

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER AUTUMN 2021



**Patient Denise
Raises Over £10k!**

See page 19 for more details...

Moving Forward

Welcome to our Autumn Newsletter

I am writing this article at the end of August amidst growing optimism that we are finally starting to return to some normality after an extremely difficult and challenging time for everyone. Our optimism, however, cannot lead to any complacency and we will continue to ensure that we remain vigilant and take whatever measures are necessary to maintain the delivery of patient care and support in the safest possible environment. Once again, we would like to thank our patients and their loved ones for being so understanding of the patient visiting restrictions which are currently in place to protect patients, visitors, staff and volunteers at the hospice. Whilst this is necessary it is heart-breaking for everyone concerned and we all look forward to reverting to totally flexible visiting arrangements as soon as safe to do so.

Throughout the last 18 months everyone has been faced with unprecedented challenges as a consequence of this dreadful pandemic. At the hospice it has been so important that we have remained focused and positive in our belief that we can continue to deliver on our vision **to provide excellent, personalised and compassionate care for those living with a life-limiting illness in our community and to provide support for their families and loved ones.** Whilst it has not always been possible to provide face to face patient care we have strived to ensure that all patients have still received the best personalised and compassionate care during these difficult times. Some of the innovative initiatives introduced in the last 18 months have underpinned our ability to sustain patient care and support during this time and, in view of the positive feedback from our patients and their families, will continue to form part of our future patient service delivery. The ability to design and deliver some of our patient support virtually and through tele clinic assessments was borne out of a necessity to respond to lockdown restrictions and in the future will continue to complement our face to face service delivery. This is a very positive development and something good to emerge from Covid-19.

It is important that we continue to develop the hospice for the future needs of our community. I am pleased to be able to confirm that the hospice has recently acquired a parcel of adjoining land which will be used to build a new patient car park. Without this adjoining land it would have been impossible to develop the hospice footprint as we are landlocked on all other boundaries. This development will ensure that we can accommodate adequate patient parking on site for the increased number of patients that we will be supporting in the future following the premises modernisation. The new car park will provide vital infrastructure for future



hospice growth and be a permanent legacy for future generations to use.

We will be funding the build of this new car park from monies left to the hospice from the generosity of gifts in wills. We are extremely grateful for the support we receive from gifts in wills which helps ensure that the hospice and its facilities are maintained and developed to provide the best environment possible from which to deliver future patient care and support. We are grateful to BCU Health Board for providing the lease of the land to accommodate this development and the new car park will be open for patients in early 2022.

We can only continue to deliver on our hospice vision and look to develop the hospice premises for future generations with the support of our community. For the last 18 months the strength of support that we have received from our community has been incredible. It is this support which is ensuring that the hospice will survive the extremely challenging times we are facing and ensure the sustainability for the future of Nightingale House.

With the very best wishes for the remainder of 2021 and let's all hope for a return of normal life in 2022.

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

Steve Parry, Chief Executive Officer



Once your referral is complete, you will have access to our modern facilities and services at the hospice on Chester Road, Wrexham.

Direct Referral Service Designed To Take Strain off Patients

If you have a life-limiting illness you can now make a direct referral to Nightingale House with just one phone call.

It means patients with life-limiting illnesses who may be struggling with uncontrolled symptoms like pain, sickness or mobility can contact us or get a family member or carer to do it for them and discuss their clinical needs with one of our specialist healthcare teams and you don't need to wait for a GP referral.

We can offer symptom management, physiotherapy, pain control and dealing with breathlessness, as well as holistic treatments like aromatherapy, massage and mindfulness. We provide support if patients are experiencing difficulties with practical issues, either through our family support team or within occupational therapy.

Our experienced team can discuss your exact requirements and undertake a direct assessment over the telephone. We make the follow up calls and do the detailed paperwork with district nurses and GP practices after we've taken your call.

Head of Clinical and Patient Services, Mandy Cunningham said: *"We help our patients in a variety of ways whether they are coming to us as day patients or have been admitted as an in-patient. Our patients and their loved ones often comment on how relaxed and friendly the hospice is as soon as they walk through our doors. We can support patients through our family support team or within occupational therapy."*

To access our services you must be over the age of 18 and live within Wrexham, Flintshire, East Denbighshire, the A494 corridor to Barmouth, and the borders, including Oswestry, Ellesmere, Wem and Whitchurch.

