

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER MARCH 2020



VIETNAM TO CAMBODIA

24 inspiring cyclists raise over £135K for patient care

MODERNISATION SUCCESS

It's a big thumbs-up from our patients and supporters

EVERYONE'S INVITED...

Join in with our 25th Birthday Party Celebrations!



CELEBRATING
25 YEARS
1995 • 2020

WELCOME

Welcome to our Spring Newsletter.

As this is the first Newsletter of 2020, I would like to start by thanking everyone who has been so supportive of the hospice throughout 2019. Whether your involvement has been in fundraising, making donations or providing your time you have all made a valued contribution which, in turn, enables the hospice to continue to deliver the patient care to those in our community who need it most. Thank you for all your support.

2020 celebrates 25 years since the hospice was first opened. The hospice was opened for day services provision in August 1995 with the first inpatient admitted on 5th November 1995.

25 years on and Nightingale House now offers a very different range of services and supports those with life-limiting illnesses across a range of chronic conditions such as cancer, motor neurone disease, heart failure and pulmonary fibrosis, alongside specialist palliative care. The hospice provides a full multi-disciplinary service with an inpatient unit, day services, physiotherapy, outpatient clinics and bereavement support. We encourage early referrals to our care so that individuals living with the diagnosis of a life-limiting illness can access information,



The new Day Services facilities are bright, friendly and welcoming, patients can now access advice and support in a more suitable environment.

support and care when needed throughout their illness. The one thing that has remained constant throughout these 25 years has been the incredible support of the community for its hospice. As an independent community hospice, Nightingale House receives less than 18% of its running costs from statutory funding with the remaining 82% having to be generated by fundraising activity and donations. With an annual budget to run the hospice in 2020 of £3,435,943 (to be exact!) this places a huge ask on the generosity and support of our community to continue the provision of



hospice services. It is only as a result of the community support that the hospice has been able to continue to deliver patient services for the past 25 years. We have only been able to undertake the premises modernisation because of the financial stability which has resulted from the wonderful support of our community over the years.

Regarding the hospice modernisation, the Day Services and Family Support wing is complete and was open for patients from early November 2019. Work on the new Rehabilitation Suite and Gym facilities commenced in November 2019 and we are on course to complete by early April 2020. In both above phases of work we will have been able to maintain patient services throughout and we are very grateful to the flexibility and support of the site contractors, staff and volunteers who have enabled this to happen.

As Nightingale House looks to celebrate its 25th Anniversary I would like to acknowledge all the staff and volunteers who have contributed to the delivery of patient services during this time. I would also wish to recognise the incredible support of our community who have ensured that hospice services have been maintained throughout the 25 years. Only with the continued support of the public can we hope to maintain a sustainable model for the provision and delivery of patient care in the best possible environment.

Thank you for all that you continue to contribute to your hospice.

Best Wishes

Steve Parry
CEO

ADVICE AND SUPPORT WHEN YOU NEED IT

Guiding people in our communities to information, advice and support when they need it is a key part of the services on offer at Nightingale House. And that doesn't just mean the patients, there are services for carers too. Sharon Bateman tapped into the weekly Outreach Service at Chirk Community Hospital after seeing a post on Facebook. Sharon was struggling as her mother's main carer, so got in touch to chat through some of her own concerns and emotional difficulties.

She now accesses the Day Service at Nightingale House and enjoys some respite through complementary therapies every few weeks. The service has provided her with a lifeline, and now her mother is a regular Day Service patient and she can access a wealth of services to help her.

Sharon said: *"The post came at the right time as I was desperate to get answers and some help."*

"I cannot believe how quickly things get done in the hospice and it is amazing that all these facilities and services are available to both mum and I under one roof. The specialist knowledge of all the staff has been invaluable."

Another plus for Sharon has been the Family Support Service. "I'm sure Jackie can read my mind and she makes no judgements. But it is not just visiting Day Services, it is the ongoing care that the hospice provides for mum, me and my family. They have literally thrown their arms around us, helping me come to terms with mum's inevitable passing, whenever that may be."

Sharon is already planning to support Nightingale House through fundraising in the future because she wants to give something back as a way of saying thanks.

"I think I will be forever indebted for their help through this difficult time," she added.



"I walked in and spoke to Kay, the Outpatient Services Coordinator. She gave me a welcome hug and I literally melted into her arms and cried – I didn't know which way to turn at that point."

- Sharon Bateman, Outreach Service Patient

THEN...

A lot happened during the 90's including number one hits from Take That, Robson & Jerome, Blur and Coolio. Molten Lava Chocolate Cake was the trendy food to eat – touted by chefs and The National Lottery was still in its infancy having been launched in November 1994!

