

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER SPRING 2021



THANK YOU

THANK YOU

Welcome to our Spring Newsletter.

It is now over 12 months since the first UK wide lockdown and social distancing restrictions were introduced and unfortunately, we remain in the hold of this pandemic. Whilst encouraged by the vaccination programme being delivered there remains considerable uncertainty surrounding when we will be able to return to pre-covid activities and daily normality.

At the outset of this pandemic, it soon became evident that the income we generate through fundraising activities would be devastated. Our priority as a hospice had to be to survive financially to ensure that patient services could continue. A year on and we are just keeping our heads above water financially and, as a result, we have been able to maintain patient services throughout this period. None of this could have been possible without the incredible support of so many.

We would like to thank everyone who has continued to fundraise for the hospice at what has been and remains such a difficult time. The response of our community to the challenges facing the hospice has been incredible and we are so grateful for this support which has helped to ensure that patient services can be sustained.

We would like to thank those who have provided additional emergency funding support for the hospice to compensate for the income reductions following the impact of Covid-19. In the past year, as a consequence of lockdown and social distancing regulations, the level of income which we would normally expect to generate has fallen by over £1.5M. This funding shortfall has in part been compensated for by the receipt of emergency additional funding received from the Welsh Government, the Job Retention Scheme and the Business Rates Relief provided by Wrexham, Flintshire and Shropshire councils. We are very grateful for this support.

We would like to thank all of you who through your continued acts of kindness have raised staff morale throughout this crisis. The week when the local police turned up to clap outside the hospice provided a remarkable boost for the team, the gesture of loyal supporters organising an ice cream van to call by and offer free ice creams to all at the hospice, the incredible generosity of the community with gifts of PPE, as well as items of food and drink being donated. We are grateful to every one of you.

We would like to thank our patients and their loved ones for being so understanding of the patient visiting restrictions which we have had to introduce to try and ensure the safety of patients, visitors, staff, and volunteers at the hospice. Whilst this was a necessary



measure, it was heartbreaking for everyone concerned. We look forward to reverting to totally flexible visiting arrangements as soon as safe to do so.

We would like to acknowledge and thank our staff and volunteers who throughout the past year have been exceptional, rising to every challenge in the most difficult of circumstances. All areas of the hospice have pulled together as one team, ensuring that we have been able to both fund and deliver patient services during this crisis.

As an independent charitable hospice, we are conscious that we are likely to be facing difficult and uncertain times for the remainder of the year. The additional emergency funding support which we have received is now being tapered back and we will need to replace this by restoring our own income streams. We are hopeful that we will be allowed to re-open our charity shops from April 12th, re-open Caffi Cwtch and the Regent Street café in the near future and plan some community events in the second half of the year. Whilst all of this remains uncertain and provides huge challenges, we are confident that with the continued support of our community it is a challenge that we will again rise to.

Please continue to support your hospice in whichever way you can during these unprecedented and challenging times. We really do need you.

For all that you do for your much-loved hospice, we thank you.

Steve Parry, Chief Executive Officer
Eluned Griffiths, Chair of the Board of Trustees

DIRECT REFERRALS SERVICE IS HERE TO STAY



Did you know that the hospice operates a ring and refer service? And you or your loved ones don't need to check with your GP or district nurse first, because the hospice team can do this for you.

Nightingale House Clinical staff trialled the Direct Referral Service during the first lockdown as a way of trying to ease the increased pressure on primary care colleagues like GP's and Community Nurses. It quickly became apparent the service was a life-line to patients and those caring for loved ones.

Once you make your call the Nightingale House team will endeavour to get in touch with your main care provider to confirm the request. At this stage we will obtain the relevant clinical information to enable your admission as an in-patient or day service patient to be progressed.

Cath Evans is the Admissions and Discharge Facilitator at Nightingale House Hospice and said: *"Patients and their families don't need a doctor's referral to ring us as we can follow up the detailed paperwork with district*

nurses and GP practices after the call. We are finding that it takes the stress off patients and their families who are under tremendous strain anyway."

One family member used the direct referrals service and the process made life a lot easier for all involved. They said: *"I knew about Nightingale House and the services they offered but I wasn't sure whether my aunt would be able to access the hospice services. Once I made the phone call, the team put the wheels in motion to assess her needs with an Attend Anywhere appointment that afternoon to liaise with her Oncologist. She is now able to get the services she requires and has somewhere she can ring whenever she needs to."*

If you or a loved one has palliative care needs and you believe they could benefit, our expert team can help facilitate your needs through appropriate advice and guidance and access your requirements via a telephone triage service. This could result in you being referred or sign-posted to other services or being admitted as an in-patient.

BUILD A BALLOON

SKY'S THE LIMIT!

A unique project to build a hot air balloon is gathering momentum in a bid to lift the spirits of the community it serves.

This exciting campaign will see the hospice creating its' very own hot air balloon to mark 25 years of care for the local community.

And there is still an opportunity for you to become a pivotal part in building the balloon by sponsoring a panel. You get to choose your own image, illustration or special heartfelt message, against a backdrop of the hospice's familiar teal and white brand colours.

Celebrity names have already got behind the campaign including ex-world snooker champion Dennis Taylor, singer Rhys Meirion, former Wales International Rugby player Rupert Moon and fitness star Mr Motivator.

By sponsoring a panel on the balloon, supporters of the hospice will be part of something unique and special to raise vital funds to care for those with chronic

cancers and other life-limiting illnesses. Individual sponsors will receive a certificate of authenticity and commemorative balloon pin badge.

It is hoped the completed balloon will take to the skies in summer 2021.