Call us on **01978 316800** and ask to speak to a member of our Clinical Team about a Direct Referral. Lines open between 9am - 4pm Monday - Friday (excluding Bank Holidays)



New Doctor Takes Up Clinical Role at Hospice

We have welcomed some new faces into our team at Nightingale House in recent months.

Dr Owen Evans, who was previously working at Ysbyty Glan Clwyd within the stroke department is transitioning into palliative care as our new Speciality Doctor.

Owen, a fluent Welsh speaker, was born in Pontypridd but was brought up near Caernarfon and now lives in Chester. He studied graduate-entry medicine at Nottingham University, having previously gained a degree in history at the University of Leicester.

He said: *"This is my first formal role in palliative care as a doctor. Although during my placements I had experience of looking after patients with life-limiting illnesses."*

Owen counts reading, swimming, walking and kayaking amongst his hobbies and spending time in the North Wales countryside with his family.

" I think providing good palliative care is really important and particularly rewarding. I enjoy the emphasis on a holistic, patient-centred approach to care and this is very much the ethos at Nightingale House. I'm looking forward to learning more about the speciality and working within a large multi-disciplinary team to provide excellent care for our patients. "

Former Matron at Christie Hospital Takes the Helm at Hospice



A big welcome to our new Head of Clinical and Patient Services, Mandy Cunningham who took up her role in early summer.

Mandy comes to us with a wealth of experience after holding senior posts at leading North West cancer hospitals The Clatterbridge Cancer Centre, Liverpool and The Christie Hospital, Manchester.

She lives on the Wirral with her husband Chris and the couple have two children, a son Steven, who is married to Stacey, and daughter Abbie, and two grand-children.

She always had an ambition to be a nurse and started out as a cleaner when she was 16 years old. She took her first nursing job as a community bath nurse in Chester, then as an auxiliary nurse, before being offered the opportunity to do her formal nurse training and finally graduating with a degree in nursing from the University of Chester.

Mandy said: *"I enjoyed palliative care in the community so I knew I wanted to specialise in Oncology. During my time at Clatterbridge I was a chemotherapy nurse and became a ward manager before I moved over to Christie to be Matron of Acute Oncology."*

Mandy recently introduced a new respite care service as part of a four-week rolling programme. Patients can be offered between four and seven days respite in the hospice, to give families an opportunity to take a break knowing their loved ones are being cared for at Nightingale House, whilst being able to facilitate those patients who may need urgent admission on to the ward.

She added: *"When patients and their families are given advanced notice of respite care they are able to make plans, particularly if they need to get away or re-charge their batteries at home, away from the responsibilities of being the primary carer."*

“As soon as I walked into Nightingale House I felt it was a very inspirational place. I am always looking to see how things can be improved and I am optimistic we can bring about positive change and improved services for those in our catchment area living with life-limiting illnesses.”

VOLUNTEER



*ncvo.org.uk

77%
of volunteers have
agreed it has
improved their
mental health*

Welcome Back to Volunteering!

At last volunteers are returning to the hospice! Your faces, smiles and 'chatter' have been missed and it is a delight to see you return – thank you for your ongoing support!

Volunteers are an integral part of the hospice team, filling roles that range from direct contact with patients to providing clerical and fundraising support. If you know of someone who is ready, willing and available to offer the greatest gift of all, their time, please ask them to get in touch.

In return you will receive full training, boost your employability by building your CV, make lifelong friends, be connected with your community and know you are making a real difference to someone's life – so don't delay call volunteering on **01978 316800**.

