

NIGHTINGALE

HOUSE HOSPICE

AUTUMN/WINTER 18

LIGHT UP A LIFE

Celebrate the lives of our loved ones

Balloon Carnival

A visual spectacle for Oswestry

The Midnight Walk...

Big announcement for 2019

01978 316800
NIGHTINGALEHOUSE.CO.UK



WELCOME

I hope that everyone has made the most of the excellent summer weather we have experienced, a real contrast to the early part of the year. The weather inevitably impacts attendance at some of our outdoor fundraising events, although our supporters brave all conditions to raise money for the hospice. There are many great examples of this later in the newsletter, thank you so much for your loyal support.

We continue to focus upon meeting our strategic objective of widening our support to more patients and their families and, where possible, to deliver our services both in the community as well as from the hospice. In order to progress this ambition we are undertaking a full review of all the services which we currently deliver from the hospice. Alongside this review we are developing a modernisation and refurbishment programme of our premises which will further enhance patient experience whilst enabling a greater number of our community to access our services. The Board of Trustees is totally committed to modernising the hospice, which is now 23 years old, thereby providing facilities for patients to be supported and cared for in the best possible environment.

On a difficult subject, it was recently reported that a former employee, Andrea Fisher, pleaded guilty to fraudulently obtaining £12,450 from the hospice over a five year period between 2010 and 2015. Whilst the monies stolen have now been repaid in full, it is for the conscience of this individual to reflect upon the true cost to the hospice of her dishonest actions.

In late July, the hospice received an unannounced inspection by Healthcare Inspectorate Wales (HIW). Four HIW Inspectors spent two days at the hospice talking to patients and their relatives, staff and volunteers and examining records of care, maintenance and HR. Feedback from the visit was very positive and the inspectors were complimentary to all staff and volunteers for the welcoming atmosphere and also the

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



high standards of care and governance. This is very welcome feedback for the hospice and so important as the quality of patient care and support for their families is at the centre of all that we do. Many thanks to Jane Forbes (Head of Clinical and Patient Services) and Tracy Livingstone (Head of Hospice Governance and Clinical Innovation) and their respective teams for the high standards achieved.

As ever at this time of year, our fundraisers are focusing on events and fundraising activities for what is always an exceptionally busy end to the year and Christmas period. We look forward to seeing many of you during this time at a number of events featured in this newsletter.

As this is the last newsletter of 2018 I would like to wish you all the very best for the remainder of the year and thank you again for the unbelievable support which you continue to give to your hospice.

Best wishes,

Steve Parry

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

YOU'VE GOT A 'BE-FRIEND-ER' IN ME

There are many reasons why individuals find times in their lives when they feel lonely and isolated; perhaps they have just moved into a new area and don't have a great deal of confidence to go and meet new people. They may have experienced a period of ill health or incapacity, which made it difficult to get out, or perhaps they have responsibilities as a carer, which means they are worried about leaving a loved one at home alone. Whatever the reason for a feeling of loneliness and isolation, we know that it can be bad for an individual's health and well-being.

So what can we do?

As a hospice, we decided to try to build community resilience within our catchment area, through supporting groups of volunteers in local communities to establish 'Befriender' networks, taking referrals from local GP surgeries and district nurses when they identify that someone is at risk of becoming isolated.

The hospice provides local information to communities about what a befriender group is and how to set one up, then helps to recruit initial volunteer coordinators and befrienders, undertakes DBS checks of volunteers, induction training about the befriender role and volunteer safety, and then the community builds its network of referrers, volunteers and coordinators.

There are three groups receiving referrals in communities, Llandderfel, Llangollen and Coedpoeth,



two groups linked to the hospice itself, a heart failure befrienders group and a day unit link, three groups actively recruiting volunteers in Chirk, Rhos and Penycae and groups planning public meetings during September/October in Gwersyllt, Cefn Mawr/Plas Madoc and Rossett.

What an amazing community we live in!

Could you volunteer one hour a week to support someone who may be isolated or lonely in your community? If the answer is yes, then please get in touch with the hospice by emailing:

tracy.livingstone@wales.nhs.uk

kate.jones11@wales.nhs.uk

OUR HOSPICE IN NUMBERS

Throughout the year we offered our patients numerous services that many of our supporters aren't aware of, for example - Occupational Therapy, Music Therapy and Hydrotherapy. And to put into context how vital our volunteers are to the smooth running of Nightingale House, we think the 'hours donated' infographic below speaks volumes (based on 2017 statistics).