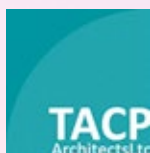
Sarah Povey, Fundraiser for Nightingale House said:

"Due to the pandemic the hospice has faced many challenges in relation to its fundraising activities.

We have lost a substantial amount of income as we have been unable to use our traditional avenues for event fundraising. We have had to become even more inventive and creative with our fundraising ideas."

Corporate sponsors to date include Riello UPS Ltd, Ifor Williams Trailers Ltd, TACP Architects Ltd, Vanguard Medical Cleaning, Read Construction, DTM Legal LLP, Caffi Wylfa and SP Energy Networks, but keep an eye out on our social media sites for a few new names that may be joining the campaign in the coming weeks.

THANK YOU TO OUR SPONSORS!





**PANEL SPONSORSHIP
LIMITED EDITION PIN BADGE
SPECIAL 25TH ANNIVERSARY
CERTIFICATE**

**ALL FOR JUST
£25!**

TELL ME MORE...

WHAT TYPE OF MESSAGE CAN I WRITE?

Within your panel you can display an image, illustration or message, this could be a message of hope, love, or even a message of celebration.

HOW MUCH IS A PANEL AND WHAT DO I GET?

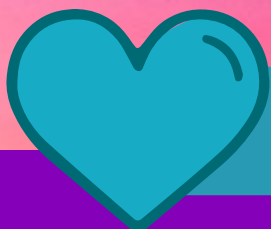
As well as having your message or image included on the balloon you will receive a special 25th Anniversary certificate and commemorative balloon pin badge, all for just £25!

WHERE CAN I SEE THE BALLOON?

All sponsors of a panel will be invited to a special unveiling of the balloon and will be notified of future displays.

HOW CAN MY BUSINESS GET INVOLVED?

We do have other ways businesses can get involved in the campaign, get in touch for more info by emailing balloons@nightingalehouse.co.uk



All profits generated from panel sponsorship will go towards patient care and family support at Nightingale House Hospice.

WALES FOOTBALL HERO TAUGHT TO WALK AGAIN

Getting patients mobile again is one of the key goals of our clinical staff. One man who always had goals in mind was former Wales, Everton and Wrexham goalkeeper Dai Davies.

Dai of Llangollen learned to walk again thanks to our team of physios and his sheer determination after 10 weeks of hospitalisation in the Royal Liverpool and Wrexham Maelor Hospitals. His transfer to Nightingale House meant Dai could be reunited with his wife Judy, and his three children Gareth, Rhian and Bethan, whilst receiving palliative care and rehabilitation, after his decision not to opt for chemotherapy treatment, following his diagnosis for pancreatic cancer.

He said: *"When I came to Nightingale House the brilliant physio team had me up and about very quickly. I'm no stranger to gyms but their powers of observation are excellent."*

Judy said: *"Sometimes people hear the word 'hospice' and only assume that it is just a supportive place for someone to leave this life, however a hospice is so much more than that."*

"All the staff are angels and their care and kindness has been endless. On Dai's arrival someone had even put a small vase of fresh sweet peas from the beautiful hospice garden on his bedside table and it is thoughtful little touches such as this that can make such a difference to one's overall wellbeing."

Dai said the entire experience had been wonderful and added: *"There is such teamwork here - it is as if everybody working here is born to do the job; like their calling. Nightingale House is above and beyond what we expected, with exceptional food, facilities and gardens."*

"I would say to anyone who is reading of my experience in the hospice that if you find solace in this then please do reach out to the team in Nightingale House. There is pure unconditional love here that will take away any fear that you may have."

Dai Davies passed away peacefully at his home in Llangollen in February 2021. We send our deepest condolences to his friends and family.



Dai's journey started with the hospice back in August 2020. The services Dai accessed at the hospice meant an improved quality of life for him.

Did you know that you or a loved one who cares for you can ring us directly and ask to be referred to one of our services? To speak to a member of our Clinical team call: 01978 316800.

PATIENTS BENEFIT FROM STATE-OF-THE-ART REHABILITATION EQUIPMENT



Jeanne reaping the benefits of our new facilities and equipment.

A state-of-the-art piece of kit that would not be out of place in a Wallace And Gromit movie is changing the way we can now rehabilitate patients.

Thanks to monies donated by the Toyota Foundation and donations from individual supporters it has been possible to purchase a ceiling hoist system installed in the hospice's brand-new gym and rehabilitation centre.

Jeanne Williams was diagnosed with pancreatic cancer five years ago. After 11 sessions of chemotherapy, improvement in her condition and being treated at home by a team of District Nurses, the mother of one from Pentre Broughton, near Wrexham realised her health was deteriorating again.