AREA	VOLUNTEER ROLE	DESCRIPTION OF ROLE
Retail	<ul style="list-style-type: none">• Customer Service• Sorting/Donation Station• Ebay/ Media• Visual Merchandising	You will play a key part in making our customers feel welcome and keeping the shop well stocked. You may also serve at the till, accept and sort customer donations.
Administration	<ul style="list-style-type: none">• Clinical	If you're organised, computer literate, have an excellent telephone manner and are willing to help our admin teams, this role is for you.
Fundraising	<ul style="list-style-type: none">• Events	There are a variety of roles at our events with something for everyone, from being an event marshal to giving two hours to a bag pack/bucket collection.
Clinical	<ul style="list-style-type: none">• Inpatients	This is a patient facing role. Duties include making drinks, selecting/serving meals, and participating in activities.
Patient Wellbeing	<ul style="list-style-type: none">• Craft• Gardening• Complementary Therapy	A holistic approach, incorporating the whole spectrum of care is essential. If you have a skill that patients could benefit from, we want to hear from you!
Transport	<ul style="list-style-type: none">• Patient Driver• Patient Transport Support	Driving the hospice vehicles will open the doors to patients who may not otherwise be able to access our services.



We're Popping Up in a Community Venue Near You!

Yes, you heard us right! Our ever-popular Gift Shop in the reception area of the hospice took to the road this summer and proved a massive hit with customers who wouldn't normally visit our facilities.

The Pop-Up Gift Shop has been made possible with the help of volunteers who have visited venues including golf clubs, town centres, cafes and farm shops. The Gift Shop stocks a wide range of quality items from jewellery to notebooks, trinkets, and china, as well as quality gift-wrap and cards.

Susan Williams, Community Engagement Officer is delighted with the feedback and says it has been an excellent way to spread the word about the services and facilities provided at the hospice. She said: *"We have been made very welcome in all the locations we have visited, and our volunteers have done an amazing job in engaging with the community to spread the word about Nightingale House."*

The Pop-Up shop has so far raised £4,305 towards patient care.

Also, this Summer The Gift Shop partnered up with our hospice gardeners and organised a plant sale which raised over £800.

As you may already know the gardens at the hospice are maintained by our band of dedicated and green-fingered volunteers throughout the year, providing a much-needed boost for patients, their families and loved ones.

The plants sold at the event were all either grown by our gardeners at home or donated by generous members of the public and businesses.

Thank you to everyone who gave up their time to organise the sale and make it a spectacular success and to all those who visited us and bought the amazing array of plants. We are already planning future ones for next year!

If you would like to host a Pop-Up Shop, Nightingale House-style then we would love to hear from you? Contact Susan Williams on 01978 316800 or email susan.williams@nightingalehouse.co.uk



Clayton and Barbara Jones

Clayton Jones has a smile that lights up any room and a laugh that brings joy to those who meet him.

The former factory worker from Gresford is currently living with his second brain tumour in eleven years but this hasn't dampened his spirits or his love for the hospice that has given him renewed hope and a new energy to enjoy his life.

Clayton has been a regular visitor to the hospice after accessing some of our services and learning how to manage his symptoms with the help of Occupational Therapist, Clare Williams and the physiotherapy team.

After several years of poor health, including life-threatening sepsis, resulting in him having to use a walker to aid his mobility, the 80-year-old has learned to listen to his body. He attributes visits to the hospice in lifting his spirits and allowing him to enjoy life with his family.

He said: *"If you are having a bad day people may think coming to the hospice is not going to be a very pleasant experience but by coming here and talking to other people you immediately feel so much better."*

"I always like a laugh and a joke and when I first came into the reception area I thought I better be on my best behaviour, but within five minutes there was plenty of banter and we were all laughing! I immediately liked the place."

Clayton has been married to wife Barbara for 59 years. She says her husband never complains despite overcoming many health-related obstacles: *"Clayton loves to learn and absorb new information, so when he was given exercises and tips to help maintain a more normal life he has embraced it."*

“

It is often harder for carers watching their loved ones go through illness. Seeing how much Barbara does as my carer I now fully appreciate and understand what they go through. She has been my rock.

”



Nurse Paula, volunteer Mary and administrator Louise pictured at the hospice ward reception area

Specialist Respite Care

Here at the hospice we recognise there are times when patients need to come in for a short stay. Often this is to manage pain relief or tweak medication and help patients on their journey to managing their symptoms at home.