146

MUSIC THERAPY SESSIONS



285

HYDROTHERAPY
SESSIONS DELIVERED



423

OCCUPATIONAL
THERAPY SESSIONS



103,670

VOLUNTEER HOURS
DONATED

OCCUPATIONAL THERAPY

Rehabilitation is an important part of the services we offer at Nightingale House. Our aim is to help people overcome challenges that illness presents and to create achievable goals. Occupational Therapist, Vicky is part of the rehabilitation team who works closely with our physiotherapists, nurses and family support team.

"Occupational Therapy played a major part in enabling me to return home. By supplying equipment and support to make my home life safe and secure, Vicky helped give me back my independence."

- patient attending a Drop-In session

A common question Vicky gets asked is: "What is Occupational Therapy?"

Occupational Therapy focuses on helping people whose health prevents them from doing the activities and tasks that matter to them. If you think about all the activities you may have been doing today before reading this newsletter, they will be many and varied - getting up, washing, dressing, cooking, eating, travelling, shopping, working, gardening, messaging a friend on



your phone, walking the dog, playing with your kids... the list is endless and individual to you. Serious illness can have a major impact on many of those day to day activities that we often take for granted.

"I found the tips and advice about managing fatigue really useful as tiredness is a big problem for me."

- patient attending a Drop-In session

UNSUNG HEROES

If you speak to any department in our hospice or shops about how important our facilities team is, a typical answer would be "we couldn't do what we do without them."

You'll see Alan and Ian in our shops, the distribution centre, at events, Caffi Cwtch and around the hospice. We'd need a bigger newsletter to list all the tasks they

carry out on a daily basis but together they ensure the smooth, uninterrupted daily running of all our hospice facilities.

"A lot of the work carried out by Ian and Alan is invisible to the patients and families we meet. In some ways they are the oil that keeps things moving smoothly and the glue that keeps things together. This might be through driving the ambulance to take someone to a hospital appointment or out on a home visit, or the regular safety checks on facilities and equipment."

- Tracy Livingstone, Head of Hospice Governance and Clinical Innovation

"Last winter was particularly challenging with heavy snowfall for periods of time. Many of the nursing team, from the inpatient unit live in rural areas and were 'cut off' due to snow disruption. Alan ensured that he travelled in the 4x4 arranging a point where staff could walk to for collection and brought them into work, so that our patient and family care could continue safely. He also ensured, where possible, to get staff home, however some stayed over at the hospice to cover their shifts."

- Jane Forbes, Head of Clinical and Patient Services

Our facilities team is vital to our hospice. Our dynamic duo ensure our grounds are maintained to the highest standard, providing a calm and safe haven for our patients and their families.



Mark Banks from Deeside Creameries kindly donating ice-creams to our hospice. Pictured left to right: Mark, Alan and Ian.

MUM WOULD BE SO PROUD

Eight-year-old fundraising superstar Cleo Purslow from Rhos has donated an outstanding £3,107.50 to our hospice!

She chose to donate the proceeds from two events to the hospice where her mum Vikki was cared for but who sadly passed away when Cleo was a baby.

Her first event, a sponsored ten mile walk from Rhos to Llangollen was completed with dad Matthew and friends. Then a World Cup Final party at The Fat Boar in Wrexham raised £1,101.49 of the £3,107.50 thanks to the 'Cleo Burger' which she designed herself and sold on the day.

Matthew said he and his daughter, along with family and friends have always had links with the hospice: *"Cleo has attended many Nightingale House events and in particular likes the Light up a Life event at Christmas which she has attended with my mum and dad since she was a year old."*

"As a family we know first-hand what an amazing place the hospice is. Their care and support for patients and their families is outstanding and even though Cleo is young, she has always been mindful of the help and support her mum received there."

When Cleo said she wanted to raise money to help others she decided any funds should go to the hospice. Cleo and Matthew planned a ten mile walk over the mountain from Rhos towards World's End, walking along a section of the Offa's Dyke footpath to the panorama above Llangollen and ending at The Sun, Trevor. These were all some of her mum's special places.

Cleo wrote us a beautiful letter in lovely handwriting explaining why she wanted to help our hospice and she has really touched all our hearts. She is a wonderful little girl with a very kind heart. Our heartfelt thanks also go to her dad Matthew and to their family and friends for all they have done to raise this amazing amount. A big thank you to The Fat Boar also for hosting the Cleo Burger event and donating ticket sales as well as everyone who contributed to make the day such a success.





