offering ideas on how your business can get involved.

There are lots of ways your business, large or small, can help:

- Choose us as your Charity of the Year
- Volunteering Days
- Participation in our events
- Payroll giving or join our lottery via payroll
- Sponsoring one of our events
- Gifts In Kind
- Selling merchandise in your workplace
- Take on a challenge – maybe you fancy skydiving?
- Hold a fundraising event
- Advertising our events and campaigns
- Offer your expertise
- Use our café for a meeting. Did you know we also provide takeaway buffets?
- Hold a 'Donate Don't Dump' Day by collecting goods for our charity shops

IMPERIAL COMMERCIALS LAUNCHES TIP TOP FUNDRAISING IDEA

A national commercial vehicle dealership has introduced an original way to raise funds for our hospice.

Stuart Cornish, Regional Truck Sales Manager for Imperial Commercials of Rhostyllen, Wrexham explains: *"My grandad was a patient at the hospice and I have seen first-hand the wonderful care given. We will be asking customers to make a voluntary donation to utilise one of our two demonstration vehicles. We really hope our customers will take the opportunity to back this initiative for such a worthwhile cause."*

YOUR BUSINESS CAN MAKE A DIFFERENCE

Aico in Oswestry have donated £1,000

Synthite donated £2,000 to refurbish our Daycare Bathroom and a further £2,000 for new soft furnishings

Portable Foods regularly donate cereal bars

Refresco have donated water for our events

Let Alliance raised £1,710.66 from a range of fundraising activities including Tough Mudder

9Nine Brand donated lots and lots of flapjacks

Brother Industries raised £1,068 from a Raffle, Christmas Jumper Day and Cube Collection

IMC donated £501.30 from a raffle and quiz

DTCC FUNDRAISING TOPS £11,000



Our thanks to DTCC for continuing their sponsorship of our Colour Run for 2019.

DTCC, a global financial services company with a 'Centre of Excellence' in Wrexham, raised more than £11,000 for our hospice in 2018.

Activities included a quiz, table tennis tournament, a Snowdon walk, our Colour Run and The Great Wall of China Trek.

Christine Lovelady, Site Lead at DTCC Wrexham, said: "DTCC is fully committed to making a difference in the growing number of local communities where we operate, including Wrexham. Nightingale House too makes an enormous difference to many peoples' lives, including to several of whom are very dear to us, therefore we were proud to partner with them in 2018 and I'm delighted to announce that we'll further this relationship in 2019."

FANTASTIC SUPPORT FROM CABLE SERVICES

Specialist electrical equipment and component distributor Cable Services based on Rhosddu Industrial Estate donated £21,762 in 2018 as a result of a busy year of fundraising in 2017 and have followed that up with a further £10,832 in January this year from the efforts of the previous 12 months.

Huw Evans, Marketing Manager at Cable Services said: "We are thrilled to support Nightingale House and the work they do within our local community. Many of our employees are local to Wrexham, and have had some connection with the hospice over the last few years.

"Throughout 2018, we raised funds for the hospice, whether it be individuals running the London Marathon, the Colour Run, or any other activity such as raffles and a Christmas Jumper day. We have also been able to build a great relationship with the team at Caffi Cwtch and use the café to supply us with delicious lunches when we have meetings and training at our Cable Services branch."



These are both huge contributions for our hospice, making a real difference.

HOW YOUR HOSPICE IS FUNDED...

We receive just under **20% of our funding from statutory sources**. We then need to find over 80% of the remaining funding from other income streams. Without ALL of the income streams below we wouldn't be able to achieve the annual running cost of £3,140,383 in 2019.



LEAVE A LASTING MEMORY

As you can see from the diagram above, *Gifts in Wills* is a vital income stream for Nightingale House Hospice.

A gift in your will could leave a lasting memory and help leave the world a better place.

At the very core of Nightingale House is the belief that every day makes a difference to the lives of our patients and their families.

By leaving a gift in your will, you'll help to ensure that each person that enters Nightingale House Hospice with a life-limiting illness receives the very best care where and when they need it.

Every year, we share the light and dark, joy and sorrow of hundreds of patients and their loved ones.

A gift in your will is an incredibly special thing to do and helps us support families at the most difficult time in their lives. Every gift, however large or small, makes a difference whether it is a small percentage or a modest sum. Making or amending a will raises many important

questions. We understand you will want to think about these in your own time, on your own terms and with your family and loved ones in mind.

In 2018 we received over £330,000 from gifts in wills – this is enough to run our hospice for 38 days in 2019.

