

# NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER SPRING 2022

IT'S BACK... SO COME AND JOIN US

# MIDNIGHT WALK

JUNE 2022

SEE PAGE 3  
FOR MORE INFO

# WELCOME

## Welcome to our Spring Newsletter.

It would appear that after two very long years we can finally start to see some light at the end of the tunnel as the vaccine take up enables society to learn to live with this global pandemic. Whilst we are constantly making plans to return to pre-covid normality, we will continue to remain alert to the need to take whatever actions are necessary to maximise the protection and safety of our patients, visitors, staff and volunteers. The recent outbreak of the Omicron variant serves as a reminder of how quickly the landscape can change.

As all emergency funding which the hospice received during the pandemic has now come to an end I would like to acknowledge and thank the following for their support which helped ensure that the hospice remained open for patients throughout:

**Emergency Covid Funding Support** – we have received a total of £1.3m from the Welsh Government to help compensate for the devastating impact that the lockdowns and social distancing regulations had on our fundraising capability. Our allocation came from the £15m made available to support Independent Charitable Hospices across Wales.

**Job Retention Scheme (Furlough)** – we have received a total of £307k from the Treasury which has ensured that we have been able to retain all our staff and maintain our fundraising structure which is essential to restore the future financial stability of the hospice.

**Local Business Rate Relief** – we have received a total of £283k from Wrexham, Flintshire and Shropshire local authorities to compensate for the enforced closure of our hospice shops during lockdown.

In the early days of the pandemic there was much uncertainty, but it soon became very clear that our traditional income streams would be devastated. During this worrying period, we were extremely grateful for the swift announcement and assurances of the support we would receive from both the Job Retention Scheme and the Local Business Rate Relief.

One great consistency throughout the past two years has been the wonderful support that Nightingale House has continued to receive from its community. Whilst for long periods of time it was not possible to hold any fundraising events or open our shops and cafes our supporters still found ways of raising money and making donations for their hospice. Without your incredible support we could not deliver our services, thank you for every penny you contribute.

We are hopeful that 2022 will be the year when we will see a very welcome return to a range of fundraising



activity and events. This will include the return of a very special Midnight Walk in June. Unfortunately, our supporters were unable to celebrate the hospice's 25th anniversary in 2020 due to Covid restrictions and this year's Midnight Walk provides the opportunity to put that right.

I have previously updated you on the modernisation programme which Nightingale House commenced in May 2019. To date the modernisation has involved improvements to our day services facilities, reception, rehabilitation and created the new Bradbury Atrium. A new entrance was developed off Grove Road and recently a new patient and visitor car park has been built on land adjoining the hospice.

The final phase of works will involve the modernisation and refurbishment of the In-patient Unit, bedrooms and ward reception. This represents a significant investment but is vital to create the best possible environment for patients and staff and will future proof the hospice facilities for the next 25 years.

The modernised premises and parking infrastructure at the hospice will ensure that in the future we will be able to accommodate increased patient numbers. We are experiencing a growing number of referrals for all our services, and this is a trend which is likely to further increase as a sad consequence of the Covid-19 pandemic. We are confident that with the continued support of our community we will be able to respond positively to the increased demand for our services. In doing so we will continue to deliver on our guiding principle of seeking ways to help and support more of those in our community who need our services and

support whilst maintaining a financially sustainable model for future service delivery.

Plans for the new ward are currently being designed and once finalised we will be able to fully cost the project. Whilst we will be exploring all funding options I would at this stage envisage that Nightingale House will need to raise and invest at least a further £1m towards this project. Once complete, the total spend on the full hospice modernisation will be in the region of £5m and to date all funding has been accommodated through generous support from Charitable Trusts, community donations, and topped up by hospice reserves. When design plans are finalised, we will be approaching the Welsh Government for some funding support towards the new In-patient facilities. By comparison to the level of funding previously provided to a hospice in South Wales our ask will be relatively modest, and I would anticipate a swift and positive offer of support to our application.

We will keep our supporters and community updated as these exciting plans come to fruition and look forward to being able to engage with you all under much more normal circumstances as our traditional income streams return this year.

Thank you all once again for the significant part you play in ensuring that Nightingale House is able to look after those in our community that need us most.



Steve Parry, Chief Executive Officer

# NEW HELPLINE

**We've introduced a new confidential helpline to make it easier for patients to get in touch with us and access services at the hospice.**

And you don't need a GP or Nurse Specialist referral before you pick up the phone and chat with us.

If you are a patient living with a diagnosis of a progressive and/or life-limiting illness, then we are here to help you with symptoms such as:

- Pain
- Nausea & Vomiting
- Mobility
- Anxiety
- Constipation
- Breathlessness

...we can help and advise you.

If you are referred to us, we will encourage you to take up some of the wonderful services and facilities we have on offer within our modern, warm, and welcoming setting. We accept patients for appointments and treatments on a pre-arranged day, or if required we offer short respite visits between three and seven days before patients return home.

