

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER SEPTEMBER 19

SUNSHINE MEADOW
CELEBRATING THE LIVES OF YOUR LOVED ONES

NEW OUTREACH SERVICE
REACHING OUT TO THOSE IN NEED IN MOLD AND CHIRK

BETHAN SCOTT
A LADY ON A MISSION TO RAISE £100K



01978 316800
NIGHTINGALEHOUSE.CO.UK

WELCOME

As I am writing this article it is the end of July and the hospice is right in the middle of the first phase of the premises modernisation. Progress is on schedule and within budget and the new Day Service wing will be completed for hand over in early October. I would like to thank patients, visitors, staff and volunteers for their patience and understanding whilst the works are taking place and also our contractors, Read Construction, for their sensitivity to the hospice's needs during the refurbishment and re-fit. I am delighted that we have been able to maintain services for all our users throughout this phase.

Next year will mark 25 years since the facilities on Chester Road were opened and arrangements are already well in hand for our Celebration Year with a number of activities and events being planned to mark the occasion. It is remarkable how much the delivery of palliative care has changed over the years. The modernisation programme we are currently undertaking will ensure that we will be able to increase our patient numbers whilst continuing delivery of the best care possible in a modern environment which will be fit for purpose for the next 25 years.

Throughout 2018, due to grant funding secured from St James's Place Charitable Foundation, we worked in partnership with BCUHB to deliver a project focussing on palliative care for patients living with a diagnosis of heart failure and providing support for their families. Due to the success of this project, I am very pleased to advise that we have recently launched our Heart Failure Service at the hospice and welcome Dr Jenny Welstand who will oversee the running of the service.

During 2019 the hospice has been working in partnership with the National Trust and we are extremely grateful to have been given access to host events at the wonderful venues of Erddig and Chirk Castle. Both Erddig and Chirk Castle are in close proximity to the hospice and right in the centre of the community we serve. Moving forward we are in discussions about developing other potential links for our patient services at Erddig and Chirk Castle, this will enable us to reach out into the community and help and support more people. We are grateful for the support of the National Trust and excited at the opportunities this relationship could provide for the benefit of the hospice and our wider community.



As ever at this time of year, our fundraisers are focussing on events and fundraising activities for what is always an exceptionally busy end to the year and Christmas period. Over the next twelve months we have a number of exciting new events and activities which it is hoped will appeal to our supporters and we look forward to seeing many of you at the events featured in this newsletter.

As this is the last newsletter of 2019 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 your hospice.

Best Wishes,

A handwritten signature in black ink, which appears to read 'Steve Parry'. The signature is fluid and cursive, written on a white background.

Steve Parry
CEO



NEW OUTREACH SERVICES FOR MOLD & CHIRK

REACHING OUT TO THOSE IN NEED

We are taking our patient and carer support into the community, providing information, advice and support for those who need it.

Two brand new outreach facilities have been set up in Mold and Chirk Community Hospitals to enable patients and their loved ones to tap into a wealth of expertise and services within a community setting.

Kay Ryan, our Outpatient Services Coordinator is responsible for the new service and says the thinking behind the new project is to make it easier for patients living in these areas to access services. Kay believes that it will also help de-mystify the image of a hospice only being available for end of life care.

The hospice helps patients lead an improved quality of life even with a life-limiting illness. Kay says many people do not know that Nightingale House helps patients to access numerous services they may not know are available to them such as bereavement support, art and music therapy, drop-in sessions, and complementary therapy, as well as clinical support if required.

"Our services aim to meet the needs of the patients and families who attend. It may be their physical or emotional well-being that they are struggling with or it could be family or work worries. We hope that by having an Outreach Service it will enable people who not do wish to attend the hospice to still access our support. It provides the opportunity for them to talk to us and for us to be able to provide information and support that will allay their fears and help them to address their problems."

Attending the sessions gives patients or carers a chance to find out more about pain management, living well and achieving their goals, having important conversations around health and well-being and how to



Pictured left to right:
Kay, Kathi and Jane from
Nightingale House and
Jane from Chirk
Community Hospital

improve sleep. Family members are often keen to talk to a skilled healthcare professional away from a formal environment such as a hospital or GP surgery.

It is often the simplicity of help that has the greatest impact on patients. For example, one gentleman who had an advanced neurological condition and was losing the ability to speak was anxious about how he was going to be cared for as he couldn't access the services he needed. A phone call to the GP resulted in the GP offering the patient a one hour appointment where he was able to allay the patient's fears.

"People's perceptions are that we only provide end of life care and new patients are often frightened to come to our main hospice building in Chester Road. The majority of people don't realise the range of services we offer."

- Kay Ryan, Outreach Services Coordinator

Outreach is available at the following times:

Chirk Community Hospital Tuesdays 10am-12.30pm

Mold Community Hospital Wednesdays 1pm-3.30pm

To find out more about Nightingale House Outreach please call **01978 316800**

VOLUNTEAM

It seems such a small phrase but 'thank you' to all our wonderful volunteers. With your generous support you have kept our shops thriving, our events running and spread the word about all our work in your communities. You have helped us to raise money to support patients and their families - we appreciate the knowledge, skills and experience you bring.

IN OUR RETAIL BUSINESS

By its nature, retail is a fast moving industry, and as our stores try to predict and respond to customer demands and future trends we are in need of more volunteers. Our stores offer plenty of variety – not least because of the vast array of products available, so no matter if you're an antiquarian, petrolhead or a fashion lover we have limitless opportunities for you.

If you believe all customers should be treated as kings we need **YOU** to help man our stores. Our opening hours are from 9.00am – 5.00pm Monday to Saturdays and in some cases on a Sunday too, which means we can fit around your working hours, family and personal commitments.

WONDERING WHAT TO DO NOW?

Join us and have a fantastic experience:

- Be part of a lively team
- Enhance your CV and gain transferable skills
- Meet new people and try new things
- Support your community
- Build your confidence and stay active
- Make a difference and share your knowledge

Full training and support will be given so no previous experience is necessary, just your enthusiasm and willingness to offer outstanding customer service to our hospice

ARE YOU A SOCIAL BUTTERFLY?

Patient and Carer Social Facilitator Volunteer

Now don't be afraid, we plan to start off small with maybe a coffee morning, book/film club or just sitting having a knit and natter on Friday mornings from October. The aim is to keep informal relationships going once a patient has been discharged from our care. You will need to have great communication skills, be able to co-ordinate people and activities, identify and arrange social themes, have an outgoing personality but most importantly want to have fun!



If you would like to play a vital role and become part of the Nightingale House Hospice family why not be challenged and become a volunteer!

DO YOU LOVE DOING ARTS AND CRAFTS ACTIVITIES?

Arts and Crafts volunteers

As an Arts and Crafts volunteer you will encourage our patients to partake in small group activities, you could share your hobby or interests which can range for example from textiles, collages, knitting, sewing, crocheting, to paper and decorative crafts such as stencilling, stained glass making, greeting cards... the list is endless.

Alternatively you may like to share your arts and crafts skills with other volunteers so they can help our patients directly.