CELEBRATING ANOTHER SUCCESSFUL MIDNIGHT WALK

Over 700 people signed up to take part in this year's Midnight Walk. Normally a ladies only night, this year the event was open to anyone aged eight upwards. Walkers who donned cherry red Midnight Walk t-shirts were joined by former serviceman Shaun Stocker.

Inspirational Shaun from Wrexham, who lost both his limbs above the knee after stepping on an explosive device in Afghanistan and walks with the aid of two prosthetic legs, led the 10km challenge with walkers setting off from Llwyn Isaf.

Now in its eleventh year, the Midnight Walk helps to raise valuable funds to support patient care at our hospice. Amanda Kinsey, the hospice's event fundraiser, said the walkers had once again done the hospice proud.

"We are always amazed by the amount of support shown to the hospice and our staff and this year has been no different. People came from across North Wales to step out for us and help raise vital funds to support patients and their families."

"It will cost £3,059,495 this year to keep the hospice running so events like this are invaluable to us and the people who use our services. The Midnight Walk

is a fun night but a really important event too and we're so very grateful to everyone who took part. Every single one of those steps taken on the night helps us to make a difference in some way."

As with previous years, walkers chose to complete either a 6km or 10km walk around Wrexham, setting off after a rousing send-off from Shropshire band 'Brass Monkees'. We also encouraged our supporters to hang lanterns in memory of their loved ones.

This year's walk was supported by a host of Wrexham companies including the Village Bakery, which provided free tasty treats to returning walkers and outsourced communications provider Moneypenny among others which entered its own team of walkers.

We have to keep being innovative in our fundraising so with something of a heavy heart, we will be saying a fond farewell to the 'Midnight Walk'. 2019 will be our final Midnight Walk. We'd like to take this opportunity to thank everyone who has supported the event. Many of our walkers have taken part in lots, if not all, of the walks since 2007 and we appreciate the hard work and dedication of everyone involved. Let's make our final walk THE BIGGEST AND BEST EVER. Once again, EVERYONE is invited!

A ROUND OF GOLF TO FUND A ROUND ON OUR WARD

'Wrexham Golf Day 2018' staged at Wrexham Golf Club raised more than £5,800 for our hospice. Now in its 26th year, the event has raised £5,830 this time and a total of over £130,000 since its inception in 1992. Over 200 golfers took part in teams of four with an all ladies team scooping first prize. The winning team, comprising Jackie Williams, Angela Miller, Helen Milner and Kath Norman, who are all members of Wrexham Golf Club, scored 91 points, two clear of 'The Birdies' in second with 89 points, Northop Golf Club in third with 89 and Keith Miller's team in fourth also with 89. The ladies' prize was won by Dorne Tym's team with 88 points.

The golf day organised by volunteers Anne and Selwyn Roberts, was generously sponsored by Wrexham Lager with additional support from Mondelez International (Cadbury). Many prizes were also donated for an auction as well as a bumper raffle with the top prize of a stunning occasional chair very generously provided by Westbridge Furniture in Greenfield.

"Our sincere thanks go to our sponsors Wrexham Lager and Mondelez, Wrexham Golf Club, all players, members and friends for their continued support in making this event such a great success again this year. Over a period of fifteen years it has been our pleasure to help raise funds for such a wonderful place that provides specialist care for the local community."

- Anne and Selwyn Roberts, event organisers

"Once again it was a hugely successful event with the warm weather and excellent scores, making it a memorable day for all who took part. This is a wonderful annual event and one that marks the first class collaboration between the hospice and Wrexham Golf Club. We would like to thank the Club, Wrexham members Anne and Selwyn Roberts who organised the event for the 15th time this year, as well as everyone who played or contributed to the day in other ways. All the proceeds will help us in our work to provide care, comfort and support to local people and their families who rely on the services provided by the hospice."

- Debbie Barton, Fundraiser



The Nightingale House Hospice Golf Day winners, Angela Miller, Jackie Williams, Helen Milner and Kath Norman receiving their prize from Wrexham Golf Club Lady Captain Nans Edwards and Mr Captain Jonathan Tym (centre).



DISCOVER... VIETNAM AND CAMBODIA

Congratulations to Geraint Thomas for being the first Welshman to win the Tour de France. Well, this is your chance to find out what finishing a wonderful cycle challenge feels like!