"No-one knows what the future holds and life-changing moments can happen when you least expect them. Leaving a Gift in your Will helps to ensure that future patients can benefit from the fundraising we are doing today."

"This year's Will Week takes place between 30th September – 4th October and in return for a donation to our hospice our partnering solicitors will write you a will."
– Delyth Underwood, In Memory Giving Fundraiser.

For more information about how you can leave a gift to Nightingale House Hospice, please call Delyth Underwood on 01978 314292 or email delyth.underwood@nightingalehouse.co.uk

IT'S EASY TO PLAY OUR LOTTERY

Playing the Nightingale House lottery is an easy, fun and rewarding way of supporting your local hospice.

As you can see from the diagram to the left, the hospice lottery has a huge impact on our services at Nightingale House and in 2018 the Hospice Lottery raised over £500,000!

HOW TO PLAY...

1. Simply fill in a registration form
2. From £1 a week you will be automatically allocated a unique lottery number
3. This is your set of numbers that you play with for as long as you want to remain in the draw

Any prize cheques you win are issued and posted directly to you, so there's no need for you to do



anything, your prize will just arrive at your door! Every draw we hand out an amazing lottery jackpot of £2,500 to a lucky winner, along with additional cash prizes to be won ranging from £25 to £500.

Our lottery has become an essential form of regular income for our hospice, ensuring we can meet our ongoing commitments and costs associated with our specialist care.

Give yourself, or someone you know the chance to win a fantastic prize every week and help a great cause by joining the hospice lottery membership.

Later this year, around the summer time, you'll be able to sign up, at your convenience, via our web site!

WEDDING FAVOURS



To give back is a humbling experience, especially when you're fortunate enough to have found your soul mate. Charity wedding favours are a meaningful way to show your support to a cause close to your heart.

Our wedding favours are a great way to say thank you to your guests whilst making a difference to patients and their loved ones. Your guests could even win a cash prize of up to £2,500 too!

Signing up is easy, simply make a quick phone call to our lottery team who will talk you through the whole process. To support you we'll provide the table cards and our lottery manager, Tracey Price, will be happy to meet with you before your big day to talk through your requirements.

To discuss any of the above or for more information please ring Tracey Price on: **01978 313134**

COMMUNITY EVENTS AND CAMPAIGNS

Care for a Curry Launch Night

5:30pm - 8pm, Thursday 16th May

Anise, Wrexham

Anise will be hosting the launch night for our 'Care for a Curry' campaign. Two course meal, magician and raffle.

Tickets are £18 per person

Coffee and cake 'Join us in June campaign'

10am - 1pm, Saturday 22nd June

St Margaret's Church Hall, Acton, Wrexham

Join us for coffee and cake as we celebrate the month of our 'Join us in June' tea party and coffee morning campaign

£1.00 entry

Join us in June - Host your own tea party

We are looking for colleagues, friends or family to come together and host a coffee morning or to just simply share a cuppa and a piece of cake

Chop the Mop

Why not embrace a new year with a new look and shorten or shave your long hair?

Scooterthon

11am - 1pm, Saturday 25th May

Bellevue Park

Grab your scooters and take part in a sponsored scoot around the park track

£7.50 entry including a medal and a treat

CHALLENGES

Skydive

Saturday 1st June

Tilstock, Whitchurch

Test yourself and push your bravery to the limit, whether you're an adrenaline junkie or just want a new challenge... life is about living!

£70 deposit and £500 minimum sponsorship

Welsh 3000's

Saturday 27th July

Snowdonia Mountain Range

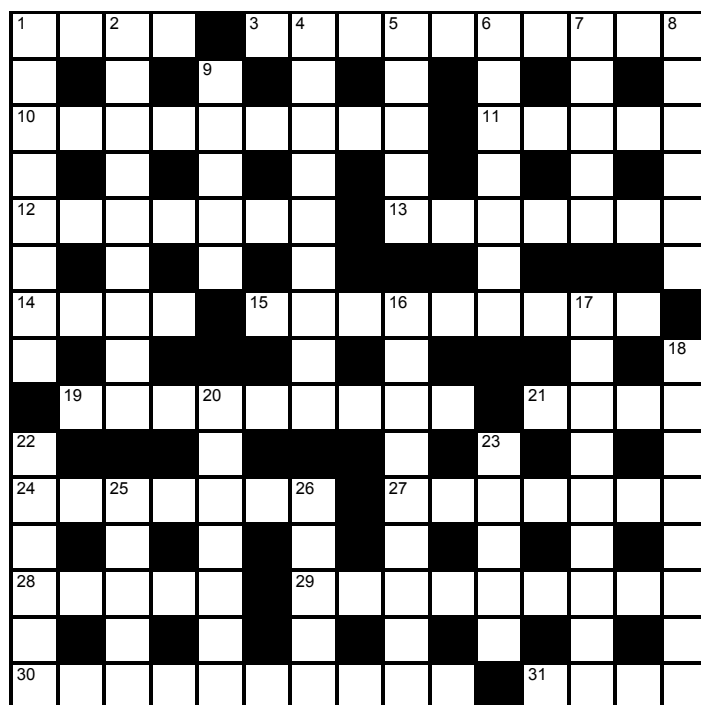
Are you ready to conquer the 15 highest peaks in Northern Snowdonia within 24hrs?