We are here to support patients and families during often sad and difficult times, but we also offer an abundance of well-being and holistic services for patients and their families who want to enhance their lives, with a little help from our team of clinicians and therapists.

Our services and facilities can help families take some well-earned time out from their caring duties and allow our patients to enjoy some time to themselves, with access to services including:

**Physiotherapy, State-of-the Art Gym, Art & Music Therapy, Hair & Nail Salon, Access to our 5 Clinics (where applicable), Gift Shop, Café, Hydrotherapy Pool, Massage, Aromatherapy, Well-maintained tranquil gardens, Day Services including lunch, Spiritual support, Counselling, Help with Advanced Care Plans.**



**Confidential Clinical Admissions Helpline**  
**01978 316806**  
**(available weekdays between 8am & 4pm)**  
**(Out of hours ring 01978 316800)**



# IT'S BACK... SO COME AND JOIN US

**One of the area's top fundraising events with all its razzmatazz and sparkle, is returning this summer - HELLO Midnight Walk 2022.**

This year, after a pause on one of the area's top fundraising events with all its razzmatazz and sparkle, this event is returning to Wrexham this summer - Saturday 25th June, 2022.

And of course it's going to be bigger, better and brighter than ever before (who knew it was possible).

Now we are taking positive steps to return to normality, let's step up to the mark together to make this a night to remember.

So welcome back Midnight Walkers. Join over 1,000 people coming together as groups, friends and family to walk 10 miles OR 10k through the night and raise vital funds and help us raise £100,000 to kick start our campaign for the re-development of our In-patient Unit.

Two years ago the pandemic put paid to our 25th Anniversary celebrations - so we'd like to use this event as a party celebration for offering over 25 years of hospice care at our Chester Road site.

Prior to the pandemic we hosted what we believed to be the final walk. However, after a tough few years for us all we felt it was the perfect time for us to put on this popular event to bring us all together to raise our spirits and much-needed funds for the hospice.

During the previous 13 Midnight Walk events, we have changed routes, distances, times and most famously t-shirt colours! This year will be no different and we are taking the bright colour theme to the next level.

The walk will kick off on Saturday evening, going into the early hours of Sunday, 26th June. And we are travelling back to our roots...

The party will get started with lively, loud and fun warm up entertainment. At the stroke of midnight, the walk will set off in style taking in the route from Llwyn Isaf, Wrexham (next to the Guildhall) and follow a fully marshalled course around Wrexham town centre and surrounding areas and finishing back at Llwyn Isaf where walkers will receive a well-deserved tasty treat.



Registration is open now and is £15 per person. Included in the fee is an exclusive t-shirt to wear on the night and a specially designed water bottle.

In return, we ask participants to raise as much sponsorship as possible as we need your support now more than ever.

We need your help to raise as much as possible to invest into the redevelopment of the In-patient Unit, enabling us to continue to provide quality care and support local people across North East Wales and the Borderlands into the future.

We can't wait for you to join in on the fun and make new memories. It doesn't matter whether you're walking individually or as a group, for the first time, or for the tenth time, as a personal challenge or in memory of a loved one. It just matters that you walk.

“ Come and join us to celebrate our belated 25 year anniversary bash. In 2020, the hospice was supposed to celebrate its milestone birthday but due to the pandemic our plans were halted. That's why we are so excited about the return of The Midnight Walk - bringing people together to share one amazing experience. We are asking as many people to sign up and help us to kick start our planned redevelopment of our In-patient Unit to support families for the next 25 years. From all of us at Nightingale House we can't wait to see you there. ”



**Sarah Povey**  
Fundraiser

**THE MIDNIGHT WALK IS KINDLY SPONSORED BY:**

**RHAGOROL O'R TAP**  
WONDERFUL ON TAP

**HAFREN**  
**DYFRDWY**  
severn dee

**HOYA**



*Join Today!*

**Event  
Marshals  
needed!**

# WE NEED YOU!

**Our volunteers play a vital part in all our events. From attending bucket collections, bag packs or hospice fairs... volunteers are key to our success.**

And once you become an events volunteer it's easy to get hooked. For some it's the excitement of event day and meeting new people and being part of something special. For other's it's developing new skills and being behind the scenes, but for most volunteers it's about being passionate in making a difference and raising vital funds.

## **What will I be doing?**

You may be asked to:

- Provide a warm and friendly welcome acting as the public face of the hospice
- Help set up and take down the event – this may be preparing information and signage, setting up trails, displays and activities, running stalls, ticket sales - above all encouraging people to get involved
- At larger events, supporting participants by marshalling or at registration, offering encouragement or refreshments

- Helping with administration
- Alternatively, as an events volunteer you can be linked to smaller events held by the community for the benefit of Nightingale House Hospice

## **What skills, experience and attributes do I need?**

Along with having great communication and interpersonal skills:

- Be flexible and willing to volunteer outside
- Enthusiastic about the work of the hospice
- Willing to work as part of a team
- No formal qualifications needed

If you have specific skills or experience that you think may be useful such as event management or leading teams please let us know when you apply.