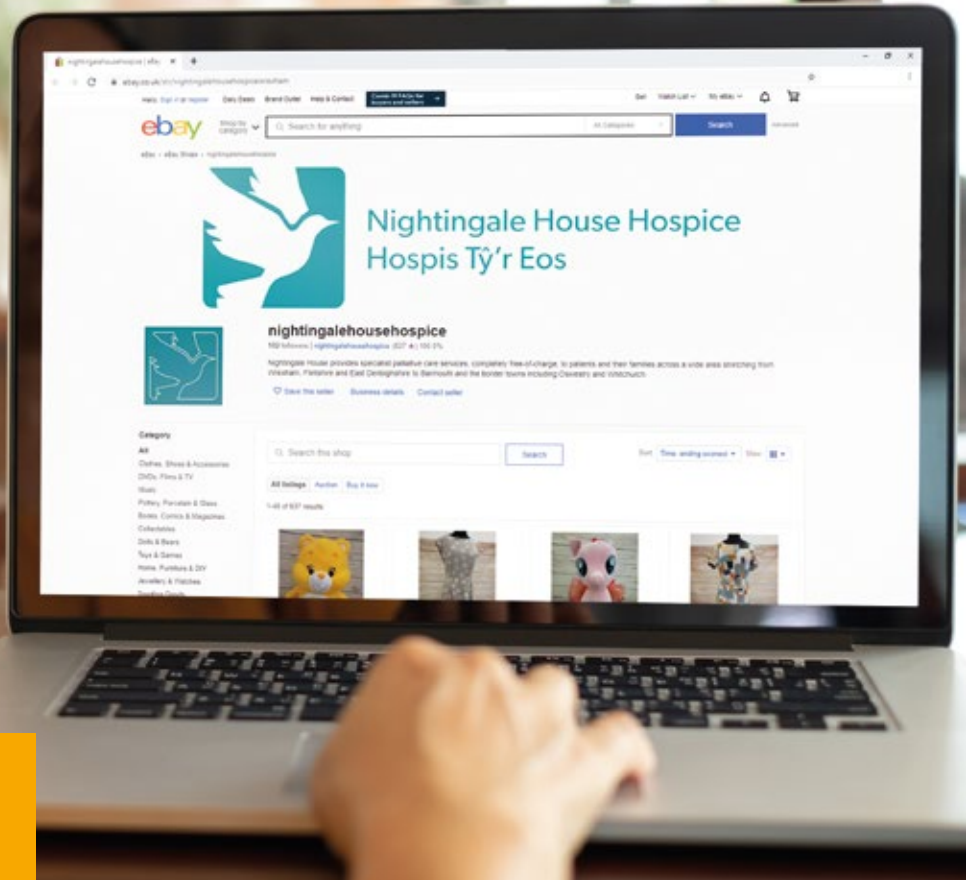
Following assessments by clinicians from the Maelor Hospital and Nightingale House Jeanne was admitted as an in-patient to the hospice in the summer. Nightingale House's Physiotherapist Helen Fisher was convinced the new hoist in the hospice could get her patient mobile again after she was unable to walk after several falls and loss of feeling in her legs.

Jeanne said: *"Within two and a half weeks I was able to get up with their help and it was wonderful to feel that I was making positive progress after being immobile for so long."*

"Using the walking hoist was a bit strange at first but it gave me confidence and strength to stand up and walk alone after so many falls. What Nightingale House has given me to get back on my feet has been a game-changer for me and my family."

Physiotherapist Helen Fisher said: *"To see Jeanne getting stronger each time she used the equipment is very satisfying. When she came to stay in the hospice the aim was always to give her more mobility and enhance her quality of life to get her strong enough to go home."*

Christian Clay, Senior Product Advisor for manufacturer Guldmann, said: *"It has been a real privilege to work with the physiotherapy team at Nightingale House Hospice and help them become one of the first facilities in Europe to experience the benefits of the unique Guldmann Trainer Module system."*



To view all our online shops simply visit nightingalehouse.co.uk

After being closed for the past few months we are pleased to announce our shops will reopen on Monday 12th April 2021.

In the meantime, we hope you will continue to support us through our established online shops which include **eBay**, **Amazon** and **Depop**.

You can also support us through Amazon Smile. Every time you shop on Amazon you could be raising money for the hospice at no cost to you!

To sign up please visit: smile.amazon.co.uk

DONATING YOUR GOODS

We would greatly appreciate it if you could hold onto any donations you have for us until we re-open. Without your kind donations we would not be able to stock our shops and raise the much needed funds for the hospice. When open, all shops will be taking in donations during trading hours. There is no appointment needed and there is contact free drop off available. Please phone ahead to avoid disappointment, as each store has limited space for donations each day. To help keep you and our teams safe, please make sure all donations are in boxes or bags.

COLLECTIONS

To book a FREE and safe Covid-19 furniture or white goods collection please phone 01978 447990 between 9am - 5pm Monday to Friday, or email collections@nightingalehouse.co.uk where a member of our team will take your booking and advise when we are able to collect.

LOTTERY

Did you know you can sign up to the Nightingale House weekly lottery at any one of our shops? It is quick and easy, please speak to a member of our team in store to find out how.

KEEPING YOU COVID-19 SAFE

As before, when we re-open our shops we will be following strict government guidance to keep both our supporters and team safe.

FURTHER INFORMATION

For up-to-date announcements, further information on retail, 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.

THANK YOU!

We are looking forward to seeing you all soon and thank you for your generosity, kindness and patience.

VOLUNTEERING...

WITH A LITTLE HELP FROM OUR FRIENDS



For more information on volunteering please visit nightingalehouse.co.uk/volunteer

Many enquiries come into the volunteering department, with people wanting to support and make a difference volunteering in the hospice with our patients. Little do people realise without retail the hospice would have a severe shortfall in income preventing us from doing what we do best - supporting and looking after patients and their families.

If you want to help and make a difference, then look no further than Nightingales, Regent Street our flagship store in the heart of our community. It's fun – you will get to meet new people, make new friends, use your detective skills to establish what some wonderful and unusual items are worth and interact with customers.

SO, WHAT'S STOPPING YOU?