HAIRDRESSING AND BEAUTY /COMPLEMENTARY THERAPISTS

We are looking for qualified, experienced hairdressers, beauty and complementary therapist volunteers to give much needed pampering and support to our patients.

For all hospice volunteering roles you must be willing to go through an induction process and relevant background checks. Full training will be given.

If you are interested in any of these exciting opportunities please contact:

jo.kearns@nightingalehouse.co.uk or 01978 316800

CHÚC MAY MẮN VÀ CẢM ƠN

This means good luck and thank you in Vietnamese and is our heartfelt message to each and every one of our Vietnam to Cambodia cyclists who will be heading off on their travels all in support of our hospice in November (16th-26th).

Our 24 intrepid fundraisers will be cycling 383km from the frenzy of Ho Chi Minh in Vietnam, along the Mekong Delta to the tranquility of the mysterious temples of Angkor Wat in Cambodia.

Over the past months our cyclists have been tireless in their fundraising, with more to come, including the Whistler Ball which will be held at Carden Park on November 2nd. If you are interested in attending call 01829 731616.

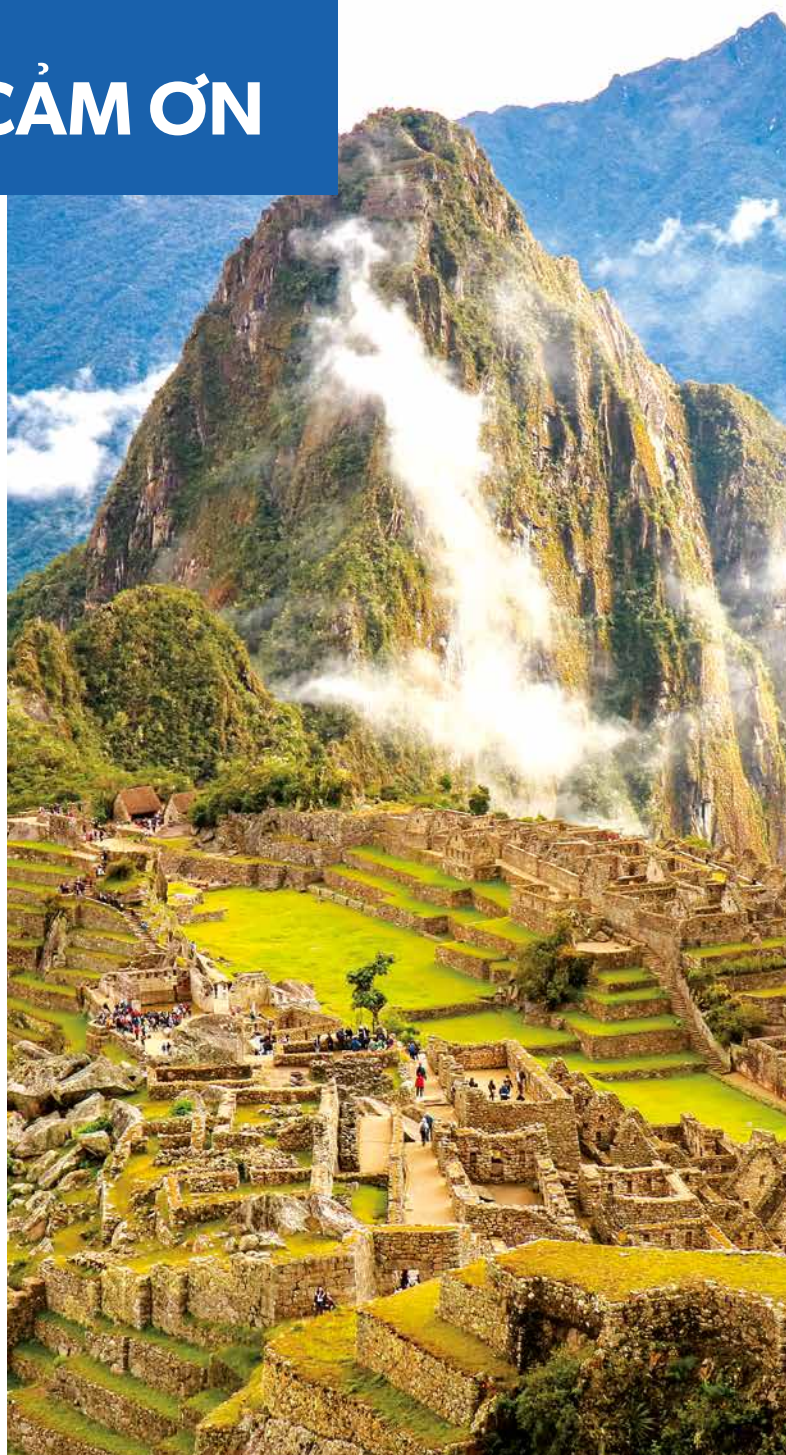
We wish them all a safe and really enjoyable time and will be featuring their endeavours in our next newsletter.

THE INCA TRAIL – IS IT ON YOUR BUCKET LIST?

Fancy challenging yourself in 2020? We have just four spaces left on our 25th Anniversary Overseas Challenge - the magnificent Inca Trail in Peru (November 6th – 15th 2020).

The ten day Inca Trail adventure will involve a 52km trek starting at the Inca Capital of Cusco, hidden deep in the Andes Mountains, starting a journey to one of the New Seven Wonders of the World, Machu Picchu, regarded as the world's most important archaeological find.

For more information contact Del or Debbie in the Fundraising Office on 01978 314292.

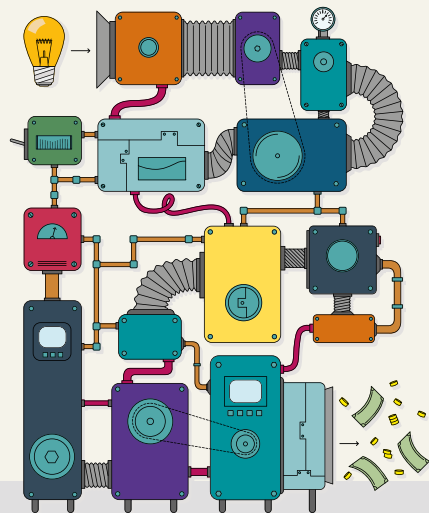


**Machu Picchu
- Inca Trail**

To sponsor our challengers, please visit:

Vietnam to Cambodia: justgiving.com/campaign/NHHVietnam2Cambodia2019

Inca Trail: justgiving.com/campaign/NHHIncaTrail2020



Can you turn £50 into much, much more?

Local businesses and organisations are being invited to pull out all the stops to raise funds for Nightingale House in our first ever £50 Challenge.

Participants will be given £50 and challenged to increase it by as much as they can by fundraising over a three month period from September to November. It's the perfect team builder and lots of fun. It's yours to do it your way but we can give you some ideas. If you'd like to take part, contact Debbie Barton in the Fundraising Office.

OUR NEW HEART FAILURE SERVICE



Pictured left to right:
Medwyn Edwards, Dr Jenny Welstand,
Kay Ryan, Karl Benn and Tracy Livingstone

A NEW service for patients with advanced heart failure and palliative care needs has been launched. It will give patients with the condition improved access to managing their care, enabling them to live their best life possible.