## **Who will I be volunteering with?**

You'll be volunteering as part of a team making the event happen, working with other volunteers and Nightingale House Hospice staff helping to create a great experience for your community.

**For more information, contact 01978 314292 or email [volunteer@nightingalehouse.co.uk](mailto:volunteer@nightingalehouse.co.uk).**



Long-term hospice supporter, Brother Industries pictured with hospice fundraiser Sarah Povey.

# HOW YOUR BUSINESS CAN HELP THE HOSPICE

**Corporate Partnerships are vital to Nightingale House Hospice as they help us ensure that supportive and end-of-life care continues for local people and their families. They are also a positive way for you to give back and to show your commitment to your local community.**

There are lots of ways your business can help raise funds for hospice services.

Below are some ideas of how your organisation could get involved.

## **VOLUNTEERING**

We have lots of different volunteering roles available to businesses at the hospice, from gardening days to service support and larger project work from time to time.

## **TAKE PART**

Encourage your team to take part in a hospice event or challenge.

## **CHARITY OF THE YEAR**

Adopt Nightingale House as your chosen charity, focus your fundraising efforts and make a real difference.

## **COLLECTION TINS**

Do you have a counter or a reception desk that could host one of our collection tins? Collection tins brought in

£20,977.30 during 2021 – putting real meaning behind the saying “every penny counts”.

## **SPONSORSHIP**

Sponsoring one of our events is a fantastic opportunity to get your brand seen by thousands of local people.

## **DONATE DON'T DUMP**

Host a 'Donate Don't Dump' event. Encourage your team to donate pre-loved items to our shops.

## **HOSPICE LOTTERY**

Our lottery is a fun way to help us. Sign up to our lottery payroll scheme and encourage employees to take part. By helping us to care, members stand a chance of winning up to £2,500 every week!

## **GIFTS IN KIND**

Donate items that we may be able to use as tombola, raffle or auction prizes for fundraising events held throughout the year.

**For more information on Corporate Partnerships please call 01978 316800 or visit [nightingalehouse.co.uk](http://nightingalehouse.co.uk) We would be delighted to speak to you.**



# SUNSHINE MEADOW 2022

## OUR FOREVER AFTER GARDEN...

**The Nightingale House Hospice Sunshine Meadow was borne out of the need to pay tribute to those we have loved during our lifetime.**

The meadow has been a reflective tranquil haven in the heart of our local National Trust properties honouring treasured friends and family. This year we invite you to dedicate your own Nightingale forget-me-not which can be purchased from the hospice in return for a donation of £30. Your forget-me-not could be a touching tribute to the life of a loved one or a beautiful gift for someone you love and treasure every day.

Our 2021 meadow of bluebells was a great success – thank you to everyone who bought one. It helped us raise funds at one of the most difficult times in all our lives.

This year 1,000 forget-me-nots will be displayed in their full splendour at National Trust Erddig. You will have the opportunity to come and appreciate the beautiful display within the idyllic and breathtaking surroundings.

Continuing their work within the community, National Trust Erddig have kindly agreed to host the Sunshine Meadow from 1st June to 26th June. The forget-me-not is a flower that blooms from mid-spring to early summer, but your Nightingale forget-me-not will of course, flower all year round as it is another everlasting, hand-crafted flower.

If you wish to buy your very own Nightingale forget-me-not celebrating the life of someone you love or in recognition of people cared for at Nightingale House, you can complete the form enclosed, visit our website or telephone/visit the hospice.

**There are 1,000 forget-me-nots available to pre-order now! These will be ready for collection from the hospice once the display has ended.**





Chloe and Daniel holding their wedding favours, which double up as a name place.

# LOVE OUR LOTTERY

**We Love our Lottery.** We love that it has been an integral part of the hospice for 26 years, raising over £500,000 last year alone, enough to run the hospice for 58 days.

The difficulties of the last two years means that the lottery, and the essential income it provides, has become more important than ever. To ensure that we can continue providing care to patients for the next 26 years, we need more people to Love our Lottery and sign up.

Becoming a member means that you could be our next winner and win our weekly jackpot prize of £2,500 or one of our nine other prizes.

## **Will you Love our Lottery too?**

Joining the lottery is an easy way to support the hospice, but there are other ways you can get involved.