Our new Specialist Respite Care service is for patients who may benefit from being monitored on our in-patient unit for between four and seven days. Our highly trained team can set time aside to assess a patients overall needs, look at medication or provide physiotherapy to improve their mobility using our high-tech gymnasium and hydrotherapy pool.

The new service now means patients can be given dates up to four weeks in advance of their admission in order to enable families to plan, if they feel the need to take a break, whilst their loved ones are being cared for on the in-patient unit.

Denise Cross had an initial short stay in Nightingale House hospice back in February for pain symptom management. Denise, from Wrexham, was able to return home to live with her daughter Katherine, who had taken over the care of her mother.

Denise said: *"Coming into Nightingale House was the best decision I have ever made. I was hesitant at first but as soon as I walked through their doors it was like someone had wrapped a cosy blanket around me and I felt safe and secure."*

“Nightingale House is here to help patients manage their symptoms, as well as provide end-of-life care you would normally associate with a hospice. Patients become familiar with the environment and get to know the staff and as a result we are able to remove much of the fear they may have experienced if they hadn't been on the ward before.”



Cath Evans

Admissions and
Discharge Facilitator

Behind the Scenes... Human Resources

The importance of HR is easily overlooked in the busy day-to-day running of Nightingale House, but without people like Pat organisations such as ours would grind to a halt.

The last 18 months have created a huge challenge for Pat and we will be forever grateful for her support and understanding during what has been such an uncertain and demanding time for everyone.

"Pat's role is critical to the smooth running of all departments in the hospice's operations. The Covid-19 pandemic has placed additional pressures on the HR function over the last 18 months and Pat has performed superbly to ensure that all staffing issues have been dealt with effectively and efficiently. Despite all the pressures experienced, Pat always has a smile on her face and will go out of her way to support colleagues. Sincere thanks for your significant contribution."

Chris Burgoyne – Head of Operations

"Professional and the voice of reason in what has been a challenging year. Pat never complains and nothing is ever too much trouble. Definitely someone who is indispensable to the hospice effectively working quietly behind the scenes contributing to the smooth running of all departments. A true trooper who can be relied on for sound advice and did I mention her wicked sense of humour?"

Jo Kearns – Volunteer Manager



Who Doesn't Love a Bluebell...

2021 has been and still is, our year of hope and our meadow of everlasting Bluebells has far exceeded our hopes and expectations! 1000 beautiful blue flowers were displayed at Moss Walk, in the formal gardens of National Trust Erddig, as a celebration of life and well-being, and delighted visitors to the gardens in June.

This delicate, pretty wild flower, is a lasting reminder of loved ones and those cared for at Nightingale House, but also those who lost their lives due to Covid-19.

This campaign was kindly sponsored by InXpress, Excell Supply Limited, Entrec Limited and DTCC.

Ross Jermy, Partner at InXpress said "InXpress were proud to support Nightingale House as the directors of the company have personal experience of the amazing work done here and are only too happy to give back in any way that we can."



Clare Williams, Occupational Therapist and creator of the hospice's Positive Action Programme with participant Lorna Laws of Llay

New Lease of Life for Lorna After Joining Hospice Programme

Lorna Laws is embracing life after she signed up for a lifestyle and mindset program at the hospice.

Lorna, aged 55 and from Llay, near Wrexham was diagnosed with breast cancer in 2015 and in 2019 her cancer had returned, spreading to her liver and spine.

An article in a local newspaper highlighting the new service caught her attention and highlighted ways it could help improve health and well-being and find positive ways to deal with those with cancer or chronic cancer.

The free programme runs over six consecutive weeks, covering stress and worry, managing energy levels, relaxation tips and healthy eating.

Lorna said: "I didn't know what to expect when I started the programme as I was feeling quite poorly.

"My daughter says the programme has had a positive impact on me. I had a poor quality of life before I

attended the hospice with mobility, pain, breathing and my mental well-being. I learned useful breathing and relaxation techniques, with a tweak of my medication and it has made a huge difference to managing my symptoms and I now have an entirely different perspective."

Clare Williams, Occupational Therapist at Nightingale House said: "We want to cultivate a positive approach to this type of illness and enhance people's quality of life.