You may be surprised to know that our hospice doesn't just help people with cancer but is available to those with other life-limiting illnesses through a variety of services.

The service stemmed from a pilot project made possible through a £40,000 grant from the St James's Place Charitable Foundation, administered by Hospice UK and further resources from Betsi Cadwaladr University Health Board.

The hospice has appointed heart failure nurse specialist Dr Jenny Welstand. She said: *"Palliative symptoms are often under-estimated and inadequately addressed, mainly because patients can often look much better than they feel. The service allows us to assess patients in clinic and via telephone, not only to manage their symptoms and medication alongside the heart failure team, but also to support them with concerns and problems they identify as important to them. We also support families who often shoulder the burden of care and the emotional issues this brings."*

Sue Glover's late husband Paul had stage four kidney cancer and needed to have a replacement heart valve. In March 2018 Paul had a severe reaction to his cancer medication which severely damaged the pumping ability of his heart, meaning he developed heart failure.

"Jenny helped support Paul to tap into other resources that meant he could stay at home for as long as possible. Sadly, Paul passed away in hospital but to see this project now become a permanent service for those experiencing heart failure is just fantastic."

Karl Benn, Head of Grants, Hospice UK said: *"Hospices are not just about cancer, it's about the whole issue of how we approach death and dying."*

"Patients diagnosed with heart failure in the Nightingale House catchment area will now be able to access a service that will mean they, together with their families and carers, can learn to cope with their life-limiting illness and adjust to the challenges that brings."

Medwyn Edwards of Hadlow Edwards Wealth Management, Wrexham, the local representative for St. James's Place Charitable Foundation said: *"We were delighted to give this initial grant funding to support the pilot project and enable the hospice to develop an innovative and effective support service."*

WILL WEEK

30TH SEPTEMBER TO 4TH OCTOBER 2019

Sometimes life's journey takes us by surprise and making sure your loved ones are looked after, once the journey has ended gets overlooked. It's just one of those jobs we "need to do at some point" and while you might hit snooze when these mental reminders go off in your head, it may just be the one time when you might actually need to get round to "doing it!" Without a will, you have no protection for your loved ones or where your assets and belongings will go.

Nightingale House Hospice's Will Week offers members of the public the opportunity to have their simple wills written or updated in return for a suggested donation of £100 for a basic single will or £150 for a basic double (mirror) 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 fee payable directly to your solicitor).

An up to date will written by a solicitor ensures your wishes are respected. It also avoids difficult decisions and legal complications for your loved ones.



Our hospice wishes to thank all the participating solicitors for their kind support by waiving their fee in return for a donation to the hospice.

To view a list of participating solicitors go to:
nightingalehouse.co.uk/will



Please join us before the service, for a glass of mulled wine, coffee or tea which will be served with a mince pie. We hope to see you there

LIGHT UP A LIFE SERVICE

This year's Light up a Life service will take place at the hospice on Sunday 15th December 2019 at 4:30pm.

Our Light up a Life service is for everyone, no matter what your belief or faith is and is not only for our patients and their families. We want everyone to be offered the opportunity to celebrate and remember anyone special to you, who lit up your life or was an inspiration to you. The loved ones you wish to remember may not have had any involvement with the hospice but they were part of your life or lives.

The Books of Honour will be positioned inside Caffi Cwtch during the service so that everyone will be able to look for their dedications. The books will remain on display in the hospice during the following year.

If you are unable to attend our Wrexham service others are available at the following locations:

Connah's Quay 1st December, 5:00pm at St Andrew's Church

Bala 1st December, 7:00pm at Christ Church

Llangollen 6th December, 6:30pm at St Collen's Church

Hanmer 5th December, 6:30pm at St Chad's Church

Will Week Monday 30th September - Friday 4th October 2019

£100 basic single will | £150 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
nightingalehouse.co.uk/will



Christmas Fair Saturday 23rd November 2019

St. Margaret's Church Hall, Chester Road, Wrexham | 10am - 2pm | FREE

This fabulous event will be back to launch the festive season. Wander amongst the wide variety of stalls brimming over with inspiring gifts and treats for everyone. Every purchase helps to fund vital end-of-life care for our patients and their families when they need it most.

Christmas Concert Saturday 7th December 2019

St Giles Church, Wrexham | 7:30pm | £15

Start your festive countdown with our ever-popular Christmas concert, full of seasonal joy and cheer. Welsh mezzo-soprano Angharad Lyddon will join Rhos Male Voice Choir and Wrexham Citadel Band in the magnificent setting of St Giles Church, Wrexham to bolster the wonderful atmosphere of this magical event.



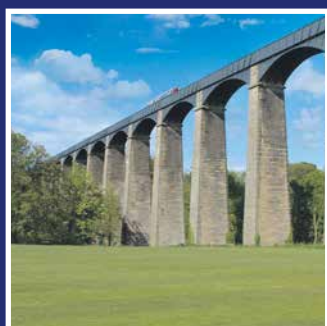
Light up a Life Sunday 15th December 2019

Nightingale House Hospice | 4:30pm

Celebrate the lives of your 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.

Christmas Tree Collection Saturday 11th January 2020

With the help of businesses in our community, we are hosting our first ever Christmas tree collection! Our team of volunteers will collect and recycle your real Christmas tree in return for a donation towards patient care at the hospice. It will take place on the first Saturday after twelfth night. Save yourself the time and hassle and get your tree booked in today! nightingalehouse.co.uk/tree



World Heritage Walk Sunday 5th April 2020

Lion Quays, Oswestry | 10am | Free Registration

Following the success of the last three Sponsored World Heritage Walks and the positive feedback received, we are holding our World Heritage Walk again on Sunday 5th April 2020. This event is one for the whole family to get involved in, including your four-legged friends.

CHRISTMAS TREE COLLECTION

IT'S AS EASY AS ONE, TWO, TREE!

Have you ever wished that someone would come and collect your Christmas tree once the festive fun has disappeared?

Many of the team at Nightingale House have been there, picking out pine needles from their car seats months later after a trip to the recycling centre! That's why we thought we would offer you a helping hand. With a little help from businesses in our community we are offering our first Christmas Tree Collection Service on Saturday 11th January 2020.

All you need to do is:

1. Visit nightingalehouse.co.uk/tree or call 01978 314292 to book in your collection
2. Remove all decorations from your tree
3. Leave your tree outside your house in a visible location before 7am on Saturday 11th January 2020

In exchange we are asking for a donation towards the care of in-patient and Day Service patients with life-limiting illnesses at Nightingale House.

If you are a local business who would like to help your local hospice and have access to a large van or truck, preferably with a cage, dumper/tipper, flatbed vehicle or trailer then we would love to hear from you.

"We are delighted to be introducing our new hospice Christmas tree recycling scheme in January 2020. It's very much a community initiative with local businesses and volunteers kindly giving their time to collect your trees. It completely takes the hassle out of disposing of your tree whilst generating vital funds for patient care at the same time."