Self funding £179 or free space £500 (min. sponsorship)

OUR ONLINE COMMUNITY

We have a new Facebook Group page where you can engage with our community fundraisers! Whether you are taking part in a challenge, hosting an event or just want to discuss your love for the hospice, please visit:

bit.ly/nhhcommunity



CROSSWORD CHALLENGE

Can you complete our crossword in less than an hour?

Across

- 1 U S space group (1,1,1,1)
- 3 Court game (10)
- 10 Consequently (9)
- 11 Female sovereign (5)
- 12 Survive (7)
- 13 Bowling pin (7)
- 14 Skin eruption (4)
- 15 Pachyderms (9)
- 19 Sue (9)
- 21 German Mrs (4)
- 24 Passage (7)
- 27 Surrey commuter village (7)
- 28 Trembling poplar (5)
- 29 Mouth organ (9)
- 30 Science of numbers (10)
- 31 Undiluted (4)

Down

- 1 Belonging to a country (8)
- 2 Enticement (9)
- 4 Papal (9)
- 5 Leg joints (5)
- 6 Mexican liquor (7)
- 7 Proficient (5)
- 8 Beam over a door (6)
- 9 Started (5)
- 16 Medley (3-6)
- 17 Frighten, usually by violence (9)
- 18 Take away (8)
- 20 Squeeze together (7)
- 22 Las Vegas setting (6)
- 23 Racecourse (5)
- 25 Island in the Bay of Naples (5)
- 26 Resort lake in both California and 22 down (5)



NIGHTINGALES

— REGENT STREET, WREXHAM —



COOKED
BREAKFAST
FROM

£3.95

Across: 1 N A S A, 3 Basketball, 10 Therefore, 11 Queen, 12 Outlast, 13 Skittle, 14 Acne, 15 Elephants, 19 Prospector, 21 Frau, 24 Excerpt, 27 Oshott, 28 Aspen, 29 Harmonica, 30 Arithmetic, 31 Neat. Down: 1 National, 2 Sweetener, 4 Apostolic, 5 Knees, 6 Tequila, 7 Adept, 8 Lintel, 9 Begon, 16 Pot-pourri, 17 Terrorize, 18 Subtract, 20 Scrunch, 22 Nevada, 23 Ascot, 25 Capri, 26 Tahoe.

£2,500 JACKPOT EVERY WEEK!

**1st Prize £2,500 ★ 2nd Prize £500 ★ 3rd Prize £250
4th Prize £125 ★ 5th Prize £50 ★ Plus Five Prizes of £25**

Just £1 a week

gives you a chance to win one of our 10 fabulous prizes!

How would you like a chance of winning £2,500 every week?

Join the Nightingale House Hospice Lottery for just £1 a week and make that dream a reality.

**By entering our Lottery, your membership will
help our nurses provide vital care to those whose lives are limited.**



Nightingale House Hospice
Hospis Tŷ'r Eos

01978 313134
www.nightingalehouse.co.uk/lottery



Nightingale House Hospice
Hospis Tŷ'r Eos



Pontcysyllte
Safle Treftadaeth Y Byd
World Heritage Site

SPONSORED
WORLD

HERITAGE

WALK



STEP INTO YOUR LOCAL HISTORY



**7TH
APRIL
2019**



**FREE
SHUTTLE BUS
COURTESY OF
Pats Coaches**



FREE

REGISTRATION

9:30AM



WALK STARTS

11:30AM



**PUSHCHAIRS
AND DOG
WALKERS
WELCOME!**



SPONSORED 13 MILE WALK ALONG THE LEGENDARY PATHS OF LLANGOLLEN
AND OSWESTRY, AN AREA STEEPED IN LOCAL BEAUTY AND HERITAGE.

NIGHTINGALEHOUSE.CO.UK 01978 314 292