"We don't just support people at end of life, we are here for those who are managing their illness on a day-to-day basis or who require a short admission. We are promoting being independent and supporting health and wellbeing at home."

Get in touch!

For more information or to enquire about how you can be referred contact Nightingale House on 01978 316800 or email nightingalehousereferrals@wales.nhs.uk

Thank You to Our Community!

Huge thanks to all our wonderful supporters in the local community. We would like to thank all the needleworkers, cooks, bakers, gardeners, knitters and artists, who have used their creativity to raise vital funds. Also thank you to all our support groups for your generosity, raising over £8,000 during the pandemic. Here is a small snapshot of the kind support we have received.



Alex Williams raised £4,429.70 in memory of his father, David



Team Red slept rough for the night and raised £432.42



Ian Carter took part in the Llangollen 50k and raised £1,359.03



William Jobson and his classmates donated £88



Five Lodges from North Wales Freemasons donated £4,500



Hawarden Village School raised £1,346



Sarah Lloyd-Hughes raised £4,000 in memory of her husband



Helena Parrott raised £855 by running an Ultra-Marathon



Harley donated his Easter eggs to our patients



The family and friends of Nia Edwards raised over £3,000



Andrew Holloway completed a 100k Marathon raising £385



Dough Nation Station in Overton have raised £1,098.53

Business Support

Despite facing pressures and uncertainties themselves, local businesses have come forward to show how committed they are to their local community.



DTM Legal - £4,177.71



Wrexham Supporters Trust - £581



Airbus - £4,443.87



HMP Berwyn - £989.60



Primark Broughton - £750



Nisa Garden Village - £240



Cllr Bateman, Chairman - £4,250



Synthite - £1,000



Bevans - £1,130



Bellis Brothers - £838



Farndon Tiles - £500



Rotary Club of Deeside - £1,000



Chirk AAA Football Club - £605



Buckley Football Club - £584



Home Bargains, Wrexham - £515

Leaving a Lasting Legacy

Thanks to your remarkable, continued support, the hospice is a legacy of the communities it serves. Gifts in wills make an incredible difference not only to the essential day to day running of the hospice but also for investing in future developments.

No matter how large or small your gift is, it will help support people living with life-limiting illnesses.

If you are planning to write or amend your will and would like to include Nightingale House speak to a trusted Solicitor and they will be able to advise or for a **FREE ONLINE WILL**, please visit our website: nightingalehouse.co.uk/will

Writing a will doesn't have to be expensive or complicated. It can provide you with peace of mind to know that following your death, your family and loved ones will be looked after, and your wishes followed.



Light Up a Life

If you would like to be part of this special annual event and remember a loved one, there are two ways to make your dedication.

Request a dedication form from the hospice by calling 01978 314292 and return this together with your donation. Alternatively, you can make your dedication online by visiting nightingalehouse.co.uk/in-memory/light-up-a-life and leave a message and photograph of your loved one on our virtual Christmas tree.

We are planning a slightly different service this year at St Giles Parish Church on 5th December at 4:30pm with other services around our catchment area - more details can be found on our website.

There is no minimum donation, all we ask is that you be as generous as possible, helping "make every moment count" for patients and families.



For more information, contact 01978 314292 or email info@nightingalehouse.co.uk.

Youngsters Develop Strong Bond...

Two young girls from Flintshire are smiling once more after benefiting from the hospice's bereavement service.

Nine-year-olds Annabelle and Megan accessed the service, funded by BBC Children In Need, following the death of close family members.

Although the pair attend the same school they didn't know the other was accessing the same service at the same time.

Annabel's beloved 'Dada' Gareth passed away in January aged 40, and she has been supported by the hospice in helping her come to terms with his death.

Megan also experienced loss with the death of her great-grandmother 'Granny Halkyn' and a number of close relatives and friends.

Their friendship has flourished as they've shared a common bond.

Annabelle and Megan have been enjoying sessions based around arts and crafts and creating happy memories of their loved ones.