- Sam Amis, Events Fundraiser

Please note: we will only be able to collect your real Christmas trees which have been booked in advance for collection and no additional trees can be collected on the day. Bookings will close on Wednesday 8th January at 11:59pm.

To register for your tree to be collected and to find out if we collect in your area visit:
nightingalehouse.co.uk/tree or call 01978 314292



UNSUNG HERO

Health Care Support Worker Jane Jones demonstrates a quiet competence in all that she does at the hospice. She always ensures the best experience for patients, whether that's liaising with our catering team about mealtimes or in planning activities for the day patients to enjoy.

"Jane is a most compassionate person, her kindness and professionalism really shines through. She is not only a joy to work with, but such an advocate for patient care."

"If I asked Jane what matters most to you in your role? I am 100% positive that she would answer 'the patients'."
- Jane McGrath, Head of Clinical Services

"I think of Jane as a 'gem' in Day Services. She stops at nothing for the patients and is a fantastic team member. She works quietly and efficiently and makes nothing of what she does but we really miss her when she's on holiday, that's when you realise just how much she contributes to our service. Jane works well with staff in all departments and her face lights up with a smile when she is with patients."

- Kay Ryan, Outpatient Services Coordinator

"For hospice visitors to hear the laughter that is part of Day Services every day and for new patients to realise



that they can still achieve a lot, despite their diagnosis, has an impact that you just can't measure... Jane is an integral part of the team delivering that experience."

- Tracy Livingstone, Head of Hospice Governance

IT DOES WHAT IT SAYS ON THE TIN!



Those of you with a sharp eye for detail may have already noticed our newly re-branded collection tins are now out in the community.

Our volunteer collectors have been busy swapping over the old yellow tins and replacing them with the new teal coloured tins.

Dropping your loose change into one of our collection tins is a vital income stream to support the hospice's work for patient care and throughout the community.

In 2018 the collection tins brought in over £40,000 in donations, so thank you for your contribution!

Please get in touch if you would like a collection tin in your workplace:
01978 314292 or merchandise@nightingalehouse.co.uk

COMMUNITY SPIRIT

Here at Nightingale House Hospice we are extremely fortunate to have an amazing community of fundraisers who go above and beyond to help raise vital funds to support those with life-limiting illnesses.

The groups are invaluable to the hospice, generously giving their time and energy to organise various events including afternoon teas, concerts, coffee mornings, fashion shows and even a Bollywood Night. In the past five years the groups have raised in excess of £100,000.

We recently appointed two new Community Engagement Officers Susan Williams and Claire Quant who are available to support our fantastic community groups. The pair will provide a point of contact to help them with any fundraising activities and new ideas, as well as keeping them up to date on how their fundraising efforts are making a difference.

Claire (pictured left) and Susan (right) said:

"We have been fortunate enough to get out and meet many of our community groups already. Their passion, drive and commitment to Nightingale House Hospice is very humbling and we look forward to working with them."



Would you like to set up a Community Group in your area?

**If so, please contact 01978 314292 or email:
claire.quant@nightingalehouse.co.uk
susan.williams@nightingalehouse.co.uk**

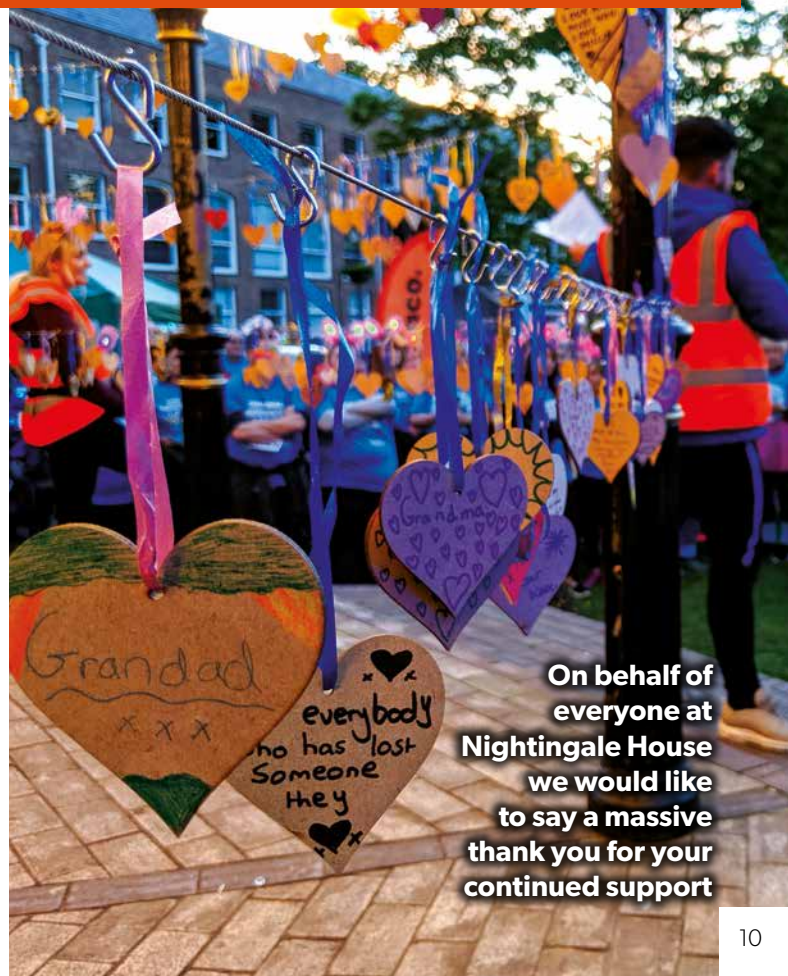
CROSSING THE T'S AND DOTTING THE I'S

For the past 13 years the Midnight Walk has been the principle fundraising event in the hospice calendar and has seen thousands of motivated walkers pounding the streets of Wrexham in support of Nightingale House. This year was the Final Midnight Walk and has pledged £64,000 with more sponsorship continuing to come in daily.

We were hoping to announce the major 2020 fundraiser at our last midnight walk; however, we are continuing to work through the logistics and finalising the details to ensure we have everything in place before we reveal the big celebration.

What we can say is that we can guarantee fun for all the family, lots of pizzazz and a carnival atmosphere just as the sun goes down. We can't forget that the reason behind our fundraising campaigns enables us to deliver patient care to those in our community who need it most.

We'll keep everyone in the loop and there will be a chance for an early bird discount to secure a place at the best party in town as a celebration of life.



On behalf of everyone at Nightingale House we would like to say a massive thank you for your continued support

OUR GENEROUS COMMUNITY

We are overwhelmed by how generous our community is, with kindness and enthusiasm you have raised much-needed funds for our hospice. And we have been fortunate enough to be the charity of the year for many companies including M&S Wrexham and Hays Travel, Bellis Brothers and Bkoncepts, as well as forming a new relationship with the National Trust.

"Our supporters have organised some fantastic fundraising activities including fishing competitions, golf days, dress down days, afternoon teas and challenges."