Nightingale House Hospice is proud to announce its great 2019 Challenge. On 16th November 2019, bicycle riders will begin the ride of their lives when they depart from Vietnam and cycle 363 km to finish at the iconic Angkor Watt in Cambodia. The flat landscape takes you through some wonderful countryside in both countries including the Mekong Delta and Phnom Penh before arriving at the lovely and lively town of Siem Reap in Cambodia where the welcome given to you by the gentle and beautiful people of the country will stay in your minds forever.

As H G Wells said *"Whenever I see an adult on a bicycle, I do not despair for the human race."*

So do you fancy hearing more about this wonderful adventure?

If you are intrigued but not sure what to expect, please feel free to come along and see our challenge presentation.

For more information, please contact:
fundraising@nightingalehouse.co.uk
01978 314292

CYCLE FOR **YOU**
CYCLE FOR **US** 

LET'S TALK ABOUT IT

'Dying Matters Awareness Week (8th-14th May)' provided our hospice with an opportunity to talk about dying, death and bereavement. Our fabulous Family Support Team members Lesley Chambers and Sarah James took this opportunity to take part and promote various local Dying Matters events. This included a morning at Gwersyllt Resource Centre in Wrexham, giving both the community and professionals information about our hospice's child bereavement service 'Release'. They provided advice, information and guidance about how child grief and loss can be supported by family members or professionals.

"Children and young people grieve just as much as adults but they show it in different ways. They learn how to grieve by copying the responses of the adults around them and rely on adults to provide them with what they need to support them in their grief."

- Sarah James, Social Worker

The support we provide is individualised and although most children only need approximately 6 -10 sessions;



we offer open-ended support so they can return for extra sessions at a later date. The type of support includes 1:1 sessions and the chance to attend a group session or activity day; allowing them to share their experiences with other children and young people in the same situation. We support them to understand that their feelings are a natural part of grieving and that death and grief are a natural part of life. We then work with them to develop coping strategies to deal with their feelings so that it does not impact negatively on their lives or their future emotional and mental wellbeing.

WILL WEEK 8TH - 12TH OCTOBER 2018

Taking part in the Nightingale House Hospice Will Week campaign is a way of giving yourself peace of mind by setting your affairs in order, protecting those you love and respect and at the same time supporting the work of the hospice.

We are truly grateful to all of the solicitors below who have kindly agreed to waive their fee for writing a basic single or double will in return for a donation to the hospice. By writing your will during Will Week, you will ensure that if the unthinkable happens, your loved ones will be taken care of.

The suggested donation is £80 for a basic single will or £120 for a basic double will, which is a great saving on the usual will making costs. Please note that for more complex wills, additional time required by your solicitor could incur an additional direct solicitor's fee.

To make an appointment during Will Week, please contact any of our supporting solicitors listed below quoting Will Week 2018 or email delyth.underwood@nightingalehouse.co.uk

GAMLINS SOLICITORS, MOLD
TEL: 01352 758533

GHP LEGAL, WREXHAM
TEL: 01978 291456

GHP LEGAL, LLANGOLLEN
TEL: 01978 860313

GITTINS MCDONALD SOLICITORS, WREXHAM
TEL: 01978 366665

GUTHRIE JONES & JONES, DENBIGH
TEL: 01745 814817

GUTHRIE JONES & JONES, DOLGELLAU
TEL: 01341 422604

OLIVER & CO, CHESTER
TEL: 01244 312306

THOMAS ANDREWS & PARTNERS, WREXHAM
TEL: 01978 291506

EVENTS

01978 314292
nightingalehouse.co.uk/events

Will Week

Monday 8th to Friday 12th October

£80 basic single will/£120 basic double will

Participating local solicitors' firms have kindly given their time for free to write a will for you, in exchange for a donation to Nightingale House Hospice. Make an appointment for Will Week by contacting any of our supporting Solicitors.



Eaton Hall Shopping Evening

Tuesday 20th November

Eaton Hall Estate | £15 (incl. wine and canapés)

Enjoy your Christmas shopping with a glass of wine, musical accompaniment NEW Sinfonia and canapés within the beautiful surroundings of the Wolf Room at Eaton Hall. Keep your eyes peeled for the deer on your way there!

Breakfast with Santa

Saturday 24th November

Caffi Cwtch, Nightingale House Hospice | 8:30am - 11am | Children £7/Adults £8

Come and Meet Santa whilst enjoying a wonderful breakfast with your family.

Children's ticket includes a child's breakfast and present from Santa.