The volunteer positions we are looking for are:

- **Sales Floor/Customer Service Volunteer** - being part of a fun and vibrant team, your main job will be to make our customers feel welcome, keeping the shop floor clean, tidy and well stocked and serving the customers at the till
- **Sorting Room Volunteer** - sorting all our donated and preloved items ensuring they are fit for re-sale

- **eCommerce Volunteer** - are you tech savvy? Know your way around eBay/Amazon? Have a keen eye for the unusual or collectables?
- **Media Volunteer** - are you a film buff, fancy yourself as a bit of a gamer, love your tunes or perhaps you prefer a good old book?
- **Volunteer Portable Appliance Tester (PAT Tester)** - help us to resell donated electrical items safely – no qualifications necessary.
- **Visual Merchandise Volunteer** - are you creative and full of inspirational ideas?
- **Collection Phone Line Volunteer** - do you have an eye for detail and an excellent telephone manner coupled with basic computer skills?

Thank you to all of our existing volunteers who we look forward to welcoming back over the coming months!

For all our volunteering roles full training is given. Every volunteer will receive Induction training and be allocated a mentor - so don't worry if retailing is new to you. All we ask for in return is a minimum of a four-hour shift on any given day on a regular basis.

To get started on your volunteering journey, please contact: volunteer@nightingalehouse.co.uk

BEHIND THE SCENES FINANCE TEAM



Nadine



Clare



Lisa

It is important that we recognise our unsung heroes whose actions, often behind the scenes, make a positive and enduring impact on others. Our Finance Team is able to support and communicate clearly across the organisation to ensure that all departments operate effectively and within budget. They work diligently under pressure and help to maintain the overall financial success of the hospice.

"Unsung heroes to me are those that work quietly, effectively and efficiently and who can always be relied upon to provide sound advice. All of these qualities are abundant in the finance team and I have always found them to be immensely helpful."

- Yvonne Lush, Head of Patient Care

"During the pandemic the finance team have sourced and applied for every applicable grant to help cover the costs of our shops. Along with working hard to make sure all staff that have been or were furloughed at short notice, have been paid correctly and on time. They have

supported with the set up of our eCommerce sites and with processing our annual Gift Aid claim to generate money for the hospice. Thank you to Clare, Nadine and Lisa for all you have done and for all you continue to do."

- Katie Roberts, Head of Retail

"The last 12 months have been extremely challenging for everyone to say the least. The additional workload placed onto the Finance team as a result of the pandemic has been significant (Furlough Claims, numerous Grant Applications and monthly Welsh Government returns to mention but a few of the additional tasks placed upon them). Clare, Nadine and Lisa have responded magnificently to these challenges and they really are unsung heroes. Their efforts have ensured that the financial operations, which underpin the hospice's day to day activities, have continued in an efficient and effective way. Sincere thanks for your outstanding contribution."

- Chris Burgoyne, Head of Operations

OUR YEAR OF HOPE

SUNSHINE MEADOW 2021



Visit our Sunshine Meadow filled with Nightingale Bluebells at Erddig Hall this Summer (June 12th – July 16th).

2021 is here. We are all optimistic of a glimmer of hope for better times ahead. It is our year of hope and we want to launch the Sunshine Meadow with a flower that resonates with this. No flower does that more than the Bluebell. Let this flower be your symbol of hope this summer. Your bluebell could be a touching tribute to the life of a loved one or a beautiful gift for someone you love and treasure every day - even if you haven't hugged them for a while.

Our 2020 Meadow of Welsh Poppies was a great success – thank you to everyone who bought a poppy. It helped us raise valuable funds at one of the most difficult times in all our lives. We do hope that your poppy continues to bring sunshine to your garden.

This year your Bluebells will be displayed in their full splendour at National Trust Erddig. You will have the opportunity to come and appreciate the beautiful display at this iconic local landmark whilst taking in the breathtaking surroundings.

Continuing their work with the Community, National Trust Erddig have kindly agreed to host the Meadow from 12th June - 16th July 2021. The bluebell is a beautiful woodland spring flower, but your Nightingale Bluebell will of course, flower all year round as it is another everlasting, unique flower handcrafted and produced by the British Ironworks Centre, Oswestry.

If you wish to buy your very own Nightingale Bluebell celebrating the life of someone you love or in recognition of people cared for at Nightingale House, you can complete a form available at the hospice or by visiting our website.

There will be just 1000 bluebells available to pre-order from 1st April 2021. They will be priced at £30 each. All flowers will be displayed this summer and will be available for collection once the display has ended.

To purchase a Bluebell simply visit nightingalehouse.co.uk or ring 01978 314292.

THANK YOU!

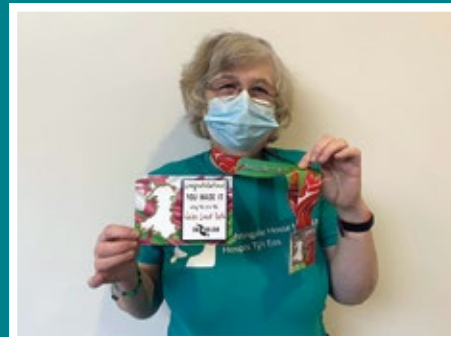
Huge thanks to all our wonderful supporters in the local community. We would like to thank all the needleworkers, cooks, bakers, gardeners, knitters and artists, who have used their creativity to raise vital funds. Also thank you to all our support groups for your generosity, raising over £8,000 during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



ABC and Mother Goose Nursery -
Penley raised £400



Darcey Theobald, raised £579.90
cycling 1000 miles



Karen Bishop raised £1,661 by
taking part in a virtual walk



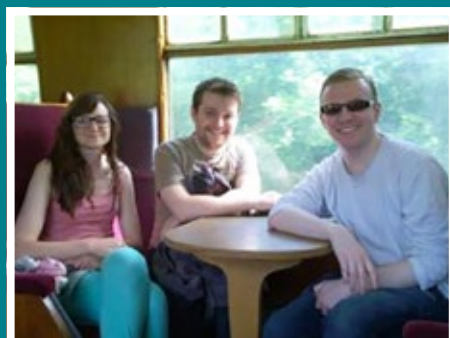
Kirsty, Sylvia and Toni raised over
£700 walking 11 miles