*"Why not join our group '**Nightingale House Community Page**' on Facebook to keep up-to-date with our community events and fundraising ideas."*

- Jess Druce, Community Fundraiser

To get involved contact:

jessica.druce@nightingalehouse.co.uk

luke.mcdonald@nightingalehouse.co.uk

or call 01978 314292



Mold support group raised £1,500 from chocolate bingo and general fundraising



Rhos support group raised £3,000 from their concert and Bollywood night



David Walker and friends completed the 3 peaks challenge raising nearly £5,000



Our Scooterthon raised over £3,000 for Nightingale House



80-year-old David braved the fastest zipline in the world to raise £1,606



Eleanor Roberts organised 'Lunch with Lady Anne Dodd' raising £765



Wrexham Ink held a charity auction and raised £2,530.18



This year's Picnic and Proms bucket collection raised £1,327.91



The Hair Lounge Rossett raised an absolutely amazing £1,205

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



A big thank you goes out to our Midnight Walkers for raising £1,000,000 over 13 years!



Ian Evans organised the Den Lloyd Memorial Trophy football match raising £1,911



Sabine Fraser and her work colleagues organised a Llangollen walk raising £1,156



Hanmer support group raised £297.20 at their coffee morning



Bellis Brothers' fundraising activities have raised £1,502.71



Gary and the Garth Mill Pub raised £500



Our 'Curry Night' held at Anise in Wrexham raised £1,755



Acton Brownies raised £1,566.31 on their sponsored walk



10-year-old Harley Challinor-Hughes raised £315 from a Swimathon

IT'S STRICTLY A SELL-OUT

We are all very excited about our brand new fundraising event – Strictly Nightingales which will see ten plucky volunteers from local businesses perform either a ballroom or Latin routine in front of a packed audience.

Our novice dancers have each been learning to dance over the past few months and all their hard work will pay off at the one-off glitzy performance at the Lion Quays Hotel, Oswestry on Friday 6th December.

Before we even advertised the show, it was a sell-out, with over 300 people looking forward to a full on evening of sparkle, fake tan and fundraising.

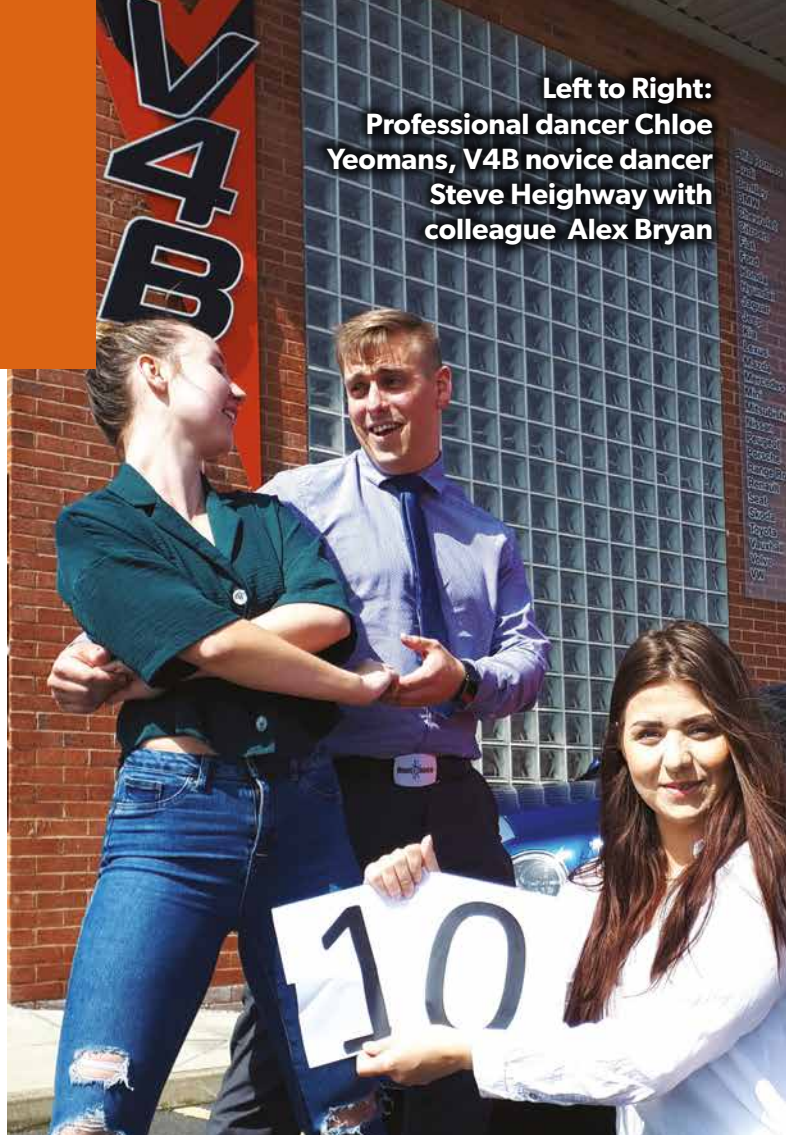
The event, kindly sponsored by vehicle leasing company, V4B based in Wrexham, will see the dancers, compete in front of a panel of four judges, including Chloe Hewitt who has starred in the real Strictly Come Dancing and is the regular dance partner of A.J. Pritchard with whom she was National Youth Latin Champion for three straight years.

Taking on the challenge are beginners from the following companies – Handelsbanken, DTCC, ASH Waste, Williams Financial Services, Allington Hughes, AJW Wealth Management, Trittech, Tesni Homes and V4B, along with a member of the hospice trustee board.



Some of our novice dancers at one of our regular Strictly meetings at Caffi Cwtch

Left to Right:
Professional dancer Chloe Yeomans, V4B novice dancer Steve Heighway with colleague Alex Bryan



All amateurs, who have little or no dance experience, have been partnered with a 'pro' dancer and are busy working hard in preparation for the big night.

Nightingale House Fundraiser Debbie Barton explains: *"This is brand new to Nightingale House and will be our most glitzy fundraising event yet. We have been bowled over by the response we have had to it and can't wait to see how our dancers get on. Our thanks go to each and every one of them for taking on this challenge and for all their efforts to raise sponsorship. It will be a fantastic night and based on the response this year we will be going bigger next year!"*

Alex Bryan of V4B said:

"V4B is immensely proud to support such a fantastic charity and we are so excited about the Strictly event! It's great to be involved with such unique fundraisers and we will happily continue to work with Nightingale House as they put the FUN into fundraising."

We are already taking enquiries for Strictly Nightingales 2020, the hospice's 25th anniversary year. If you are interested in attending next year, contact Debbie Barton on 01978 314292.

To sponsor our dancers visit:

justgiving.com/campaign/NHHStrictlyNightingales2019

YOUR DONATIONS MAKE THE DIFFERENCE



**Donating couldn't be any easier!
You can drop off your donations at any of our
shops or our Donation Centre in Wrexham**

In our shops we rely on the donation of goods from you, our supporters, to help us to raise funds for the hospice. Can you help us to keep the shelves and rails in our stores filled with your pre-loved goods?

We are always looking for good quality items of clothing, furniture, household items, electrical goods, televisions, books and bicycles that we can resell. Unfortunately there are some items which we can neither resell or recycle and we cannot accept these donations, otherwise it would cost us to dispose of them, so please do not be offended if we have to say no from time to time.