- 1 Archbishop of Wales, the Most Reverend Alwyn Rice-Jones performed the ceremonial turf cutting ceremony on the Chester Road site
- 2 The building is handed over to Nightingale House Hospice by Finneys the contractors
- 3 The Duchess of Gloucester officially opens Nightingale House Hospice
- 4 The launch of our Lottery
- 5 Plas Nurses Home opened in 1933. This became the proposed site for Nightingale House Hospice



Our Chester Road site was previously a former nurses' home before it was demolished to make way for the new hospice building...

...AND NOW



The award winning Caffi Cwtch has become a firm favourite with our fabulous supporters.

Tracy Livingstone and Helen Fisher have worked at Nightingale House since day one. They have seen many changes in the way clinical services are delivered plus changes in attitude towards those coping with life-limiting illnesses, changes in hospice care and advances in medical care.

However, some things never change here at Nightingale House including our patient and family centred approach and our commitment to high quality care.

Nightingale House was initially a provision for palliative care for cancer patients. Today it delivers unique services across Wrexham, Flintshire and East Denbighshire to Barmouth and the borders of Shropshire and Cheshire for patients with life-limiting illnesses.

So, what is different between then and now?

Tracy came to the hospice as a staff nurse and is now the hospice's Head of Governance and Education. She said: *"Back then our care package provided nursing and physiotherapy support. There was less opportunity to meet with family members after initial assessments and the therapeutic activities were few and far between.*

"Fast forward 25 years and Nightingale House now offers a very different type of service with a new focus on supporting those with life-limiting illnesses for patients with chronic conditions such as cancer, motor neurone disease, heart failure and pulmonary fibrosis, alongside specialist palliative care.

"Because of developments in medical science it has unlocked greater treatment choices for patients and their families; a notable shift from when the medics made most care decisions. It has now become the norm to take a more holistic approach, with patients able to access services like aromatherapy, emotional and spiritual support, as well as art and music therapy classes.

"More collaborative working and peer to peer training has improved the way we support other care settings, through new technology and improved facilities."

Helen Fisher, Rehabilitation Team Leader started her job with a telephone, no computer and having to swot up on how to look after one of the first hydrotherapy pools ever built in an adult hospice!

She said: *"At the time the building was state of the art, but after 25 years of care it's time to improve the environment and create flexible space to carry out both group activities and one to ones. One of the biggest changes is that we now provide care and support for all life-limiting illnesses, not just cancer. Our aim in rehabilitation is to help patients keep their independence for as long as possible."*

INTRODUCING YVONNE LUSH HEAD OF CLINICAL AND PATIENT SERVICES

Nightingale House is very pleased to welcome a new face to its senior management team.

Yvonne Lush took up her post as Head of Clinical and Patient Services earlier this year and brings a wealth of experience to the hospice. Yvonne's new role is to provide leadership and management to the clinical team within Nightingale House, inspire change and enable more people in the locality to tap into the services on offer for those living with a life-limiting illness.

"I'm delighted to welcome Yvonne Lush who has joined Nightingale House Hospice as the Head of Patient and Clinical Services replacing Jane McGrath who has taken up the role of Clinical Services Manager at St Kentigern Hospice. I would like to take the opportunity to thank Jane for all she has contributed over the past 5 years and wish both of them every success in their new roles"

- Steve Parry, CEO



WHAT WE DO...

At the hospice and out in the community we care for people affected by all life-limiting conditions, including chronic forms of cancer, motor neurone disease, heart failure, COPD and liver failure.

A lot of people with life-limiting illness are treatable, although a cure may not be possible. With medical advances there are many things that can be done to help treat and support those people. We emphasise that we are here to enhance our patients' quality of life.

We want to reach more people and their families in our community who can benefit from our services. You can drop in and get expert advice during the week, you don't need to make an appointment. One of our clinicians will talk you through all the support, specialist palliative care services and treatments that you and your family will be able to access that will help with your specific needs.



If you require any more information about our services, please call **01978 316800**

OUR PATIENT SERVICES AT A GLANCE

The hospice has a huge range of services that can be accessed throughout the patient's illness and we want to encourage early referrals so that patients can benefit from our services as soon as possible.

IN-PATIENT CARE

What's available?

Complex symptom management at any stage of a person's illness

End of Life Care

En suite and family facilities

When?

Round the clock care

Admissions 9am - 5pm Monday - Friday

REHABILITATION SERVICES

What's available?

Supporting well-being and quality of life

Hydrotherapy, Acupuncture and Complementary Therapies

Occupational Therapy, Physiotherapy

Fully equipped gym

Group and individual support

When?

8:30am - 4:30pm Monday - Friday

FAMILY SUPPORT SERVICES

What's available?

Emotional, psychological and spiritual support

Support for families, including children and grandchildren

Welfare Benefits advice

Pre and post bereavement support

Individual and group support

Social Work support

When?