Lleisiau Clwedog Ladies Choir
raised £2,120



North Wales Crusaders & Rob
Massam raised £6,147



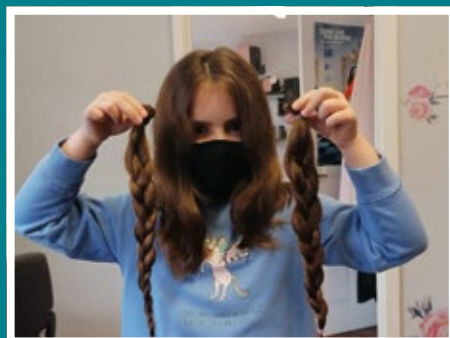
Oli & Aled Cycled from Lands End to
John O'Groats raising £1,585



Staff from Rossett Hall Hotel raised
£1,500 by running 1500K



The Dowsett family raised £1,352
running 5K and selling lego cards



Izzy Jermy cut her long beautiful
locks to raise £615



Sun Trevor Pub raised £1,600
from their virtual quizzes



Commonwood Fishery
donated £2,500 last summer

BUSINESS SUPPORT

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



DTM Legal - £1,297.59



DTCC - £18,864.02



QD Stores - £2,213



Arthurs Wrexham – £216



Home Instead Senior Care - £500



Glyn Wylfa – £1,321.85



Wrexham Supporters Trust - £2,014.20



Bellis Brothers - £3,130.30



M&S - £2,048



Kellogg's - £2,298.77



Bowmed Ibisqus - £1,000



MPH Construction – £1,210.73



Howdens - £250



Knauf Insulation – £1,580



Holywell Golf Club - £1,436

GIFT SHOP



Visit our social media pages for all the latest news and products!

By exploring our Gift Shop you'll not only find a wealth of beautiful and inspiring gift ideas, but you will also be supporting our work to care for local people and their families at some of the most challenging times of their life.

From beautiful contemporary jewellery to high-quality home gifts, handbags and delicious confectionary, the Gift Shop at Nightingale House offers something for everyone. Whether it's a treat for a loved one or something extra special just for you, you will find a hidden treasure.

POP-UP SHOPS

The Gift Shop was forced to close for a large part of 2020, due to Covid-19. However, whilst it was able to open, it proved very popular. During the Autumn we were lucky enough to take stock out into the community to host pop-up shops in some lovely surroundings including Glyn Wylfa, Lot 11, Trevor Tea Rooms and Mold Golf Club. This is something we very much look forward to doing in 2021. In the meantime, we are starting to showcase what the Gift Shop has to offer through social media whilst we develop an online shop - so why not have a browse!

Our ranges have been carefully selected from suppliers to ensure we are able to offer quality products at a great price, whilst raising funds for hospice care.

To run our pop-up shops we will be recruiting a special group of volunteers to help. If you are interested in joining us, please get in touch.

FOLLOW US ON INSTAGRAM!

 [giftshop.nightingalehouse](https://www.instagram.com/giftshop.nightingalehouse)

PERFECT PRESENTS!

Visit our Gift Shop for a wide range of high quality and unique items.

Opening times:
10am - 3pm
Monday - Saturday



MEALS BY CAFFI CWTCH



We pride ourselves on quality ingredients and all our dishes are cooked on the premises here at Caffi Cwtch and made ready for you to enjoy at home.

At the start of the Covid-19 outbreak in March 2020 our chefs at Caffi Cwtch rose to the challenge of offering a meal delivery service to our community.

The free delivery service 'Meals Matters' quickly became popular. Helping to keep our community safe and boosting our fundraising efforts at a time when our popular Caffi Cwtch had to close for business due to Covid restrictions.

We cherished the stories from friends who ordered afternoon teas and enjoyed them in the comfort of their own home or from family members concerned lockdown prevented them from visiting relatives but were reassured in the knowledge that loved ones were able to enjoy freshly cooked meals delivered direct to their door.

Yvonne Lush Head of Patient Care said: *"I started ordering Meals Matters for my mother-in-law Ann as I knew the food was freshly prepared, suitable for freezing and the type of thing she likes to eat. I found the ordering easy, and I know Ann looked forward to delivery day."*

Feedback like this made us realise that we have a real demand for this service.

Caffi Cwtch has fast become a hub for our community and now we want to bring a little piece of Caffi Cwtch to you at home.

We are excited to launch our new mobile meals service 'Meals by Caffi Cwtch'.

Our menu offers a wonderful range of frozen and fresh meals ready for you to enjoy at your convenience.



A copy of our new menu can be found on our website:
nightingalehouse.co.uk/meals

CLINICAL FOCUS



Senior Occupational Therapist Clare Williams helps patients to improve their quality of life whilst at home or during admission.

TAKING POSITIVE ACTION

Our new Positive Action Programme (known as P.A.P.) has been created for those with chronic forms of cancer - either cancer that cannot be cured at diagnosis, or cancer that has come back (sometimes known as treatable but not curable cancer).

The six week tailored programme supports patients to self-manage their physical, mental and emotional health, to enhance and improve their quality of life and enjoyment at a time when many experience anxiety, fear, fatigue and sleep issues.

The six week tailored programme has been created by Nightingale House Occupational Therapist, Clare Williams, and is facilitated by a group of skilled health care professionals.