Pre-booking is advisable as there are a limited number of places available.



Christmas Fair

Saturday 24th November

Nightingale House Hospice | 11am - 3pm | FREE entry

Come and get into the Christmas spirit at the Christmas Fair! We have a wide selection of Christmas gifts and stocking fillers as well as fun for all the family with tombolas, guess the name and a raffle.

Christmas Concert

Saturday 1st December

St Giles Parish Church, Wrexham | 7:30pm to 10pm | £15 per ticket

Aled Wyn Davies (one of the Three Welsh Tenors), Rhos Male Voice Choir & Wrexham Citadel Band. Tickets include seasonal refreshments.



Light up a Life

Sunday 9th December

Nightingale House Hospice | 4:00pm

Celebrate the lives of our loved ones with the support of others. Our Light up a Life service is for everyone and offers the opportunity to come together and celebrate and remember the life of someone dear to you.

SUPPORTER EVENTS

Grand Charity Concert

Friday 5th October | 7:30pm

Llay Miners Welfare

£6.00

Contact John 01691 679424

Llangollen Christmas Card Stall

9th October | 10am - 1pm

Outside Llangollen Town Hall

Charity Musical Evening in memory of Tom Scrivner

Saturday 13th October | 7pm

Llanfair DC Village Hall

Tickets £6 or £7 on the door

Contact Rose on 01824 705331

Llangollen Christmas Card Stall

23rd October | 10am - 1pm

Outside Llangollen Town Hall

Coffee Morning

Saturday 3rd November | 9:30am - 12 noon

Daniel Owen Centre, Mold

Story time with Santa and coffee morning

Saturday 24th November | 9am - 12noon

Overton Village Hall, Overton

£5 (incl. small present from Santa)

Contact Ann on 01691 624462

Bellis' Grotto Launch

Friday 30th November | 6pm

Bellis' Farm Shop & Garden Centre, Holt

Free entry

Contact: 01829 270302

Christmas Fair by Mold Support Group

Saturday 8th December | 9:30am to 12 noon

St Mary's Church Hall, Mold

Cyngerdd Nadolig / Christmas Concert

Tuesday 11th December | 7:30pm

Capel Bethesda, Mold

With Rhys Meirion, Aled Wyn Davies and Côr Rhuthun

Tickets £12 available from Siop y Siswrn, Mold

01352 753200

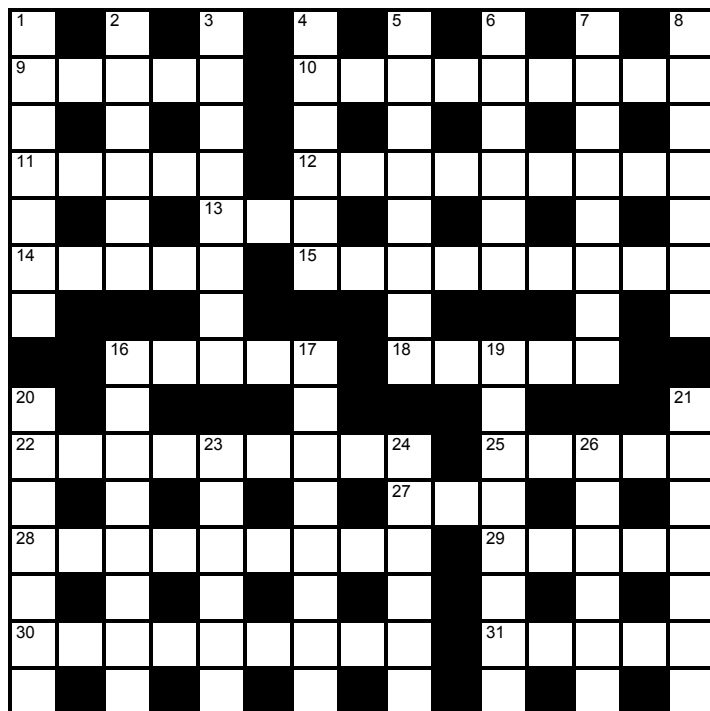
Come and Sing Christmas Carols

Friday 21st December

Community Centre, Leeswood

£3 including mince pie, tea or coffee

Contact Jenny on 07858 776594



CROSSWORD CHALLENGE

Can you complete our crossword in less than an hour?