8:30am - 4:30pm Monday - Friday
(some bereavement appointments available until 6:30pm)

DAY SERVICES

Where?

Available at Nightingale House, Wrexham with drop-in services, Chirk (Tuesday) and Mold (Wednesday)

What's available?

Individual and group support

Art and music therapy

Outpatient clinic assessment

When?

9am - 5pm Monday - Friday

DID YOU KNOW...

You can drop into the hospice anytime between 9am - 4pm Monday - Friday to speak with one of our health care professionals. You can seek help, advice and support about what you are going through and you don't need to make an appointment. This is part of our aim to encourage early referrals so that you or your loved one can start benefiting from our services as soon as possible.

Erddig 10k Trail Run Sunday 10th May | National Trust, Erddig, Wrexham
10am | £20 UK Athletics Members / £22 for Non UK Athletics Members

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



Party on the Pitch Saturday 23rd May | The Racecourse, Wrexham
5:30pm | £15 Adult/£10 Children (£25 minimum sponsorship per person)

To celebrate our 25th Anniversary we will be hosting a special 'one-off' event. Participants will take on a sponsored walk following a 5km route starting and finishing at The Racecourse Ground. The walk will include music, dancing and lots of fun! Supporters will be treated to a huge birthday party on their return to the football ground. Featuring live music and DJ set with Ben from the sensational Phats & Small.

Dragon Boat Festival Sunday 7th June | Sandy Lane, Chester
10am | Team Entry £500 plus £1500 sponsorship

The Chester Dragon Boat Festival is a charity fundraising and team building event ideal for both novices and experienced crews alike. Teams will race against teams fundraising for other charities on the waters of the iconic River Dee in 40' long Chinese dragon boats and a dragon boat team is made up of between 13 - 20 team members. Gather your colleagues or friends for action packed fun!



25th Anniversary Concert of Celebration Friday 17th July
William Aston Hall, Wrexham | 7pm Start | £25 standard / £50 VIP

Join the hospice team in celebrating 25 years of care at Nightingale House at a spectacular celebratory concert presented by Sian Lloyd. The audience will be treated to breath-taking performances from the outstanding 'NEW Sinfonia' orchestra, award-winning male voice choir 'Johns' Boys' and special guests.

Sponsored Railway Walk Saturday 8th August | Dolgellau to Barmouth
10am | £10 (includes fish and chips)

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



Great Gatsby Ball Saturday 26th September | Grosvenor Pulford Hotel & Spa
7pm | Tickets £65

Join us as the hospice embarks on its 25th year of care at our fabulous Great Gatsby 1920's themed ball this September, and be part of this incredible milestone. The evening promises to be a spectacular event filled with great food, fabulous entertainment in the form of live music and wonderful prizes to be won in the auction and raffle. Tickets are available to purchase individually or as a table.



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SUNDAY 5TH APRIL 2020

SIGN UP NOW!
NIGHTINGALEHOUSE.CO.UK



★★★★★
SPONSORED
DOLGELLAU TO BARMOUTH

RAILWAY

WALK
★★★★★

SATURDAY 8TH AUGUST 2020

AT THE FOREFRONT OF HOSPICE CARE



"The new building is amazing. It feels different when you walk into reception as it is so bright and welcoming for anyone coming into it."

- Ramon and Pat Gabriel, Llangollen Community Support Group

Work on our modernisation programme continues. The Day Services wing has been transformed into a modern, airy and functional accommodation in line with our vision to deliver first class facilities for more people who need them.

Whilst teams were moving into Day Services last autumn, we immediately started work on Phase Two. This includes a new Rehabilitation Suite with a purpose-built gym. The hydrotherapy pool will also be refurbished to enable the Occupational Therapy and Physiotherapy departments to come together to promote a rehabilitative approach in palliative care.

One key condition of the building contract was to minimise disruption to patient services, and we are delighted to say we are doing this thanks to some clever logistics and planning by our project team and contractors, Read Construction.

Ramon and Pat Gabriel are founding members of the Llangollen Community Support Group and recently toured the first phase of the completed works.

They said: *"It's so pleasing to see how far the hospice has come in the past 25 years and how it has reinvented itself to keep up to date with the changing face of hospice care."*

"Health has changed so much in recent years that it is important to adapt and bring services up to date, especially as patient needs have changed in relation to managing life-limiting illnesses."



"The big difference is the flexibility of space, being able to create large social spaces when needed, but also having light and airy private rooms for patients and families to chat to staff about their feelings, thoughts and any anxieties they may have and to discuss their hopes and wishes for their future care."

- Yvonne Lush, Head of Clinical and Patient Services

OUR NEW FACILITIES CREATE A POSITIVE IMPACT



Oliver, Hannah and Chiana benefiting from the facilities in the new Sunshine Room.



Ethan, age 11, and his mum, Charlotte in the new Sunshine Room with his special memory book.