Clare said: *"We don't just deal with end of life care for those in-patients and their families who depend on us, but 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."*

Referral is via a health care professional who can contact us on 01978 316800 or email bcu.nightingalehousereferrals@wales.nhs.uk

INCREASING OUR COMMUNITY PRESENCE

We are always exploring new ways to reach into our communities with the aim of creating a greater impact for those that may benefit from our services.

This is why we have created the Nightingale House Info Points - to provide information about our services across our catchment area, including Deeside, Wrexham, Llangollen and Corwen in addition to Mold and Chirk ensuring we can link you in with our staff back at Nightingale House.

Our specially trained experts can signpost you to other services with the help of District Nurses, Community Palliative Care and Nurse Specialists in hospital or via your GP.

Kay Ryan, Day Services Lead said: *"Very often people can feel anxious and afraid because they are unwell and dealing with a life-limiting illness, or their loved ones need guidance and support. It is important that we are able to signpost people to those services most appropriate for their needs."*

Jo Kearns, Volunteer Manager said: *"Our volunteers are trained so they can be a strong and positive link between our communities and the hospice. We plan to gradually roll the Info Points out as restrictions are lifted."*

BUILDING ON SUCCESS

Kayley Mulley is hoping 2021 is the year she can celebrate her graduation properly as we welcome a new trainee on to the ward.

She is the first graduate from our Advanced Nurse Practitioner (ANP) mentorship scheme.

Students gain a Master's Degree through Glyndwr University, are mentored by ANP Kathi Ellis and Dr Nicola Wilson on the ward and study once a week at Glyndwr University.

The three-year course bridges the gap between nurses and doctors and means qualified ANPs can relieve pressure points within the team, and deal with patients more complex needs.

Kayley said: *"It's a great opportunity to have had but without the support of my mentor Kathi, the ward staff and my tutors at Glyndwr University it would have been so much harder. If there are nurses out there who would like to apply I can only say it will be an amazing experience."*

ANP Kathi Ellis said: *"It has been a privilege to support Kayley through the training process and watch her grow in her abilities and confidence."*



New ANP graduate Kayley Mulley with her mentor Kathi Ellis, Advanced Nurse Practitioner at the hospice.

JOB OPPORTUNITIES AT NIGHTINGALE HOUSE

We offer a range of career opportunities including full-time, part-time, bank and voluntary roles.

To view all our current vacancies and apply for jobs please visit nightingalehouse.co.uk/jobs



HOSPICE GIN IS JUST THE RIGHT TONIC!



You may recall in the last newsletter we launched our very own gin: Nightingale 'House' Gin. We are thrilled with the response we have received. It has been overwhelming and we would like to thank each of you who purchased a bottle. We hope that you thoroughly enjoyed it as much as we did, in moderation of course!

It was a great success, and as a result we are excited to announce that this spring we are launching a second gin. Our new offering will be flavoured and boast beautiful notes associated with spring, that will make the perfect accompaniment to relaxing in the warmer and lighter evenings that we are all longing for. Work is well under way with our partners, The Shropshire Distillery

to create Nightingale Berry Gin. This is a fresh and fruity juniper led gin with a subtle sweetness from vibrant raspberries and strawberries alongside fresh peppery notes from pink peppercorns.

Sarah Povey, Community & Events Fundraiser commented *"We are thrilled to be growing our collection of Nightingale Gin, it has been an exciting project to work on with The Shropshire Distillery and we appreciate their support. We had such wonderful feedback from our supporters who enjoyed our house gin. I believe our next edition will be a great success. The total raised to date from gin sales is £1560. Thank you so much to everyone who has supported us so far."*

Our Nightingale Berry Gin is £36.50 a bottle with 22% being donated to support hospice care here at Nightingale House. It is available to purchase, alongside our fabulous house gin, direct from the Shropshire Distillery website on www.theshropshiredistillery.co.uk

CHRISTMAS TREE COLLECTION



This January volunteers from local businesses and household bubbles joined forces to collect and recycle over 1000 Christmas trees, raising in excess of £10,000 towards patient care at Nightingale House Hospice. This year's collection saw extra safety measures put in place to ensure all involved were kept safe. Our volunteers adapted to these changes swiftly and did not let anything stop them raising the much-needed funds for our hospice.

The collection would not have been possible without our incredible team of volunteers. We would like to thank Enviroclear, Amberon, Cable Services, Hassle Free Heating, Gurkha Gas, JT&M Signs, Rivington Haulage, MOTUS Commercials, Advanced Roofline, Kimpton Energy Solutions, Knights Construction, Barnett Engineering, SP Energy Networks and Scottish Power for their amazing support! As well as our

volunteers from household bubbles Dai & Linda and Huw & Tomi.

The support for the Christmas Tree Collection does not stop there though! We would also like to extend our thanks and appreciation to all the tree sellers who helped us to promote the collection, as well as Jackson Fire and Security, Avatar Fitness, ZF Services, Thorncliffe Building Supplies and Llangollen Sports Club for allowing their sites to be drop off points for our volunteers! Additionally, we would also like to say a huge thank you to B&Q Wrexham, The Village Bakery, Dee Valley Produce, Nine Brand, Wickes Wrexham, Tesco Cefn Mawr and Shotton Paper for their generous donations of food, water, PPE and safety equipment to keep our volunteers as protected as possible.

We are already planning for an even bigger and better collection in 2022!

A CHALLENGE WITHIN A CHALLENGE

When we held our Information Evenings at Caffi Cwtch in March 2019 and started planning our challenges who would have thought we would be here two years later waiting to find out if this is the year our dedicated group of participants will reach the fascinating ruins of Machu Picchu or trek to the top of the world's highest free-standing mountain, with our Kilimanjaro challenge.