WHERE CAN I DONATE?

Goods can be dropped off by car at the rear of the following shops: Buckley, Flint, Mold, Wrexham Priory Street and Wrexham Whitegate Industrial Estate. Please bring your goods to the shops within their opening hours and can we ask that you don't leave goods outside as it is a sad fact that most bags left outside overnight will be tampered with.

FREE COLLECTION SERVICE

If you have large or bulky items of furniture or electrical white goods which you cannot bring to us we can come and collect them from you. To find out more about our collection service, or to book a collection, please call

01978 262589. This service is very popular so please don't leave it until the last minute before you book.

GIFT AID IT

If you are a UK taxpayer you can increase the value of your donations by gift aiding them to us when you drop them off. It only takes a minute to complete the form and then we do the rest. We can claim back an additional 25%, boosting the value of your donation even more.

DONATE DON'T DUMP DAYS

Could you arrange a Donate Don't Dump Day on behalf of Nightingale House at your workplace, school, club or among your friends and family? You could drop your donations off at one of our stores or we could come along and collect them.

For more information on how to organise a Donate Don't Dump Day please call Emma on 01978 353088

"I would like to say thank you to your staff at the drop off point. I have met a few over the last few weeks and I would like you to pass on my thanks to them. Everyone I have met has been helpful, professional, grateful for our donations and above all, so happy. You are always greeted with a lovely cheery smile and it really does make a difference! So thank you and continue to do the great work that you do!"

- Sharon Burt, Nightingales Regent Street Customer

Find your local shop
nightingalehouse.co.uk/shops

ANDREW'S STORY

The one thing that Andrew Beadle has always had is a faith in humanity. Andrew from Coedpoeth came to Nightingale House Hospice in March. He was approaching the next stage in a catalogue of complex circumstances that have changed his life as he knew it. Despite a stage four brain tumour Andrew oozes positivity, charm and enthusiasm. He knew that another subsequent short stay in hospital wasn't the right environment for him.

"Coming to Nightingale House has turned my life around. I love the holistic approach they have and now that I have finished my chemotherapy and radiotherapy I truly believe that the holistic treatments I now receive here are more beneficial to me."

Andrew, 49, says that it isn't just the facilities at Nightingale House that have made such a difference to him but the 'willingness of staff to help beyond their physical capabilities' that he has not encountered before.

As an electrical inspector for Marston's Breweries, Andrew is used to being busy, so he fills his days participating in the in-house therapy provisions available to patients, ranging from art therapy to music therapy. In fact, his mellifluous singing voice has him recording a CD in aid of the hospice with Music Therapist Charlotte, who runs the classes courtesy of the Nordoff Robbins Music Therapy Charity.

"I knew it was a nice place to be but other than that I didn't know much about the hospice and everything it can offer patients. I can't tell you the difference it has made to me. I go to Caffi Cwtch every day where I meet my friends and family as an alternative to being in my room all day. I love that routine."

Being honest Andrew says he didn't really appreciate all the facilities that are available at the hospice for in-patients and Day Service patients. Like so many, he thought it only provided end of life care and was delighted to see all the facilities and services available that are helping him manage his illness.

"I was told they offered a lot but I couldn't believe what an amazing place it was when I arrived. For me, reflexology sessions with Beryl have been a great benefit to my general well-being. We chat about everything and Beryl is someone who just gets it. Since I have been here I can see myself improving every day – this place has given me optimism and mental strength."

"The nursing staff have literally been the wind beneath my wings, holding me up when things haven't gone as planned. We have cried together and I often tell them 'I owe my life to you all'."



"I have made so many friends at the hospice and it is exciting to see the changes that are going on around us with the modernisation project well underway. I'm really looking forward to trying out the new gym in the physiotherapy suite."

"For a recent visit to Glan Clwyd, Peter, the head chef at Caffi Cwtch gave me a packed lunch to send me on my way. It's the little things that make all the difference."

"Being able to have my loved ones around me is priceless."

Andrew's wife Tina (whom he married in January) and his mum and dad Veronica and David are made as welcome as their son, visiting daily and being able to participate fully in his care and well-being. Family members can access many facilities to help them and are encouraged to talk about their own emotions and feelings either individually or in a group setting.

PROJECT ECHO

SHARING SPECIALIST KNOWLEDGE



**Pictured left to right:
Hospice Education and Governance team
Tracy Livingstone, Catherine Hughes and
Claire Edwards who have established
Project Echo at Nightingale House**

Imagine yourself standing in a great big room with a high ceiling and calling out ECHO! It doesn't matter where in the building others are standing they are likely to hear your call reverberating around the room.

Now imagine you can apply the same principle to sharing knowledge and support with others in different settings who are providing services to patients with palliative care needs – we know that this is possible and are now working on delivering it under a model of education provision called Project ECHO.

In May this year three hospice staff members spent three days with the Project ECHO team in Belfast, Northern Ireland undertaking immersion training in the Project ECHO model to become the first ECHO Hub in Wales.

The principle of Project ECHO is to use a validated model to move knowledge instead of moving people. Using secure video conferencing hosted by Zoom, a central hub at the hospice would work with partner

sites across the community (spokes) to plan and deliver a bespoke education curriculum.

Staff working within the spokes present anonymised case histories outlining challenges they might be facing and the participants then consider options to overcome the particular issues discussed, with everyone becoming a learner and everyone becoming a teacher during the sessions.

For Nightingale House, Project ECHO fits with our strategic aims of helping and supporting more people within our community through education, and developing stronger relationships with partners in health and social care.

Project ECHO provides a system and structure to share specialist knowledge across geographical and organisational boundaries to support and improve the care delivered to individuals and their families and can cover a wide range of topics.

If you work in health and social care and would like to be part of the Project ECHO education movement in North Wales then please get in touch with tracy.livingstone@nightingalehouse.co.uk

BUSINESS NEWS UPDATE



THANK YOU AIRBUS ALL SMILES FOR FUN DAY IN THE SKIES

We are so fortunate to be one of five charities being supported by Airbus, Broughton this year. We were delighted to attend a 'Meet the Partners' event to get to know the staff at Airbus and have been pleased to attend various fundraisers over the summer including Quingo and a Big Band Night. Staff from Airbus have also been volunteering in their own time in our Distribution Centre.

It was a real privilege to be able to take three families, connected to our Release children's bereavement service, to take part in the amazing Air Smiles Day alongside the other partner charities, an Airbus-sponsored event hosted in association with aviation charity partner fly2help.

The day included a short flight, interactive workshop sessions by North Wales Police and a chance to try out Airbus' interactive Virtual Reality games. North Wales Fire and Rescue Service were also there with their fire engine. The event was designed to give children and their families a break from their worries for a day and was a wonderful experience.