## **Nightingale House Wedding Favours**

Chloe and Daniel McDonald chose Nightingale House Hospice wedding favours for their guests at their recent wedding. Chloe said: *"The hospice wedding favours were a special way for us to remember those loved ones who are dearly missed, and we wish could have been at our special day. It was our way of*

*having them there with us and making them part of our celebrations. The favours were beautiful, and everyone loved the idea of being in the lottery and supporting the hospice at the same time."*

## **Lottery Gift Vouchers**

A lottery gift voucher makes the perfect present for any occasion. Whether it's a loved one's birthday, Mother's Day, Christmas, wedding anniversary, new home or any celebration, you can make it even more special.

Lottery gift vouchers can only be purchased for over 16's and start at £10. A £20 voucher will enter the recipient into the lottery for 20 weeks and give them 20 chances of winning.

To join our lottery, please call the lottery team on 01978 313134 or go to [nightingalehouse.co.uk/lottery](http://nightingalehouse.co.uk/lottery)



# BEHIND THE SCENES... RECEPTION

**Our receptionists are often the first people our patients or their family see when entering the hospice. They might be feeling anxious or upset, so the welcome they receive is important; we want everyone to feel looked after from the moment they step into Nightingale House.**

In addition to greeting and directing patients and family members, Debbie, Sue and our volunteers have worked incredibly hard to adapt to new working arrangements and support their colleagues throughout the pandemic. It is important that we recognise their continued efforts in these challenging and unpredictable times.

***"Sue and Debbie do a fantastic job in this varied role and could not achieve the exceptional service without the dedication and support of our wonderful team of volunteers. It has been a turbulent 2 years, but one thing has remained constant throughout and that is the dedication and exceptional service these ladies provide, we are truly grateful to them all."***

Sam Scott - Executive / Board PA

***"Sue and Debbie help me enormously. They are so welcoming and kind to everyone who walks into the hospice and particularly, those who are returning to the hospice having lost their loved ones. I appreciate them and the service they give to the hospice overall should not be overlooked. They are wonderful."***

Del Underwood - In Memory Giving Fundraiser



## HOSTESSES ON HAND

Meet Heather Hayward and Pauline Sullivan. The pair work on the in-patient ward, with the help of hospice volunteers to support patients with their nutritional requirements, liaising with the kitchen and helping feed patients who may need a little extra support with their food choices and eating.

Pauline, who has worked in the hospice for 21 years, says one of the most rewarding parts of the role is talking and chatting to patients and ensuring their surroundings are suitable for them to eat and enjoy mealtimes. **"We are privileged to be able to have time to ensure our patients' stay is as comfortable as possible."**

Heather, a former teaching assistant, said: **"The hospice is not a sad place, it's a nice, warm and friendly environment and our patients and their families are always so respectful and grateful for what we do for them."**



Ward Hostesses, Heather Hayward and Pauline Sullivan who support patients with their dietary and feeding needs.



Pauline is one of a growing number of patients that are benefiting from PAP.

## PAULINE EDWARDS

**When depression struck Pauline Edwards during the pandemic little did she know it would open up an entire new world of help and support to bring much needed sunshine and fun into her life.**

Pauline was diagnosed in 2000 with Medulary Thyroid Cancer, a life-limiting illness that has been kept stable for 10 years.

During the start of the pandemic in 2020 it was inevitable she would have to shield and protect her immune system. This had a negative impact on her mindset and she plunged into a deep depression.

Eager to help her, District Nurses from Llangollen, near to where she lives suggested she accessed services at Nightingale House. Pauline recalls her instant response:

***“When they mentioned the word hospice I immediately reacted like so many other people do - ‘that’s where you go to die’. I couldn’t believe that such a place existed to help people like me to manage our illness and enhance our lives. It was a real eye-opener.”***

Although she was nervous about coming to the hospice Pauline agrees she was bowled over by the warm reception she received from the minute she entered the building.

***“I honestly didn’t know that I could go to Nightingale House and have all these wonderful treatments. I started with six sessions of aromatherapy and slowly, just as the District Nurses wanted, I began to socialise and emerge from my depression.”***

Pauline has since completed the hospice’s bespoke Positive Action Programme (PAP) led by Occupational Therapist Clare Williams, joined a 10 week Art Therapy course and following physiotherapy is now able to walk without a stick.

***“The PAP programme was so much fun and Clare lifted everybody’s spirits. We were able to speak freely without fear of upsetting loved ones but in a light-hearted and cheerful environment. Nightingale House really does help you live well.”***

# THANK YOU TO OUR COMMUNITY!

A special thank you goes out to all our amazing local schools. In December 2021, 4,265 students took part in our Rudolph Run campaign, supported by their teachers and families, to raise funds for patient care and family support at Nightingale House. Together, they raised an incredible **£22,038.68!** We would also like to thank our sponsor, **Excell Supply** and all our Rudolph recruits who together made the campaign such a success.