Image courtesy of Ceidiog PR

Modernising the facilities for bereavement services has had a massive impact on the young people who benefit from our services. Seeing the newly revamped building for the first time the youngsters were visibly overwhelmed by the new location and changes to the Sunshine Room. Bereavement support lasts for as long as the youngsters need it and is a service that is part funded by BBC's Children in Need.

Jackie Rowley, Social Worker with the hospice's Family Support Team said: *"It is an incredible space that is very child-centred, offering a comfortable and practical space to work with children where they are able to feel at ease quickly. Some, who have been accessing services prior to our new room design, like the fact that items from the previous Sunshine Room have been incorporated in to the new design."*

Here is what some of our young people said:

Oliver, age 17 said: *"It is so much nicer and feels very homely. Everywhere is colourful and looks like an entirely new building. It really does create a welcoming, much more vibrant environment."*

Hannah, age 15 said: *"Oh my gosh I'm so excited, I thought I had walked into a completely different building."*

Chiana, age 16 said: *"Every detail has been thought about. It doesn't seem medical."*

OUR GENEROUS COMMUNITY

Our communities are amazing and have been getting behind us with their wonderful fundraising activities and events for many years.

Their support and inspirational ideas raise vital funds each year towards providing the much-needed care for those with life-limiting illnesses. In fact, our community support groups raised £30k last year from their events ranging from afternoon teas, concerts, Bollywood nights, chocolate bingo and comedy nights.

These events not only directly help the hospice provide vital funds for those with life-limiting illnesses but also bring our communities together, spreading the word about the hospice and encouraging more people who need our facilities to access them.

We are delighted to add Chirk to our existing list of formal community support groups. If you would like to set up a group supporting Nightingale House in your area, then please contact us on **01978 314292** or email **susan.williams@nightingalehouse.co.uk** or **claire.quant@nightingalehouse.co.uk**



Alwena has donated £3,000 over many years including this cheque for £500



Amelia donated her hair, raising £1,472.31 and also held a coffee morning raising £215



Amy, age 3 and Brooke, age 7 have been busy filling up their money cubes



Andy Williams raised over £45,000 for many great causes including our hospice



Borrass Park Junior School brought in cakes and raised £250



Brother Industries sponsored our final Midnight Walk and raised £911.70



Drew and Tom raised over £220 in memory of Drew's Taid Norman Land



Hawarden Institute Dance Club raised £1,000



John O'Groats cyclist Philip Oliver from Hope raised over £7,252.16

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



Kay and Gary Whistler along with Paul Ffoulkes from Barclays raised £27,700



The Sun Trevor have donated over £13,000 since 2013 including this cheque for £3,000



Mondelez & Kronospan raised £1,608 from the Max Evans Memorial Trophy



Olivia raised £30 selling cakes



The annual Ruabon Charity Day held in memory of Ray Jones raised £600



Mold Support Group raised £1,300 from various events



Village Bakery Jolly Jumpers raised £79.74



Wrexham and District Pantomime Company raised £5,000



Wrexham Golf day sponsored by Wrexham Lager raised £5,400

25TH ANNIVERSARY SUNSHINE MEADOW



2019's Sunshine Meadow was so successful that a 25th Anniversary Welsh Poppy is currently being produced!

As 2020 will be the year we will be celebrating 25 years of hospice care in North East Wales and the border areas, we wanted to design a new Sunshine Meadow. It has proved almost impossible to beat last year's Nightingale Sunflowers displayed at the National Trust's Chirk Castle so we have tried to come up with something similar but different.

We have chosen an unusual flower but one that resonates a lot of different messages... of remembering loved ones, the country we live in and the sight of 1,200 yellow flowers against an iconic background!

Continuing its work with the National Trust exploring how the hospice can use special places to support their patients and families, the National Trust has very kindly agreed to host the Meadow again but this year, at Erddig in the heart of Wrexham from 1st June - 17th July 2020.

The flower we have chosen is the Welsh Poppy, a pretty, yellow, woodland flower which flowers from June to August. The Nightingale Poppy will, of course, flower all year round as it is another everlasting flower made by the British Ironworks Centre, in Oswestry.

If you would like to buy a Welsh Poppy celebrating the life of someone you love or simply in recognition of the hundreds of people cared for at Nightingale House, you can complete a dedication form available at our hospice and in our shops or by visiting our website.

The cost of the poppy will be £25 and can be purchased from 1st March 2020 but will only be available for collection once the display at Erddig has ended.

"Due to the success and high demand for last year's Sunflowers, we are now offering our supporters another chance to celebrate the life of a loved one."