Phil McGraa, Community Relations Manager for Airbus, said: *"We were delighted to team up with fly2help to put on a day filled with fun and laughter for lots of deserving children and families. It's a pleasure to be involved and to see so many smiling faces at Broughton."*

YOUR BUSINESS CAN MAKE A DIFFERENCE

JCB have donated £1,000 to sponsor one of their staff cycling Vietnam to Cambodia

DTCC have donated £5,000 towards our modernisation with a further £5,000 set to be raised by the end of this year and have also sponsored our Colour Run

Brynmor Flapjacks and Refresco water have been very welcome at all major fundraising events

Solvay, HSBC, DTCC, Transcontinental and Department for Work and Pensions have donated their time to help in our Distribution Centre

Hoya Lens sponsored our Colour Run

Wrexham Lager sponsored our Golf Day

Kronospan, GHP Legal and Tomlinson's Dairies sponsored our Sunshine Meadow

ELLISON'S SPONSORED WALK RAISES OVER £7,000

Staff at Ellison Europe (Sizzix) based on Whitegate Industrial Estate, Wrexham, tackled the 15 mile Wirral Coastal Walk from Seacombe Ferry to Thurstaston Visitor Centre and Country Park for our hospice. Around 50 walkers took part, raising a total of £7,306.43.

Becky Jones of Ellison said: *"Nightingale House is close to our hearts in our community and we are always keen to do what we can to help with fundraising. The walk was great fun as we were all in fancy dress. We had a few funny looks, but it meant we gained even more donations along the way!"*



The Ellison team celebrating their successful Wirral Coastal Walk fundraiser!

Alongside their fundraising efforts, Ellison supports our hospice in many other ways including upcycling furniture for sale in our shops, Coffee and Craft workshops at the Regent Street store in Wrexham, a sponsored walk up Snowdon, as well as gifting arts and crafts equipment from their brand Sizzix for use by our social workers to help them in their work with children experiencing bereavement as well as our patients.

UDDERLY BRILLIANT SUPPORT FROM DAIRY

One of Wrexham's fastest growing companies has pledged its support to our hospice thanks to a vote by 400 plus staff. Tomlinsons Dairies based in Minera will be raising funds for Nightingale House over the next 12 months and are supplying all the milk the hospice needs which is a great contribution, saving us lots of money.

Debbie Barton, Nightingale House Corporate Partnerships Manager said: *"We are thrilled that Tomlinsons have chosen to support us and are really looking forward to working with everyone at the dairies over the coming year. It was a pleasure to visit the company and we were also delighted to welcome Paul Jukes to Nightingale House to show him around our facilities and services."*



Paul Jukes (Tomlinsons Dairies) and Debbie Barton (Nightingale House)

Paul Jukes, Chief Operating Officer at Tomlinsons Dairies added: *"Nightingale House is a charity right at the heart of our community doing important work. Many of our employees have had contact with the hospice in one way or another and we are all keen to get going, raising funds to help."*

FEELING INSPIRED?

There are lots of ways for your business to get involved - from fundraising to donate days and volunteering.
Contact Debbie Barton on 01978 314292 to find out more.

TRIPLE CHALLENGER DETERMINED TO SMASH £100K TARGET

A Ruabon woman is on a mission to raise £100,000 for the hospice that cared for her husband.

Bethan Scott has already smashed £66k of her remarkable target and has a whole host of activities planned to help her reach her goal.

Bethan, who works for ScottishPower Energy Retail in Pentre Bychan, began fundraising for the hospice following the death of her beloved husband David (Dave) who lost his 18 month fight against cancer in August 2017 at the age of 53. A conversation at Dave's funeral was to kick-start Bethan's fundraising journey, quite literally, when a friend mentioned that she would like to walk the Great Wall of China.

"It seemed like fate" says Bethan.

"No sooner had my friend Deirdre mentioned the Great Wall than an advert popped up on Facebook for a brand new challenge for Nightingale House. Dave was a super fit cyclist, runner, you name it he was ready for any adventure. The hospice had been an amazing support to him during his illness, primarily through Day Service and the use of the hydrotherapy pool, so it seemed fitting to take on this challenge in his memory."

Bethan, her brother Geraint, along with Deirdre and her husband Neil joined 24 other fundraisers on The Great Wall in October 2018. The fab four smashed their initial £25,000 target, raising £41,524.

"It was the most incredible experience, topped off by being able to lay a brick in the Wall in memory of Dave. Taking on the challenge was a great focus for me and it's certainly started something as I am now signed up for the Vietnam to Cambodia Cycle in November this year and the Inca Trail for 2020."

"It's a huge buzz not only taking on a personal challenge, but also knowing that all the money we raise will help to care for others who need the hospice. It's really aided my recovery and I am determined to hit £100k. I know Dave would be very proud of his friends all pulling together to raise money."

Bethan has been holding all kinds of fundraisers, including raffles at work, Glasgow and Village Bakery Half Marathons, a Ben Nevis trek with friends including colleagues from ScottishPower and a memory walk for Dave.

Coming up, she will be taking on the Great North Run, the Cardiff Half Marathon, a Race Night plus much more, ahead of the epic 383km cycle from Ho Chi Minh City in Vietnam to Angkor Wat in Cambodia in November.

Debbie Barton from Nightingale House Hospice said: *"Bethan is a truly remarkable and inspiring lady. Her fundraising knows no bounds and we are so grateful for all her efforts. It is obvious that Dave was a hugely popular figure among all who knew him as the goodwill towards Bethan's fundraising from family and friends shows. Bethan's enthusiasm for raising money really is infectious."*



Bethan and Dave Scott

Anyone wishing to support Bethan's mission can donate at:
justgiving.com/fundraising/cycle4DRS

IF I WERE A FLOWER, I WOULD BE A SUNFLOWER



The display has now come to an end and hopefully if you bought one you have already taken or will soon take your sunflower to its forever home

Earlier this year, we thought it might be nice to launch a summer campaign or event to help raise money for patient care whilst celebrating the life of a loved one. After some research and talking it through, we came up with the Sunshine Meadow – a carpet of 1000 everlasting Nightingale Sunflowers displayed on the Stable Bank at the National Trust's Chirk Castle – a beautiful and iconic backdrop.

Never would we have imagined how much this idea would capture the imagination of everyone! The response from our supporters and other members of the public has been overwhelming!

The BBC were also inspired by the idea and the sunflowers appeared as a news item on Wales Today on 19th June when sales started to soar. The sight of those beautiful flowers with Chirk Castle in the background aroused a fantastic response from people wanting to buy a sunflower in dedication to someone who had touched their lives.

We had been working with the National Trust to explore how the hospice could use special places to support their patients and their families, and approached them about the possibility of displaying our sunflowers on the banks of the castle in much the same way as the Tower of London poppies were displayed but on a much smaller scale.

The specially designed sunflowers were made by the British Ironworks Centre in Oswestry. We then had to think about how EXACTLY we were going to put 1000 sunflowers into the ground and display them to their best advantage. We spoke with Ellison (Europe) who have supported us in lots of ways over the past few years and after a visit to the site, they agreed to lend us their lovely designer Lisa who created the display. They also loaned some of their Marketing Team, together with volunteers from the DWP, to place all 1000 sunflowers in the ground in the pouring rain and arrange the display as Lisa had designed it. We like to think of this design as being in the shape of a smile.