The annual Cadburys/Kronspan Golf Day raised £1,415



Kings Head Bwlchgywn Ride Outs' raised £745.27



Tesco – thank you for your continued support and donations in kind



Caffi Wylfa – thank you for your support throughout the year



Nags Head Wrexham – raised £572 from quizzes



Bill Jones raised £1,320 from the sale of his book



Rossett Hall Hotel raised £138.41 at their recent Carol Concert



Lizzie Baird raised £388.58 at Chester Lakes Christmas Market



The New Year Routemaster Vintage Bus raised £1,659



John Delahoy celebrated his 90th birthday and asked for donations in lieu of gifts and raised £500!



Commonwood Fisheries raised £3,449.30 at their annual Wales vs England fishing match



Sam Foulkes and fellow members of the local Rotary groups raised £2,152.82 from Jurassic Live

# BUSINESS SUPPORT

We would also like to thank all the companies listed below for their ongoing support.

Many local businesses have supported our Christmas Tree Collection this January through volunteering, skips and materials. Together, they helped raise over £15,000.



Arthurs Peugeot - £63



Westbridge Furniture - £206.32



Celtic Financial Services - £410



Admiral Insurance - £1,500



McCarthy Haulage - £200



Ellison Europe UK - £262.77



DTCC - £5,647.39



Illingworth Seddon Financial Planners - £250



Ash Metal Recycling - £350



MPH Construction - £750



Hayakawa International UK Ltd - £100



Innovaacom LLC - £346



Airbus Foundation - £1,000



DTM Legal - £4,530.86



Bellis Brothers - £9,768.84

# SMALL DONATIONS MAKE A BIG DIFFERENCE...

We are extremely grateful for every single donation, no matter how small. Every penny goes towards improving the care we provide to patients living with a diagnosis of a progressive and/or life-limiting illness.

Your contribution means we can continue to provide **FREE**, high-quality, compassionate care and support to our patients, their families and carers.

No matter how big or small your donation, every penny counts.

In 2021 the total amount we generated from...

**Raffle Tickets = £70,558.00**

**Collection Tins = £20,977.30**

**Money Cubes = £6,991.54**

**Combined = £98,526.84**



**Money Cubes** pay for **1,615** meals for our patients



**Raffle Tickets** pay for **1,720** child bereavement sessions



**Collection Tins** fund our Day Care services for **1 month**

## VAL'S THANKS

**Val Davies, from Wrexham has a long association with the hospice, through the illnesses of her mother, daughter and husband Bryn.**

Her association stems back to the Day Services Unit inside the Wrexham Maelor Hospital, until Nightingale House Hospice opened in 1995. Val's mum passed away in 1994 and would often comment about the benefits a place for respite care could have brought for her and others.

*"During my mum's illness she would often say 'if only there was a little hotel where I could go for a break' and today through so many people's kind donations and fundraising efforts that's exactly what our community has. Nightingale House is like a FREE five-star hotel, offering families so much comfort and care during a stressful time."*

Val is keen for others to see how vital it is to support the hospice through donations and fundraising:

*"I just want people to know how positive Nightingale House is and to encourage people to reach out and ask for their help early on - you would be surprised at how beneficial making early contact with the team can be."*





Snailed it...  
Jasmyn has a keen eye on Erddig's insect life.

# WOODLAND DAY OUT

Children and young people who access our bereavement service are supported by our highly skilled team in a variety of ways, including talking therapies, arts and crafts and activities, just like this one at National Trust Erddig, near Wrexham.

Jackie Rowley, a Social Worker within our Family Support Team organises days out like these for the youngsters. Jackie said: ***"Children and young people often struggle with grief. We work together to help them find coping mechanisms to address their worries and fears, helping them to feel less overwhelmed and happier."***

***"Our outdoor well-being activities, at venues like Erddig, give children and young people the opportunity to continue exploring helpful coping strategies alongside their peers who have also experienced similar significant loss."***



Pictured left to right:  
Elinor, Jessica and Jasmyn



# WELCOME TO NIGHTINGALES REGENT STREET

**Our flagship store offers a wide range of bric-a-brac, toys, electrical goods, new and donated furniture all at great prices. In our extensive clothing department we offer an exciting selection of women's and men's seasonal clothing and accessories.**

## **FROM JUST £1...**

From fiction, to cookery, gardening, autobiographies, children's books and classics there is something for everyone. You can also give your movie collection a boost with our extensive DVD and Blu-ray selection!

## **NIGHTINGALES CAFÉ (MONDAY – SATURDAY, 10AM – 3PM)**

Situated on the first floor, our contemporary café is managed by the same award winning team based at Caffi Cwtch and as with Caffi Cwtch also has a 5 star hygiene rating.

You can surf the web using our free WiFi, enjoy one of our all-day breakfasts or choose from our menu of hot and cold lunches, including soups and baked potatoes. Our café is a wonderful place to relax with friends over coffee and homemade cake.

## **VOLUNTEERING**

Our volunteer workforce is critical to Nightingale House. More than that, our volunteers are our unofficial community representatives for the work we do, and for this we thank each and every one of them for their time, commitment and support.