Undoubtedly an incredibly turbulent time but one where we have been truly humbled that our participants continue to find ways to fundraise for us.

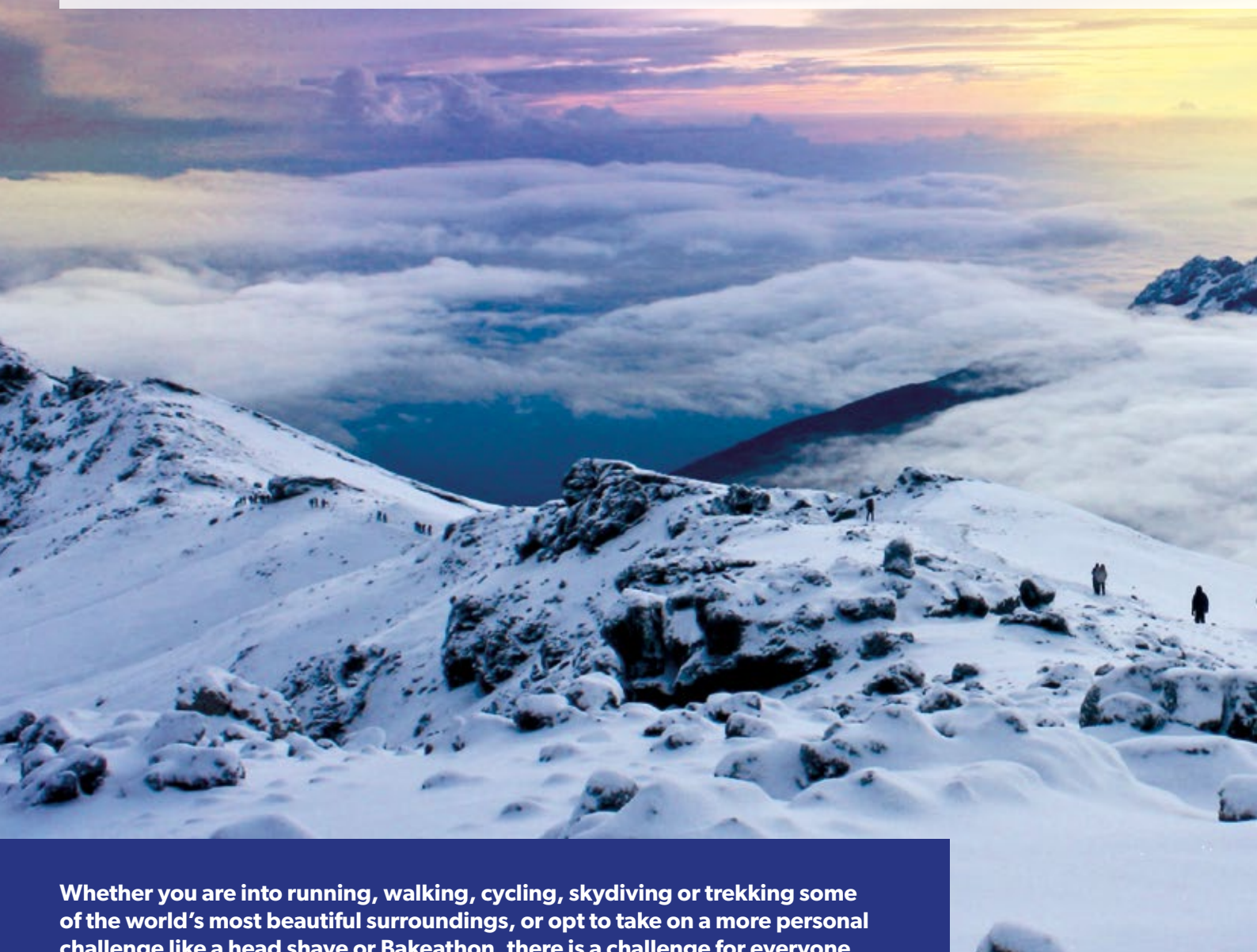
When the pandemic ends and we restart our travel plans I imagine the feeling of elation that so many of our previous challengers have felt when our supporters finally do board that plane and set off to complete these incredible challenges. Not the

perfect way to lead up to our date of departure, but all of us at Nightingale House want to say thank you to our challengers for already collectively raising over £80,000.

Sian Hughes, trekker said:

"When I signed up to The Inca Trail, Peru little did we know that the trip would be postponed due to the pandemic. Not only that but my usual fundraising events were not able to take place either. The restrictions also impeded our training; however, a silver cloud in the summer was that our lockdown got us out walking albeit only locally. The one thing, despite our bumpy ride that has been unwavering is the support the trekkers have had from Nightingale House."

Our UK and European challengers are also very much waiting for the green light to go! London to Paris Bike



Whether you are into running, walking, cycling, skydiving or trekking some of the world's most beautiful surroundings, or opt to take on a more personal challenge like a head shave or Bakeathon, there is a challenge for everyone.

Ride, Hadrian's Wall, Snowdon at Night, Wales End to End Cycle and our summer Skydive are all on the list of some of our favourite challenges!

Jo Nicolson, cyclist said:

"Last year I signed up to do 'Wales End to End' on a bicycle, this coming August. My drive is the desire to continue supporting Nightingale House. Amidst a pandemic nothing stops, funds are still needed to run the Hospice. This was my opportunity to help whilst giving myself something positive to focus on during these difficult times."