- Delyth Underwood, In Memory Giving Fundraiser

If you would like to reserve a 25th Anniversary Welsh Poppy, please contact Del Underwood:
delyth.underwood@nightingalehouse.co.uk or call **01978 314292**

GIFTS IN WILLS

The hospice helps patients lead an improved quality of life even with a life-limiting illness but we rely on individual supporters for a large part of our funding and we are so grateful to the hundreds of people who support us. Gifts in Wills are an important part of this. By giving in this way, you are able to help your hospice in years to come, whilst leaving a lasting legacy.

The most common gifts we receive are for a specific cash amount (pecuniary gift) or a percentage share of an estate (residuary gift). The hospice can also benefit from other gifts, such as specific items like paintings, jewellery or gifts in trust to generate further income for patient care. Your solicitor will be able to advise you on which type of gift is most appropriate to your wishes and personal situation.

By having an up-to-date Will you can ensure that the people and causes that matter to you most are looked after. A Will is the only way to guarantee that your wishes are followed and your assets distributed to benefit those who matter most to you.



We are grateful for all gifts received because so much of our work would not be possible without this very special support.

UNITY IN OUR COMMUNITY DONATE DON'T DUMP!

Big-hearted residents in Chirk pulled their generosity out of the bag when they rocked up with their unwanted items in aid of the hospice.

Caffi Wylfa, the social enterprise run cafe on Castle Road, was the focal point for helping those with life-limiting illnesses thanks to two Donate Don't Dump days. And the plan is to add more dates during 2020.

After an appeal went out asking for unwanted, quality items that still had a useful life the response was overwhelming – over 220 bags of goods were dropped off at the cafe over the two days, before being taken off to our warehouse ready for dispatch to the hospice's retail outlets, Nightingales.

If you are a local establishment and would like to organise your own Donate Don't Dump Day please get in touch with the fundraising team on 01978 314292.



"We had a great response to these two events in November and January – the van was jam-packed on both occasions, with so many generous donations. Thank you so much to everyone who took the time to bring their items to us. Keep an eye out for more dates coming up throughout 2020."

- Chris Davies, Caffi Wylfa manager

HELPING NIGHTINGALES TO HELP THE ENVIRONMENT

Our shops rely on the kind donations of items from our supporters to keep the shelves and rails filled so that we can raise funds to support the work of the hospice.

Not only does donating your unwanted items to Nightingales help the hospice it is also great news for the environment too.

The list of items which we accept is almost limitless and includes:

- Bags
- Books
- Clothing
- Crockery
- Electrical goods
- Furniture
- Games
- Home furnishings
- Jewellery
- Mirrors
- Ornaments
- Paintings
- Shoes
- Sports equipment
- Toys
- Wedding dresses

There are some items which we are unable to sell so please do not be offended if from time to time we have to decline a donation. If you are unsure if we accept an item you wish to donate then call **01978 262589** or ask in your local Nightingales shop.

The best way to help is to take your donations directly to one of our shops. If the shop is closed please do not leave bags outside as they are usually tampered with or damaged and we are then unable to sell the goods you have generously donated.

If you have a large item of furniture or some electrical white goods that you wish to donate we can come and collect them free of charge.

For full details and to book a collection please call us on 01978 262589.

To find out which items we **do not** accept, our shop opening times and locations, please visit: nightingalehouse.co.uk/shops

giftaid it

If you are a UK taxpayer you can increase the value of your donations to us by Gift Aiding them. Simply fill out the form when you are donating your goods to us for the first time and we will give you a swipe card that you can use on future visits. **We will then receive an additional 25p from the government for every £1 that we raise from selling your items.**



"By re-using the goods that you give us, or recycling them we divert 100's of tons away from landfill every year. And that has got to be a good thing for everyone."

- Katie Roberts, Head of Retail

JOIN THE TEAM AT YOUR LOCAL SHOP



Left to right: Nightingales Assistant Manager Laura, Nightingales Volunteer Billy, Nightingales Cafe Assistant Geoffrey and Nightingales Manager Fiona

Make a real difference to our patients and their families by volunteering at your local Nightingales shop. You'll be one of 200 shop volunteers keeping our 10 shops up and running and supporting our work.

It's a great way to build your skills. We'll give you training and support and you can choose how much time you volunteer. Some volunteers give us two hours a week, others give us 20. But every volunteer is making a vital contribution to our work. We welcome both adult and young, you just need to be 16 or over.

The benefits of volunteering

You will meet new people every day and have some fun for a good cause. You will also get to enhance your CV and learn skills that will boost your job prospects:

- Customer service
- Retail training
- IT and administrative skills
- Increased confidence
- Teamwork
- Problem solving

What you'll be doing in the shop

Join us and you'll have the opportunity to:

- Work on the till processing sales and returns
- Prepare stock, including sorting and pricing
- Create stylish window displays
- Stocktake and other administrative tasks

Here are some of things our retail volunteers say about us:

Kevin, Customer Adviser in Regent Street

"I had been a volunteer with another charity but wanted a change and although nervous I couldn't have been put more at ease. I have definitely gained more than I expected - I have become part of a large family, made lots of new friends and learnt many new skills which have helped me to secure a paid job - although I wouldn't give up one day a week at Regent Street Nightingales!"