To start your very own volunteering adventure, please apply online or pop into one of our shops for further information!

## **DID YOU KNOW ABOUT OUR TASTER SESSIONS?**

This is a chance to meet our staff/fellow volunteers and to learn more about your potential role within our organisation. If you enjoy the session and are interested in signing up to become a registered volunteer, our friendly retail team will be on hand to start the process with you.

**For more details or to book a collection please call us on 01978 447990 or visit [nightingalehouse.co.uk/shops](http://nightingalehouse.co.uk/shops)**

**We are always looking for good quality pre-loved furniture to sell through our shops. Our collection service is FREE and COVID-19 secure. If you wish to donate furniture to us, please fill in our quick and easy booking form which can be found on our website.**



# THINKING OF CHANGING YOUR SOFA OR UPGRADING YOUR DINING ROOM?

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

**All collections are FREE!**



**SCAN ME!**

Book your online collection by visiting:  
**[nightingalehouse.co.uk/collection-service](https://nightingalehouse.co.uk/collection-service)**  
and choosing the day that suits you.

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

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.



## Sponsored World Heritage Walk

Free Registration | 10th April 2022

The World Heritage Walk returns! This is one for the whole family, including your four-legged friends & pushchairs. A beautiful 13 mile walk along the Canal between Llangollen and Oswestry crossing the UNESCO World Heritage Pontcysyllte Aqueduct.



## 10k and 5k Trail Run | One Planet Adventure, Llandegla

5th August 2022

Our Evening Trail Run returns this August, with the added option of a 5K route. Both routes promise spectacular views and hopefully a glorious sunset! This is suitable for anyone in good health with basic off-road running skills. The run will be timed, with a prize for the winning times.



## Oswestry Balloon Carnival | Cae Glas Park

20th & 21st August 2022

Organised in partnership with Oswestry Town Council, Spirit Operations and Oswestry Bid. A fun filled weekend with stalls and entertainment whilst helping raise much-needed funds. Hot Air Balloons will be the headline act of the weekend with a spectacular 'Night Glow' display on the Saturday evening.

# OUR BALLOON HAS LANDED!

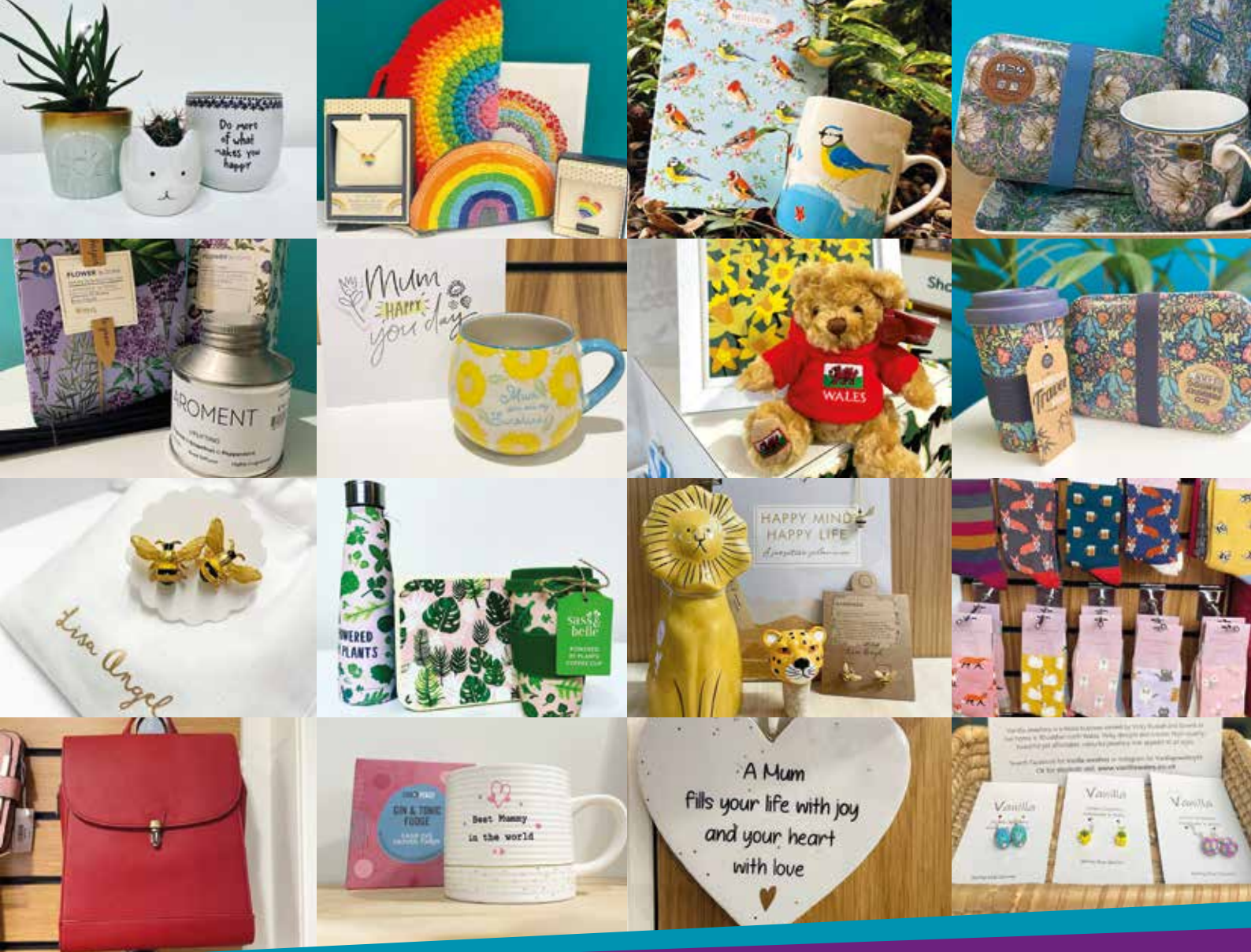
The Build a Balloon campaign was launched in the middle of the pandemic, a very uncertain time for the hospice.