Chris Henderson got in touch with us last year to tell us about a challenge he and his friends wanted to take on in memory of their friend Gavin Fox. Gavin suffered from motor neurone disease and sadly passed away at Nightingale House on 17th July 2020. Chris and

friends will be walking from Elland Road (Leeds United) football ground as Gavin was an avid Leeds supporter and will walk all the way to the hospice in Wrexham. This incredible challenge will start on Thursday 20th May and finish at the hospice on Sunday 23rd May 2021. We wish Chris and all his friends the very best of luck and look forward to following them every step of the way.

A huge thank you to all those who have taken on a personal challenge for the hospice during the pandemic.

Looking to find out more about a challenge?

Contact Bethan in the hospice fundraising office on 01978 314292 or email bethan.scott@nightingalehouse.co.uk



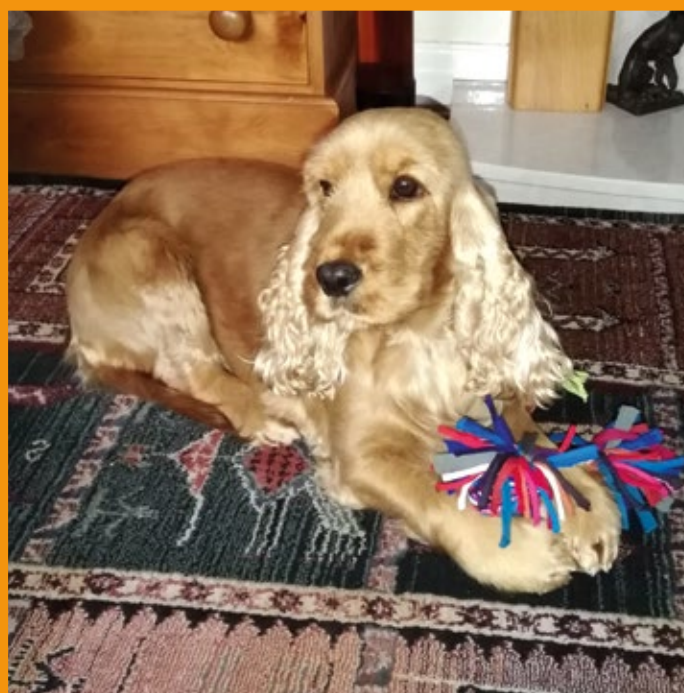
LOTTERY LIFELINE HELPS KEEP HOSPICE DELIVERING PATIENT CARE

With the closure of all of our retail outlets and cafés and the cancellation of face to face fundraising events during lockdown the lottery has become a beacon of hope for Nightingale House.

As a result we have been encouraging more people to come forward and join the lottery, to inject much needed cash into providing vital services for those people with life-limiting illnesses. Each week you could be in with a chance of winning the jackpot prize of £2,500.

Thanks to the generosity of almost 16,000 people who have already signed up, the hospice lottery it raised over £500k in 2020. It costs over £3.64m per year to run the hospice and all our services are free of charge. The lottery raises enough money to cover the hospice running costs for almost two months each year - 58 days to be precise!

Lottery winner Wendy Williams was delighted to receive her winning cheque and used the money to buy a puppy. Wendy said: *"This came in very handy as it helped me buy my beautiful little companion Annie, who has brought such pleasure to me and kept me sane during lockdown. I'm hoping that we'll be able to take part in some fundraising walks when this strange time is over."*



Annie, the pawfect companion...



David going the extra mile to raise funds for our hospice

David Hughes has been a regular fundraiser for the hospice for many years and signed up for the lottery in May last year. *"I realised that a lot of other revenue raising events would not take place, therefore the least I could do was to join the lottery, so the hospice would get a regular income."*

"In 2006 my Mum was diagnosed with cancer and spent her last weeks in Nightingale House. The cruel irony of this was that my Mum, a former Staff nurse at the old Wrexham War Memorial Hospital, used to come out with coffee and cake at the end of our sponsored bike rides, little knowing then that she would soon be needing it's services."



PAWS FOR THOUGHT!

If you have been inspired by our stories and would like to join our lottery, please call the lottery team on 01978 313134

Due to Covid restrictions and our desire to keep you, our supporters, safe our options for events this summer are limited. We have been careful to plan activities that you can join together with your family bubbles and with your colleagues - even if you are working remotely to raise your spirits and valuable funds for hospice care in your community.

LOCK UP YOUR BOSS

21st May 2021

We are on the look-out for local businesses with great connections around the community to nominate a chosen senior member of their team to be 'locked up' for charity and help us to raise money for patient care and family support services at Nightingale House.

To be 'released' the chosen staff member must raise a set amount of 'bail money'. The bail money is to be raised by calling various key contacts and asking them for a donation.



YOUR LOCKDOWN HEROES – VIRTUAL 5K

18th, 19th & 20th June 2021

Take on a 5K challenge of your choice whether this be a run, walk or anything you like! In return for taking on the 5K challenge you will receive your very own Hospice Hero medal!

Your little ones can dress up as their 'Lockdown Hero' - this can be anyone from a parent or family member, a Teacher, Nurse, Doctor, Refuse Collector, Retail Worker, Police Officer or whoever they wish to be!

£3,550

WEEKLY PRIZE FUND!

NIGHTINGALE HOUSE



SIGN UP NOW!

nightingalehouse.co.uk/lottery

SUMMER SUPER DRAW

100% OF PROFITS GO TO NIGHTINGALE HOUSE HOSPICE



3 FANTASTIC PRIZES TO BE WON!

1ST - £3000

2ND - £2000

3RD - £1000

***"With more chances
to win this year
it's a fun way to
support our work"***

- Ruth Bond, Ward Manager

DRAW DATE: 24TH JUNE 2021



Nightingale House Hospice
Hospis Tŷ'r Eos

01978 313134
NIGHTINGALEHOUSE.CO.UK

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