Geoffrey, Cafe Assistant in Regent Street

"I thought it would be a wonderful opportunity to volunteer for such a worthy local charity. I can honestly say I am busy from the moment I walk in. I felt part of the team from day one and feel good about myself. If anyone were to ask me if volunteering changed my life I would say YES for the better!"

Billy, Customer Adviser Regent Street

"When someone first suggested to me I apply to be a volunteer at Nightingales I was shocked as I didn't feel I would fit in, but do you know what I am delighted to say I love it! From day one I liked the shop, I was made to feel welcome and have made some great friends. Volunteering has made me a better person and I know I am helping others!"

If you would like to follow in either Kevin, Geoffrey or Billy's footsteps and feel you have the skills to be a store volunteer contact Jo Kearns on **01978 316800** or email **jo.kearns@nightingalehouse.co.uk**

DANCE FOR A DIFFERENCE

Our Strictly Nightingales wowed supporters when they took to the dancefloor at the Lion Quays Hotel last December to help raise funds for Nightingale House. After months of hard work learning to dance and rehearsing their routines, on Friday 6th December our ten novice dancers impressed their audience with their professional partners raising just shy of £38,000!



Left to Right: Judges Chloe Hewitt, James Wilson, Pam Evans-Hughes and Andrew Williams

The hosts were Dilwyn Morgan and Leah Tyson and the dancing was judged by Andrew Williams and his PAT dog (Buddi), Pam Evans-Hughes and James Wilson, both of whom have years of dance experience. The Head Judge Chloe Hewitt, was a professional dancer on BBC's Strictly Come Dancing in 2016/2017 and Chloe also took part in the 2016 Christmas special partnering Gethin Jones.

Following a delicious dinner, the long-awaited moment arrived. It was time to meet the Stars of our show! Steven Highway, Chloe Yeomans, Jayne Williams, Mario Zwolinski, Ian Edwards, Julie Kirk Thomas, Anna Bayley-Jones, Jordon Maguire, Dominic Knight, Rob Cole, Rachel Aspinall-Colley, Louise Harper, Paula Jewson, Ross Miller, Richard Williams and Kirsty Maguire and Ieva Skulme and Richard Colley.



Anna Bayley-Jones with her professional dance partner, Jordan Maguire



Strictly Nightingales 2019 winners Richard Williams and his professional dance partner, Kirsty Maguire

The audience cast their votes (with every vote cast, a donation was made towards patient care) and the winner of Strictly Nightingales 2019 was announced. Richard Williams of Williams Financial with his dance partner Kirsty were handed the Strictly glitterball trophy. Richard and Kirsty performed the Foxtrot to The Greatest Showman having stunned everyone with their moves and big lift!

Thank you to everyone who made the evening a success - Lion Quays, Crazy Ladies Costumes, Reflections Hairdressers, Goddess Make-up Classes, Make-up by Georgia Berry, Luxe Salon Buckley, Jade Gittins, Aballu Artisan Chocolatier, Boots Wrexham, Wrexham Lager, 9Nine Brand, Regent House of Flowers, Clifford Jones Timber, Stephen Cain Photography, ORB Sound and Lighting, Wolly Media, Janet Burgess and our hospice volunteers.

Sam Amis, Fundraiser said *"I've been overwhelmed by the response Strictly Nightingales received. I cannot thank V4B enough for sponsoring the event, making it so special. Everyone in the audience was so generous and supportive – the night truly was a delight. All the amateur dancers were inspirational and worked so hard to fundraise along the way – I admire every single one of them!"*

Images courtesy of Stephen Cain Photography

25TH ANNIVERSARY CONCERT

Throughout 2020, Nightingale House Hospice is celebrating 25 years of hospice care in your community. To mark this marvellous milestone we will be hosting a number of celebratory events.

Nightingale House Hospice will be hosting a special celebratory concert (17th July 2020), hosted by Sian Lloyd, in the heart of the local community. During the evening the audience will be treated to breath-taking performances from the outstanding orchestra 'NEW Sinfonia' and award-winning male voice choir 'Johns' Boys'. These renowned acts will be joined on stage by solo guest performers Aled Wyn Davies (The Welsh Tenor) and Rachael Marsh (Soprano) throughout the evening.

This promises to be a wonderful evening of music, entertainment and fundraising all in aid of Nightingale House, ensuring hospice care continues for the future in your community.

Book early to avoid disappointment!