Many people generously donated and chose to dedicate their panel to celebrate an anniversary, others to honour loved ones. In November we showcased the magnificent hot air balloon to our sponsors. We are looking forward to sharing it in the coming months at our events.

Special thanks go to corporate sponsors Ifor Williams, Vanguard, DTM legal, Glyn Wylfa, Riello UPS, SP Energy Networks, Read Construction, TACP Architects and P & A Group as well as balloon partners Spirit Operations, without which this would not have been possible. To date, the balloon has raised over £16,000 for patient and family care.



There is still a chance to be part of the balloon by adding your signature to a panel for just £5 at our Build a Balloon pop-ups at our upcoming events or call **01978 314292**.



# THE GIFT SHOP THAT KEEPS GIVING...

Discover a selection of gorgeous locally sourced, handcrafted gifts and keepsakes in our beautiful shop.

With new products arriving all year round, you'll always have a fresh selection of gifts to choose from. Including some fabulous items made in Wales, such as Max Rocks Prints and Coco Pzazz's delicious handmade chocolate.

In addition to our popular hospice based Gift Shop our pop-up shops went from strength to strength in 2021 raising over £10,000 for our hospice! This is testament, not only to our product choices, but also the local support we receive... thank you!

**We are currently looking for workplace communities to visit. If you work in a large office or factory and would like to help us raise funds by hosting our pop-up shop please get in touch. You can help play a part in our success!**

“ The gift shop would like to thank Best Companies Ltd for all their help over the last year and the loan of their marquees and equipment at our outdoor pop-ups, we would not have raised as much money without the support of Tommy and the team. ”



**Nicola Duerden**  
Gift Shop Supervisor

**Gift Shop opening hours:**  
Monday – Friday 9am to 4pm  
Saturday – 10am to 2pm | Sunday – Closed

# CHOOSE YOUR CHALLENGE!

Supporters choose to raise funds for us in all kinds of ways! Our supporter calendar is filling up with all sorts of brave, funny and innovative challenge ideas.

Meet Mike Edwards one of our very first fundraisers of 2022 who raised £1,455 after deciding to have his beard shaved off after going 17,618 days without using a razor.

Mike told us *"When I decided to shave my beard off after 48 years, it seemed to be such a major event, that it would be recognised by my friends. They knew how much Nightingale House Hospice had done for my late wife and all our family, so it was the obvious choice for donations."*



■ A close shave: Mike Edwards making the cut as one of our first fundraisers of 2022!



## THE SKY'S THE LIMIT

Tandem skydiving is the most hassle-free way to make your first skydive.

You will be in a dual harness, securely attached to your instructor who will give you a taste of what skydiving is all about.

You will experience the amazing thrill of free-fall skydiving and enjoy a long parachute descent. Jackie Rowley, Social Worker, Family Support Team was part of an incredible team of hospice supporters who collectively raised over £14,000 for the hospice last year by taking on a tandem skydive.

Jackie told us *"The skydive was such an incredible experience. I suddenly had this overwhelming feeling of peace and calm. As soon as I landed, I wanted to do it again."*

Book with a £50 deposit to secure your place on this unmissable experience (various dates available throughout the summer).

## 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 due to take place later this year the last few places are now available.

For more information and to book on any of our challenges contact [bethan.scott@nightingalehouse.co.uk](mailto:bethan.scott@nightingalehouse.co.uk)

# UK CHALLENGE!

JOIN US AS WE CONQUER SNOWDON AT NIGHT!