Annabelle said: *"My dada's favourite colour was orange so I made an orange heart and put it in my memory box. The dream catcher I made is hanging in my bedroom. It's fun doing these activities and it has really helped me."*

Mum Ellen said her daughter was initially struggling when questioned about her loss, but the sessions have made a huge difference to Annabelle and provided a host of coping mechanisms resulting in her being more chilled and relaxed.

Megan's parents Dafydd and Rebecca felt their daughter would benefit from the opportunity to chat through her worries and fears.

Megan said: *"I love coming to my sessions at the hospice. When I was creating my memory box and dream catcher I found it easier to chat about my worries because I was doing arts and crafts at the same time."*



Megan and Annabelle sharing happy memories in our Sunshine Room



NIGHTINGALES



Retail

Nightingales shops reopened back in April and not even a pandemic has dampened the enthusiasm of the retail team.

We could not be prouder of our staff and volunteers for embracing all the changes we've made to ensure our shops are safe for customers, volunteers and staff. Thanks to all our supporters and customers for being so understanding during all the changes with lockdown restrictions.

DOING OUR BIT

You may have heard of the term 'fast fashion' and the negative effect it is having on our environment and garment workers. Our shops offer supporters an ethical and sustainable alternative by giving your good quality donated items a second chance of being reused, reloved or recycled. So, whether you shop with us or donate to us you are helping to break the cycle.

DONATIONS

All shops continue to operate a no appointment needed system for donations. However, we are still asking everyone to phone ahead to avoid disappointment, as each store has limited space for donations each day. A full list of items we cannot take can be found on our website. Remember, if you sign up to gift aid with us, we can claim an extra 25p for every £1 we sell a gift aided item for from the government at no extra cost to you.

ONLINE SHOP

Our online shops are continuing to play a vital part in raising funds for the hospice. New items are added weekly and there is something for everyone. To shop online with us visit our Nightingale House website where you will find our eBay and Amazon shops.

FURTHER INFORMATION

For up-to-date announcements or to find out the location of your nearest shop please visit the shops page on the Nightingale House website or follow our Facebook page.

For more information on our shops, please visit: **nightingalehouse.co.uk/shops**

VOLUNTEERING!

Charity retail is the biggest source of volunteer opportunities in the UK, with 230,000 people currently volunteering in the sector.

Here at Nightingale House, we could not run our shops without our fantastic volunteers, and we are always looking for new volunteers to help join our teams and support us in our shops.

No experience is necessary and full training will be provided.



If you are interested in booking a taster session or starting your volunteering journey with us please contact us on 01978 316800

Nightingales are looking for good quality furniture for our shops to sell to help raise money for Nightingale House Hospice.

HAVE YOUR
PRE-LOVED FURNITURE
COLLECTED...

FOR FREE!



THANK YOU!

☒ DON'T FORGET TO TICK THE GIFT AID BOX!



SCAN ME!

Book your online collection by visiting:
nightingalehouse.co.uk/collection-service
and choosing the day that suits you.

Upcoming Events

01978 314292
nightingalehouse.co.uk/events

Due to Covid-19, there has been a break from our traditional events calendar. We are very hopeful that we will be able to host events again in the not too distant future.



Pick Your Own Pumpkin | Weekends in October 2021

Come along and pick your very own pumpkin, enjoy some seasonal crafts and face painting at Bellis Brothers, Holt! There will also be the chance to have a family portrait taken to record the happy memory. Each Saturday and Sunday, from Saturday 2nd October to Sunday 24th October.



Skydive Challenge | 9th and 23rd October 2021

Challenge yourself and do something amazing - jump out of an aeroplane for charity! You'll enjoy a fabulous 20 minute flight to ten thousand feet. You will exit the aircraft and experience the most amazing and exhilarating free-fall.



Online Auction | 26th November – 12th December 2021

Join us this November for our second online Auction. Lots will be available online to bid on over a 17 day period. There will be some extraordinary items including experiences, vouchers and sporting memorabilia.



Rudolph Run | November – December 2021

Schools are invited to take part and raise money for patient care with their very own Rudolph Run. Those taking part will be provided with antlers and red noses. The school can choose when and where to hold it – we will supply everything you need!