Llangollen International Musical Eisteddfod crowned Johns' Boys Male Chorus Choir of the World in 2019

£10K JACKPOT

25.06.20



SUMMER SUPER DRAW
RAISING FUNDS FOR NIGHTINGALE HOUSE HOSPICE

ED'S OASIS



“My mind can take me to some very dark places if I allow it but when I’m here all the staff and volunteers make me feel very special – it is just fantastic! I’ve found my little oasis”

Ed Burke knew nothing about Nightingale House Hospice until late 2018. That is often the case when you receive devastating news that changes your entire outlook on life. Ed was diagnosed with stage 4 lung cancer two years ago.

Ed is a creative type – he’s a musician and works as a Master Glassblower. Together with his wife Margaret, they run an established glass studio on the Welsh/Cheshire border.

Ed was initially told he had ‘maybe’ weeks or months to live but thanks to amazing advances in medicine he was given a drug that effectively presses pause on his type of cancer. He was grateful to be given the drug but felt like he was in suspended animation, as he came to terms with coping with his life-limiting illness and the inevitable changes that brings.

A neighbour suggested Ed visit Nightingale House, a thought that initially scared him and it took him several weeks to walk through the doors. His decision changed his life and his entire outlook on hospice care.

“Just because I have a life-limiting illness doesn’t mean I am going to drop in a heap as soon as I walk through the doors of the hospice,” he says with a smile of positivity. “It’s bizarre because my family say I look the best I have looked for ten years! I am in a good state of mind and this is entirely down to the care I receive from the staff at Nightingale House.”

Ed accesses the hospice’s Day Services several times a week participating in art therapy and music therapy sessions, physiotherapy and acupuncture. He has even learnt essential mindfulness techniques with the help of hospice chaplain Gary Windon in the Family Support team and Yvonne Black, Macmillan Psychological Therapist.

“Art therapy is incredibly precious to me and having been to art school it has given me an insight I wish I’d had in my 20’s. I thought art therapy was a sort of ‘waiting for God’ scenario but it couldn’t be any further from the truth.”

Ed’s love of art is complemented by his other passion, music. Together with our music therapist Charlotte Bailey, he feels he’s been allowed to tap into his creativity and has signed up for an Open University degree in Creative Arts.

TOUR DE HOSPICE



In November 2019, 24 challengers set off to cycle 383km from Vietnam to Angkor Wat in Cambodia! From November 2018 to November 2019, they held a ball, quiz nights, gin nights, afternoon teas, race nights, marathons and half-marathons to name just a few! They worked so hard fundraising while at the same time training for what was no easy challenge.

Our intrepid fundraisers cycled in heat of 36 degrees and 60% humidity! Along paths filled with potholes, through paddy fields, mangroves and coconut plantations ending in Angkor Wat, the largest Hindu temple in the world! Crossing the finishing line with hugs and cheers of celebration – the camaraderie they all felt is something they'll never forget. The scenery along the way in both countries was beautiful.

During the trip, our challengers wanted to ensure that they remembered why they were all doing this. The team were given many messages of support and each evening they would read a message from someone whether a member of our clinical team or one of our volunteers. The choice of messages was endless, but there is one message that the challengers wanted to share with you because it describes so eloquently the reason they support our hospice. Ed, a daycare patient has agreed to share his message with you:

"I am sitting in a doctor's consulting room. I feel like I'm on my own, but I can hear voices in the background. They are talking about me, but I can't quite focus on what they are saying. One of the voices sounds like my wife, Margaret, another voice sounds like Becky... that really smiley nurse. The last thing I can remember hearing is the doctor saying, 'You have lung cancer, stage 4. We can't cure it, but we can treat it.'

A month goes by and I am sitting in the daycare room at Nightingale House. The doctor's voice is still repeating in my head but not as loudly as before. There are smiling, caring faces everywhere.

Maybe I'll try the hydrotherapy pool or acupuncture, or art or music therapy or psychotherapy... day by day the doctor's voice gets quieter and quieter.

Now I'm sitting at my desk looking excitedly at my future. I'm waiting, impatiently, for the results of my Grade 5 music exam. The course materials are coming through for the Creative Arts Degree I have enrolled on. An image of my eight-day-old grandson makes me smile. The puppy comes bounding into the room with a toy in her mouth, tail wagging vigorously. I can remember what the doctor said.

Life is good... thank you, Nightingale House."

BEHIND THE SCENES

Meet Del, our multi-talented fundraiser, organiser of events like the Sunshine Meadow, Will Week, Light Up A Life and co-organiser of our popular overseas challenges!

Whatever Del is working on her passion for both the hospice and our supporters is always evident.

"Del has gone from strength to strength since starting her role at Nightingale House in July 2018 and has had some huge successes – particularly with the Sunshine Meadow at Chirk Castle last summer and then the Vietnam to Cambodia Cycle Challenge in November. Del goes above and beyond to make sure each individual is supported and that they know how much we appreciate their efforts. She is a valued member of the team and her passion for Nightingale House always shines through."