## \*6TH - 7TH AUGUST 2022

Trekking Snowdon (1,085m) during the daytime forms a great challenge, but by using torches to light our way and having the moon as our backdrop, summiting at night brings another sense of achievement to an already recognised charity trek.

Seeing the sunrise across Snowdonia National Park will be a memory never forgotten! Upon our descent, we will witness the breathtaking mountain range open up to give glorious views and afterwards we tuck into a delicious celebration breakfast!

Register with our travel partners Global Adventure Challenges.

**\*\*Registration Fee £49 + Minimum Sponsorship £290 includes:**

- Snacks along the route and breakfast on completing the challenge
- Qualified Global Adventure Challenges leaders
- Vehicle for backup and support

\* **Alternative dates are available**

\*\* **Self-funding options are available**



# £3,550

## WEEKLY PRIZE FUND!

NIGHTINGALE HOUSE



## SIGN UP NOW!

[nightingalehouse.co.uk/lottery](https://nightingalehouse.co.uk/lottery)

You must be aged 16 years or over to play or win a prize. Nightingale House Lottery Ltd. Company Number 3139714. Licensed and regulated by the Gambling Commission ([www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)) - Operating Licence Number 5112.



For more information on setting up a group, call Sue Williams, Community Engagement on **01978 314292** or email [susan.williams@nightingalehouse.co.uk](mailto:susan.williams@nightingalehouse.co.uk)

# SUPER SUPPORT

**Thank you so very much to our wonderful fundraising groups for their continued, loyal support.**

In what has been a challenging time to raise funds, and when covid restrictions allowed, our resourceful groups have been busy! They have welcomed back coffee mornings, tabletop sales and Light up a Life services. Made and sold handmade cards and sold hospice Christmas cards and raffle tickets. Thank you to our groups who have also made additional donations. We are so grateful, every hour you give and every pound you raise makes such a difference.

Are you interested in starting your own fundraising group?

Would you like to get together with friends, colleagues, family, or community and help raise funds for Nightingale House?

There are many benefits to being a member of a group, you can meet new people, learn different skills, and boost your confidence whilst having a lot of fun! Nia Morgan, from the hospice's Bala a Phenllyn group writes:

***"I've been a member of Bala a Phenllyn fundraising group for about 18 years and never get tired of trying to think of new ideas to raise money for Nightingale House. From sponsored walks around Llyn Tegid - our local lake which has roughly an 11 mile radius, to concerts, fashion shows and takeaway afternoon teas - all of this because I know it makes a difference to someone's life and their family who attend Nightingale House."***

Fundraising groups get a whole host of support from the hospice. You will receive all the practical advice you would need from how to set up a group to promoting/running your event, as well as support with promoting your activities. Groups can be any shape and size, from any walk of life, and can be as formal or as informal as you wish.



## 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**.



The smile says it all...

## WOMAN WHO LEARNED TO WALK AGAIN INSPIRED TO FUNDRAISE AS A 'THANK YOU' TO HOSPICE STAFF

**Judy Armstrong is living her best life again thanks to the support she received from nursing and support staff.**

Judy, from Flintshire was unable to walk when she first came to the hospice but after intensive physiotherapy, she now walks unaided at home.

She has been so inspired by the care and support she has received during her weekly visits to Nightingale House she decided to do her bit and raise vital funds towards patient care.

Despite a breast cancer diagnosis in 2017 and the return of her cancer last year Judy has embraced the services on offer including wood carving, complementary therapies, and our six-week Positive Action Programme.

Surprised by the fact that all the facilities she accessed were free, Judy decided to do her own fundraising as a way of saying thank you for the care she received. She rallied friends and family, and shop owners in Buckley who kindly donated items for two hampers and a raffle, raising over £500.

*Judy said: "When I was told my cancer came back, I felt I needed to protect my family and friends. The support I get at Nightingale House makes me feel brave."*

Judy wasn't sure whether she would ever walk again and when she asked her consultant if it was ever going to happen, he suggested she came to the hospice for physiotherapy.

*She added: "I walk into the hospice and immediately I experience warmth, generosity and kindness from everyone who works here. I believe kindness is the most expensive medicine and must come from inside and that makes a big difference. The team are brilliant and help me cope better with my illness."*

*"All my misconceptions of what a hospice was about were blown out of the water and I felt like I'd opened a treasure chest to alternative therapies like reiki and reflexology."*

# SUMMER SUPER DRAW



**3 FANTASTIC  
PRIZES TO BE WON!**

**1ST - £3000  
2ND - £2000  
3RD - £1000**

**BUY YOUR TICKETS ONLINE!**  
[NIGHTINGALEHOUSE.CO.UK/SUMMERDRAW](https://NIGHTINGALEHOUSE.CO.UK/SUMMERDRAW)



Nightingale House Hospice  
Hospis Tŷ'r Eos

DRAW DATE: 23<sup>RD</sup> JUNE 2022

**01978 313134**