Across

- 9 Corpulent (5)
- 10 Extreme surprise (9)
- 11 Souvenir (5)
- 12 Inherent (9)
- 13 Possess (3)
- 14 A sacred pole (5)
- 15 E.g. wine goblets (9)
- 16 Bush (5)
- 18 Double birdie (5)
- 22 Large mass of sliding snow (9)
- 25 Renounce (5)
- 27 Open mesh fabric (3)
- 28 Staff (9)
- 29 Mistaken (5)
- 30 Weaken insidiously (9)
- 31 Passageway (5)

Down

- 1 To pen in partnership (7)
- 2 Small bullet (6)
- 3 Recent arrival (8)
- 4 Saw (6)
- 5 Book end, perhaps (4,4)
- 6 Exceptional intellect (6)
- 7 Convince (8)
- 8 Adhesive label (7)
- 16 Frenzied rush (8)
- 17 Single-celled organisms (8)
- 19 Conceal with decorative paper (4,4)
- 20 Neither solid nor liquid (7)
- 21 Abrade (7)
- 23 Part of a group (6)
- 24 Followed (6)
- 26 Cardiff International Airport (6)



Caffi Cwtch

Christmas Lunch

Join us as we celebrate the season of food,
drink and friendship at Caffi Cwtch

2 courses: £13.25 3 courses: £15.95

For more information please visit:
www.cafficwtchwrexham.com

16 Stamped, 17 Bacteria, 19 Gift wrap, 20 Gaseous, 21 Roughen, 23 Aboard, 24 Ensued, 26 Rhinose.
18 Eagle, 22 Avalanche, 25 Forgo, 27 Net, 28 Employees, 29 Wrong, 30 Undermine, 31 Aisle.
Down: 1 Cowrite, 2 Pellet, 3 Newcomer, 4 Saying, 5 Last page, 6 Genius, 7 Persuade, 8 Sticker.

"The new store is a huge project for the hospice and will be very important in raising funds to support our work for many years to come. We are delighted and quite humbled by the terrific response from all across our community. Individuals and businesses have been very generous giving us their time, donations and skills."

- John Donnelly, Head of Retail



UNIQUE PRODUCTS EXCLUSIVELY AT REGENT STREET

Why not give your home a more distinctive look?

There are many products on offer in our new store, so we've decided to give you a sneak peak of some of the more unique items on offer.

It's important that we offer our customers something different, something that isn't mass produced, something that makes you want to come back.

With so many new and second hand items on offer, we feel we have something for everyone.

"We want to provide our customers with a range of one-of-a-kind goods, which means we are always seeking out exciting new products. I'm confident our customers will appreciate the amount of choice, quality and value for money of all our goods."

- Sam Evans, Store Manager



OUR NEW VOLUNTEAM

An army of volunteers has come forward to help with the opening of our new flagship store in the heart of Wrexham town centre.

In February we launched our volunteer recruitment drive for our new Regent Street store. The aim is to attract as many new volunteers as possible to work alongside our existing retail team.

We have been encouraged by the willingness of our community to get involved and have received many applications from local people keen to help us run the new store.

"The need for volunteers is ongoing and we encourage anyone with any spare time to consider joining our #Volunteam. We are especially keen to hear from anyone interested in giving time in our cafe." - Jo Kearns, Volunteering Manager

We are very fortunate that our hospice is situated in an area where people appreciate the work we do and want to make our Regent Street venture a success.

Anyone interested in volunteering at the Regent Street store or any of the other hospice shops should contact Jo Kearns on 01978 316800.

A TALE OF 2 DAYS...

THE AMAZING... THE DOWNPOUR...

THE OSWESTRY BALLOON CARNIVAL

'Oswestry Balloon Carnival 2018' was a charity fundraising event for our hospice, hosted and supported by Oswestry Town Council, along with hot air balloon support from Lindstrand Technologies and Cloud 9 Balloons.

On the 25th August the sun was shining and the birds were singing and a truly magical event came to the people of Oswestry.

Held at Cae Glas Park in the heart of the town, Oswestry Balloon Carnival hosted a Continental Food Market along with a number of stalls and family activities from classic old time fairground rides to face painting and much more!

There was an array of hot air balloons attending the event with some interesting shapes and designs, including the magnificent 'TallSteve the Penguin' and 'Wes the Wolf'.

The wonderful balloons were launched at 6am and 6pm from Cae Glas Park on what was a beautiful day, on the Saturday. Our supporters got to watch even more balloon activity with the return of 'Nightglow' also on Saturday evening from 9pm.