Christmas Tree Collection | 15th January 2022

In January we will be out and about in our local community, collecting Christmas trees for recycling! This fantastic recycling programme is an eco-friendly way to dispose of your tree after the Yuletide season, whilst also helping your local hospice.

To make events possible we luckily have the help of volunteers. Volunteers help in many ways at events and above all have a great time. If you would be interested in event volunteering, contact the Volunteers team on 01978 316800 or email volunteer@nightingalehouse.co.uk



Bumper Year for Our Christmas Tree Collection Service

Did you know in January 2021 we collected and recycled over 1000 Christmas Trees?

The response to our Christmas Tree Collection was amazing and due to its success we have expanded our collection areas to accommodate demand in more postcodes in Flintshire and Oswestry.

Collection Day is: Saturday 15th January 2022
Postcode Areas: CH4 0, CH4 9, CH5, CH6 5, CH6 6, CH6 9, CH7, CH8 7, CH8 8, CH8 9, LL11, LL12, LL13, LL14, LL20, SY12 0, SY12 9, SY11 4, SY11 3.

There is no minimum or maximum amount you can give, however, the average donation is £10. Every penny raised will go towards patient care at the hospice. Only real trees and those which have been booked in advance will be collected. No additional trees can be collected on the day.

Sam Amis, Community and Events Fundraiser said:
"The Christmas Tree Collection is becoming increasingly popular across our catchment area. It is wonderful to see everyone coming together to help support the hospice as well as trying to positively impact the environment."

FOLLOW THESE THREE SIMPLE STEPS:

1. Register for your tree to be collected by contacting 01978 314292 or visit the website **charityxmastreecollection.com**
2. Remove all decorations and bases (unless wooden) from tree
3. Leave tree outside your house in a visible location **BEFORE 7am on Saturday 15th January 2022**

There are just a few little rules to make the collection process easier for everyone:

- Maximum tree size is 9ft
- Tree must be left in a visible, easy to reach location
- Tree must be outside before 7am on 15th January

If you would like to be contacted via email when the tree collection service is open for bookings please call the fundraising team on 01978 314292 and we will ensure you are added to the list and notified!





Denise Cross

Denise Cross wanted to raise awareness about the facilities at Nightingale House Hospice and came up with the idea of shaving her hair to raise funds.

After smashing her original £5,000 target within hours of launch Denise doubled it raising £10,000 in just four weeks!

“ I want people to know that Nightingale House is not a place of sadness. As soon as the doors open nothing is too much trouble and you arrive in this tranquil and calm environment.

The staff are amazing, and they have supported me all the way. I want to give something back because I want to let all staff at Nightingale House know what angels they are, from the housekeepers, cooks, nurses, health care support workers and anyone else I haven't mentioned. ”



Dream team: Denise Cross and granddaughter Teddi

Overseas Challenges

The outbreak of Covid-19 had a major impact on our overseas challenges to Machu Picchu, Peru and Mount Kilimanjaro, Africa's highest mountain with both challenges now postponed to 2022.

We are so grateful to our supporters who have transitioned over to our new dates and who continue to find innovative ways of fundraising, raising over £110,000 to date!

If either of these treks are on your bucket list a small number of places are available.



For more info on our Overseas Challenges, please contact:
bethan.scott@nightingalehouse.co.uk

Up to the Challenge

Fearless, heroic, courageous are just some of the words we feel best describe anyone who takes on a challenge for us...



Paul Pryce was faced with snow on Ben Nevis, the darkness of Scafell Pike and then finally the elation of reaching Snowdon as he completed The National Three Peaks Challenge. Paul told us he was spurred on by the incredible support he received along the way helping him raise over £2,000.



When lockdown prevented **Chris Jobson** from seeing her grandchildren in London, she decided to use the time to put others first and raise money for patient care. Setting herself the target of walking the equivalent of the distance between Land's End and John O'Groats, Chris completed 874 miles locally raising £1,481.35.



Marching on for Foxy saw friends walk from Leeds to Nightingale House in memory of their friend Gavin Fox who passed away at the hospice in July 2020. The walk was organised by Gavin's best friend **Chris Henderson** who was joined by **Martin Moran, Ian Dorman, Nick Patel, Jason Perry, Danny Hughes, Simon Martin, Nicky Jones** and **Michael Hughes** who collectively raised over £21,000.