- Lauren Tilston, Head of Income Generation

"Del has welcomed me with open arms since I arrived at the hospice, which was just in the run up to the sunflower campaign 2019. The amount of time and dedication she puts into her work is not only driven by a desire to do a good job but a passion to make a difference, even when she's falling over literally hundreds of sunflowers in our office. She is a consummate professional whose energy levels are incredible - seriously, a bike ride to Vietnam - Cambodia, returning to a multitude of events and Light up a Life celebrations ... Del is a bright shining star!"

- Claire Quant, Fundraiser



Del joined the fundraising team back in July 2018 and was completely new to the challenging world of fundraising.

"Working alongside Del on overseas challenges was an absolute pleasure. Not only did Del inspire others, but she took on the Vietnam to Cambodia cycle with determination and grit herself, getting back on a bike for the first time in many years, training hard in her own time and not only completing the challenge in style, but raising over £3,800 for the hospice into the bargain"

- Debbie Barton, friend and former Fundraiser

LET'S TALK ABOUT IT...

It may be a subject you want to avoid but according to Benjamin Franklin there are two things in life which are said to be certain – death and taxes!

Later this year we will be supporting national Dying Matters Week (11 - 17th May). This year's theme is Dying To Be Heard and focuses on how to help by listening to your loved ones when they initiate a conversation about preparing for their death. Or maybe someone close to you is old or ill and you want to initiate a conversation you feel is necessary but not sure how.

Find out more about Dying Matters week at www.dyingmatters.org



Let's talk about it

COMMUNITY EVENTS

Mold Coffee Morning

Saturday 21st March, 9:30am - 11am
Daniel Owen Centre

Lavister Friends Coffee Morning

Saturday 28th March, 10:30am - 12pm
Pulford Village Hall
£5 entry

Hanmer Good Friday Coffee Morning

Friday 10th April, 9am - 12pm
Whitchurch Civic Centre

Leeswood Bingo

Wednesday 15th April, 7pm eyes down 7:30pm
Leeswood Community Centre

Mold Coffee Morning

Saturday 2nd May, 9:30am - 11am
Daniel Owen Centre

Llangollen Coffee Morning

Tuesday 26th May, 9:30am
Memorial Hall, Llangollen
£1 including tea and biscuits

Mold Coffee Morning

Saturday 6th June, 9:30am - 11am
Daniel Owen Centre

Leeswood 25th Anniversary Strawberry Tea

Saturday 13th June, 2 - 4pm
Leeswood Community Centre
£5 entry

Hanmer Strawberry Tea

Saturday 18th July, 3pm
Hanmer Church
£5 entry

Tea, Coffee and Cake

Saturday 8th August, 10am - 4pm
Llangollen, RAFA club
FREE entry

DO YOU LIKE A CHALLENGE?



How about climbing Africa's highest mountain Kilimanjaro!

INTERESTED?

Contact Bethan or Del on 01978 314292
23rd September - 3rd October 2021

WHAT'S ON AT BELLIS BROTHERS?

Easter Egg Hunt

Saturday 28th March – Monday 13th April
Monday - Saturday 9am - 6pm
Sunday 11am - 5pm (Closed Easter Sunday!)
Follow the clues around the store and outside in the Garden Centre to discover the locations of the Easter Chicks and claim your Easter treat!
£1.00 per entry

A Summer of Song

Friday 5th June 7pm (Doors Open 6:45pm)
Strawberry Fields Restaurant
Join us on the patio for Champagne and Canapés then enjoy an evening of musical entertainment in the Strawberry Fields Restaurant
Tickets £12.50 each

Bellis Dog Show

Saturday 4th July
10am - 4pm
Bring your four-legged friends and family for a great day out and take part in our Novelty or Pedigree classes.
Entry fee £1.50 per dog per class

Bellis Brothers Farm Shop and Garden Centre
Holt Village, Wrexham, LL13 9YU
01829 270302 bellisbrothers.co.uk

CELEBRATING **25 YEARS** OF CARE AT NIGHTINGALE HOUSE

PARTY

on the **PITCH**

5KM PARTY WALK FOLLOWED BY MUSIC, GAMES AND CAKE

BEN FROM

PHATS & SMALL

LIVE DJ SET

£15 ENTRY[†] | 23/05/20 | 5:30PM

THE RACECOURSE, WREXHAM



01978 314292
NIGHTINGALEHOUSE.CO.UK

SPONSORED BY

 **Read**



OFFICIAL PARTNER

[†]£15 adult | £10 children. Minimum age 7 years. Please visit nightingalehouse.co.uk for T&C's.
No heels allowed on the pitch. Wrexham AFC reserves the right to refuse entry if heels are worn.