The event also hosted a wide range of live music and entertainment.

"We raised over £5,000 to support patient care at our hospice and are proud to be involved with this year's Balloon Carnival at Cae Glas Park. The park, which is right in the centre of the town, was such a wonderful setting to see the balloons take off and a beautiful backdrop to the Night Glow spectacular on the Saturday night. Despite the downpour throughout Sunday, the feedback from our attendees has been very positive and I'd like to thank everyone who supported the event."

"Fundraising events are one of the most significant means in which we generate vital funds for our hospice. Not only do they bring in thousands of pounds every year, but they also help us raise awareness of the work we do at Nightingale House Hospice within the local communities we care for."

- Amanda Kinsey, Fundraiser

Please look out for more information coming soon for Oswestry Balloon Carnival 2019 in partnership with Oswestry Town Council, Lindstrand Technologies and Nightingale House Hospice.



WHAT WOULD YOU DO WITH
£2,500?



**MAKE CHRISTMAS COME EARLY THIS YEAR
JOIN OUR LOTTERY FROM JUST £1 A WEEK!**
NIGHTINGALEHOUSE.CO.UK/LOTTERY 01978 313134

OUR GENEROUS COMMUNITY

For many years our local publications, both on and offline have helped us to communicate with you, keeping you informed of our latest fundraising events and news. **The Leader, Daily Post, Wrexham.com**, the **Oswestry Advertiser** and others have supported our hospice by publishing many fundraising and events related articles, that will help us to raise the £3,059,495 needed to run Nightingale House this year.

Sizzix Lifestyle, based in Wrexham, took time out to train our social worker Lesley to use their fantastic time-saving craft products that they've kindly donated so our patients can create their own unique designs.

Staff at **DTCC** have found many ways to fundraise for us, including supporting our China Trek, our Colour Run and holding a table tennis competition. They have also donated their time with volunteer days. This year they are on course to raise over £9,000 for our hospice. What a fantastic effort.

We would like to take this opportunity to thank every single person for their support this year. Below is a snapshot of our generous community.

THANK YOU!



The Davies family took part in this years Heritage Walk raising £1,800



Bargain Booze in Mold fill their tins so quickly!



Frances Reeve from Marford kindly dropping off her money cube



Gresford Craft Group raising £1,400



Willow from Mold helped her Nan Sue raise £1,700



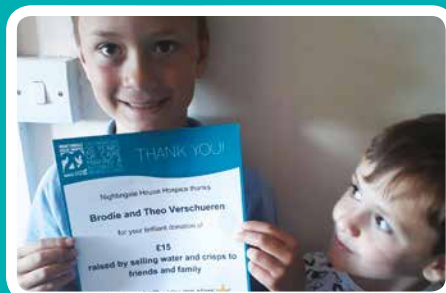
Hawarden Institute Dance Club raised £1,000



Mold firefighters kindly donated £750



Sizzix Lifestyle climbed Snowdon and raised £4,936.72



Brothers Brodie and Theo are supporting our hospice

FAREWELL AND GOOD LUCK SIAN!

Sian's no stranger to our newsletter, we wrote an article about her family in our winter edition highlighting their combined support of our hospice. They epitomise the goodwill and kindness that we are very fortunate to receive from our supporters. Sian, her sister Sophie and mum Nicki have all volunteered at our hospice and we are so grateful for their huge collective contribution. Without the help and support of our community, we simply couldn't provide our free, expert care for people living with life-limiting illnesses.

Since 2016 Sian has worked across many areas of our hospice and has helped to shape the way we work, especially in our finance and lottery departments. So when Sian told us that she was leaving to work for a large multinational company, we were sad that she was going but happy that she would achieve her potential.

"When Sian started working with us, her first job was entering donations into our database and I must say she did an amazing job. As she got to know us and how the job and processes work she took on more, she just got on with it."



"We'll miss Sian's energy, enthusiasm, her willingness to learn and work ethic. Also how she helps others at a drop of a hat, nothing is too much trouble for her."

"From everyone at the hospice, thank you for your support Sian!"

- Tracey Price, Lottery Manager

From everyone at our hospice, we would like to wish Sian all the very best with her new job.