We were very lucky to receive sponsorship for the campaign from three prestigious local businesses: GHP Legal, Kronospan and Tomlinsons Dairies, without whose support the event wouldn't be possible. The partners of GHP Legal, Solicitors in Wrexham, Oswestry, Llangollen and Chirk are continuing their association with Nightingale House which goes back many years, including participating in Will Week since the campaign started. Kronospan has also sponsored our hospice many times in the past, and Tomlinson's Dairies have very kindly joined with the sponsorship of the Sunshine Meadow but are also involved in a number of other projects with us at the moment.

We cannot thank you all enough for your amazing support – we know you won't need a sunflower to remember your loved one but we hope you enjoy the memory it will bring to mind when you look at it.

SIMPLE

SIGNING UP TO OUR LOTTERY IS JUST ONE TAP AWAY...



Nightingale House Hospice
Hospis Tŷ'r Eos



Lottery

Joining the Lottery is a simple way to win prizes each week and make a difference to the lives of those suffering with life-limiting illness.

REGISTER ONLINE

nightingalehouse.co.uk/lottery

BE A WINNER AND FUND PATIENT CARE

COMMUNITY EVENTS

Open Heritage Day

Saturday 14th September, 10am - 5pm
The Pentre, Brongarth, Oswestry SY10 7LY
Contact: 01691 770922/emailhelenlloyd@gmail.com

Prosecco Afternoon Tea (in support of the Inca Trail)

Sunday 15th September, 2pm - 4pm
Caffi Cwtch, Chester Road, Wrexham LL11 2SJ
£20.00 per person
Contact: Debbie Wright on 07875 541671

Nightingale Butterfly Ball

Saturday 28th September, 7:30pm
Celtic Arms Northop, Mold CH7 6WA
£40.00 per person
Contact: Flintshire Chairman's office on 01352 702151

Bellis' Christmas Grotto Launch Night

Friday 29th November, 6pm - 8pm
Bellis Brothers, Holt, Wrexham LL13 9YU
£4.50 per child
To book your place call: 01829 270302

Bellis' Breakfast with Santa

Every Saturday between
30th November - 1st December, 9am - 10:30am
Bellis Brothers, Holt, Wrexham LL13 9YU
Adult breakfast £7.95
Children's breakfast £7.45
To book your place call: 01829 270302

Bellis' Santa's Grotto

Every Saturday and Sunday between
30th November - 2nd December, 11am - 4pm
Bellis Brothers, Holt, Wrexham LL13 9YU
£4.50 per child
To book your place call: 01829 270302

Christmas Carols and Lunch with Sioned Terry

Wednesday 11th December, 12:30pm
Plas Hafod, Gwernymynydd, Mold CH7 5JS
£32.50 per person
Contact: Martin Jones on 01352 752632

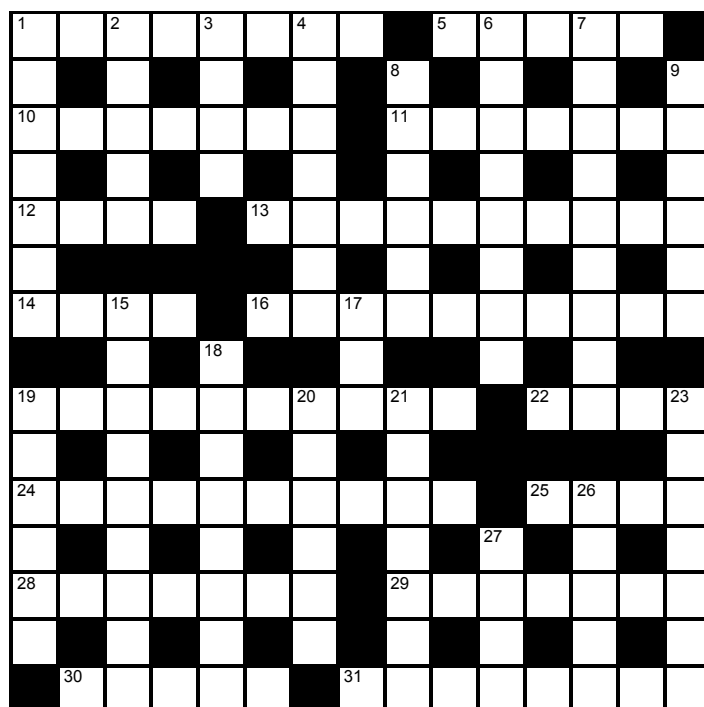
DID YOU KNOW?

We have ten community groups throughout our catchment area?

Bala, Corwen, Hanmer, Lavister, Leeswood, Llangollen, Mold, Wrexham and two groups in Rhos

Would you like to set up a Community Group in your area to help fundraise and support the work of Nightingale House?

If so, please contact **01978 314292** or email:
susan.williams@nightingalehouse.co.uk
claire.quant@nightingalehouse.co.uk



CROSSWORD CHALLENGE

Can you complete our crossword in less than an hour?

Across

- 1 Beautiful (8)
- 5 Moves through water (5)
- 10 Unconventional (7)
- 11 Pilot (7)
- 12 Pollen gatherers (4)
- 13 When the living is easy (10)
- 14 Otherwise (4)
- 16 Artificial sparkler (10)
- 19 Corridor (10)
- 22 Yorkshireman (4)
- 24 Preceding wedlock (10)
- 25 Precious stones (4)
- 28 Shining (7)
- 29 Hollowed inward (7)
- 30 Bovine mammary gland (5)
- 31 Austrian Alpine resident (8)

Down

- 1 Farewell (7)
- 2 Plunder (5)
- 3 Paradise (4)
- 4 Lie (7)
- 6 Restaurant worker (8)
- 7 Marriage (9)
- 8 Opera by Bizet (6)
- 9 Current of air (6)
- 15 Pendent (9)
- 17 Large island in the Channel (1,1,1)
- 18 Computer information store (8)
- 19 Thin and translucent (6)
- 20 Expels (6)
- 21 Disorder (7)
- 23 Oriental (7)
- 26 Fill with high spirits (5)
- 27 Untie (4)



Across: 1 Gorgeous, 5 Swims, 10 Offbeat, 11 Aviator, 12 Bees, 13 Summertime, 14 Else, 16 Rhinestone, 19 Passageway, 22 Tyke, 24 Premortal, 25 Gems, 28 Radiant, 29 Concave, 30 Udder, 31 Tyrolean.
Down: 1 Goodbye, 2 Rife, 3 Eden, 4 Untruth, 5 Waitress, 7 Matrimony, 8 Carmen, 9 Breeze, 15 Suspended, 17 I o W, 18 Database, 19 Papery, 20 Evicts, 21 Anarchy, 23 Eastern, 26 Elite, 27 Undo.

FREE ADMISSION FREE PARKING

CHRISTMAS FAIR

SATURDAY 23RD NOVEMBER

**ST. MARGARET'S CHURCH HALL
CHESTER ROAD, WREXHAM**


10AM - 2PM

**STALLS
REFRESHMENTS
CHRISTMAS CARDS
GIFTS
AND MUCH MORE!**



Nightingale House Hospice
Hospis Tŷ'r Eos

01978 314292
NIGHTINGALEHOUSE.CO.UK

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