Time flies: Our Lottery was launched 25 years ago!

25 Years

This year marks 25 years since the hospice lottery started, with the first lottery draw taking place in April 1996. 499 members who took part in that first draw are still playing today.

We truly appreciate the support of all our lottery players and the wonderful loyalty of those who have been playing for many years.

Playing the lottery really does make a difference to our patients and their families. Gail's family have been playing the hospice lottery for many years and she told us why she is asking others to join the lottery after losing her father, Gareth, at Nightingale House.

"My Dad's mum spent her final weeks in Nightingale House possibly 20 years ago now. The care was wonderful and a few of our family signed up to the lottery from that moment. Dad won £2000 once and split it between himself, Mum, me and my sister and told us to have a guilt free spend! Lovely!"

The care that was shown to his mum made my Dad convinced that he wished to spend his last days in Nightingale House too after he had his cancer diagnosis. Having spent time with all the staff at the hospice in the time we were with Dad, I was overwhelmed with the care and kindness shown by everyone and the dignity and respect that my Dad was shown. As family members we were looked after so well and there was always time to talk.

I feel like I've been shown how end of life care should be and it's really important that Nightingale House services remain available to as many people as need them. If a few more lottery sign ups in Dad's name help this to happen, then I'm really pleased that something positive can still come out of a sad situation."



Sign me up!

For more information on our Lottery or to sign up, visit:
nightingalehouse.co.uk/lottery

Tee-riffic Fundraisers



Organisers of our Wrexham Golf Day, Ann and Selwyn Roberts have generously given their time, energy and expertise to support the hospice annually for the last 18 years. This year Ann and Selwyn have made the decision to step down as organisers, which we are sorry to hear.

We would like to extend a huge thank you to Ann and Selwyn for their kindness over the years. Their hard work has made a huge difference raising more than £100,000 during this time.



WYT TI'N SIARAD CYMRAEG?

Byddwn yn cynhyrchu fersiwn electronig o'n cylchlythyr Cymraeg, a gellwch 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 Cylchlythyr ei gyfieithu yn rhad ac am ddim yn garedig iawn gan Gareth P. Hughes.



Nightingales Café Menu

Whilst in town, visit our popular café and shop...

BREAKFAST (Vegetarian Sausages Available)

Regular - Bacon, Sausage, Hash Brown, Egg (Fried/Scrambled), Beans & Toast **£4.95**

Large - 2 Bacon, 2 Sausage, 2 Hash Browns, 2 Eggs (Fried/Scrambled), Beans & Toast . . . **£5.95**

BREAKFAST TOASTIES **£3.25 > £3.75**

Bacon | Pork & Leek Sausages | Bacon & Sausage | Bacon & Fried Egg | Sausage & Fried Egg | Scrambled Egg & Hash Brown

ON TOAST **£3.25**

Baked Beans on Toast | Two Fried Eggs on Toast | Cheese on Toast | Scrambled Egg on Toast

SOUP OF THE DAY **£3.50**

JACKET POTATOES **£4.25 > £4.75**

All Served with Dressed Salad

Butter | Cheese | Baked Beans | Cheese & Beans | Chicken Curry | Vegetable Curry | Cheese & Bacon

SANDWICHES FROM **£1.95**

All Served with Dressed Salad

PANINI/TOASTIES FROM **£3.50**

All Served with Dressed Salad

Toast, Butter & Jam/Marmalade **£1.75**

Toasted Teacake & Butter **£1.75**

Homemade Scone & Butter **£1.35**

Homemade Scone Jam & Clotted Cream. . . . **£2.35**

5 Regent Street, Wrexham LL11 1RY
Monday - Saturday 9:30am - 4pm

CHRISTMAS SUPER DRAW



**3 FANTASTIC PRIZES
TO BE WON!**

1ST - £5000

2ND - £3000

3RD - £2000

DRAW DATE: 16TH DECEMBER 2021



Nightingale House Hospice
Hospis Tŷ'r Eos

01978 313134
NIGHTINGALEHOUSE.CO.UK

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