COOPERATION WITH THE CO-OP

Co-op Food stores have been a fantastic supporter of our fundraising activities and we have now forged a regional relationship with 17 of their stores. Having held our first meeting with Shan Rogers, who is the main charity contact for the Co-op and manager of the local Cross Lanes Store, it was clear to see that we had the backing of many of the Co-op's staff after they had voted to support their local hospice. Our fundraiser Luke McDonald was invited to the regional meeting which was led by area manager Mike Gallagher and included the respective store managers across the region. Since this meeting the staff at each store have really embraced fundraising for our hospice which has led to them getting involved in several different things.

Not only are our collection tins at all of the till points in each of the stores, but 40 store managers and staff members took part in this year's Midnight Walk with a very special lady named Lynne Roberts from Coedpoeth raising over £1,151 by wearing a badge saying 'sponsor me at the till'. This is such a great achievement. The stores have also been actively promoting and discussing our events with customers by handing out flyers to the

community so they can then have the opportunity to sign up. Our lottery canvassers have also been able to promote the lottery in the stores increasing sign ups and helping take the number of lottery members to almost 17,000.

We are also grateful to three stores in particular - Borrass, Marford and Rossett for taking part in our 'Donate Don't Dump' campaign. This campaign is designed for people to donate unwanted household items, including clothes and electrical goods so our shops are able to sell them on to help meet our fundraising target of £3 million a year.

"We are grateful for the Co-op's endeavour to align themselves as such a great charity partner and look forward to working with them in the future. It is clear to see that the wide range of fundraising activities that the Co-op has participated in will have a great benefit to the hospice as well as a lasting effect on people's support for us in the community."

- Luke McDonald, Fundraiser

LIGHT UP A LIFE

Every year at Nightingale House Hospice we remember and celebrate the lives of our loved ones with the support of others. Our Light up a Life service is for everyone, not only for our patients and their families. It offers the opportunity to come together and celebrate and remember the life of someone dear to you.

We invite everyone to join us at this time by taking part in Light up a Life and dedicating a light to a loved one. Everyone is welcome, no matter what your belief or faith, as we are all touched by death. We invite you all to come and remember a loved one or to honour a friend, relative or colleague at one of our special Light up a Life Services.

The loved ones you wish to remember may not have had any involvement with the hospice but you can remember anyone who is special to you, who lit up your life, or was an inspiration to you.

During the service the lights on the tree will be lit with all the lights donated, symbolising the lives of those we are remembering.

Before the service, please join us for a glass of mulled wine. After the service you can join us in Caffi Cwtch where the Books of Honour will be displayed and hot drinks will be provided. The books will remain on display in the hospice during the following year.

A number of communities around North East Wales hold Light up a Life services for those who live outside Wrexham or can't attend the hospice service. These services are not a replica of the hospice service, but give the opportunity to remember and celebrate the lives of our loved ones.



At the Wrexham service, The Nightingales, the hospice's own choir, consisting of choristers from staff and volunteers, will sing a selection of uplifting songs and the evening promises to be a magical and moving experience.

We'd like to thank Richard Roberts of One Planet Adventures, David Crozier of UPM Tilhill and Joe Bickerton of WCBC for donating and delivering this year's tree.

With your support we can continue to care for adults with life-limiting illnesses and provide specialist palliative care services, completely free-of-charge.

To make a dedication please complete and return the form enclosed or visit our website.

For more details, please contact

Delyth Underwood by email:

delyth.underwood@nightingalehouse.co.uk

LIGHT UP A LIFE SERVICES

SERVICE	DATE	VENUE	TIME
CORWEN	28TH OCTOBER	ST MAEL & SULLIEN CHURCH	3:30PM
BALA	2ND DECEMBER	CHRIST CHURCH	7PM
CONNAH'S QUAY	2ND DECEMBER	ST ANDREW'S CHURCH	5PM
HANMER	6TH DECEMBER	ST CHAD'S CHURCH	6:30PM
LLANGOLLEN	7TH DECEMBER	ST COLLEN'S CHURCH	6:30PM
WREXHAM	9TH DECEMBER	NIGHTINGALE HOUSE HOSPICE	4PM

“ There is a misconception that a hospice is a place to go to die. We know that the Nightingale House community is much more than this, it’s a place that celebrates life. ”

Thank you for supporting your hospice,
our journey continues...





CHRISTMAS

FAIR

SATURDAY 24TH NOVEMBER
NIGHTINGALE HOUSE HOSPICE 10AM-2PM

FREE ADMISSION

STALLS, REFRESHMENTS, CHRISTMAS CARDS, GIFTS,
CHILDREN'S ACTIVITIES AND MUCH MORE!



Nightingale House Hospice
Hospis Tŷr Eos

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