

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER AUTUMN 2022

20 INTREPID INCA TRAIL CHALLENGERS RAISE OVER

£100K!



WELCOME

Welcome to our Autumn Newsletter.

It is with a sense of great relief that after two and a half long years we are now able to start planning again for the future rather than having to focus upon surviving the impact of the global crisis caused by the pandemic. Whilst our charitable fundraising has not yet returned to pre-Covid levels you will see many incredible examples throughout this newsletter of how our loyal and committed community continues their unerring support of their local hospice. There are a great mix of new supporters and those who have supported Nightingale House over very many years and it is this support which ensures that the hospice can continue to deliver patient services and care to those that need us.

In late March the hospice received an unannounced inspection from Healthcare Inspectorate Wales. External inspections are always welcome and form part of our overall governance framework and all feedback has been positively received and actioned upon. The most pleasing feedback from HIW was their confirmation that all patients and their relatives who participated in the inspection commented positively on the care and treatment received from the hospice. HIW found the delivery of care to be person centred, safe and effective and commented that patient care and providing support to their relatives/carers were the main priorities for the staff. I would like to thank all of our hardworking and dedicated staff who ensure the continued delivery of excellent care to our patients.

The impact of the coronavirus will sadly result in a greater number of patients requiring specialist palliative care support in future years. The Board of Trustees continually review the delivery of all patient services and look to develop the hospice structure and expertise in order to be best placed to respond to future patient needs. We are pleased to announce exciting changes to our medical structure across our clinical services. Nightingale House has formed a new partnership with Supportive Care UK who will ensure that the hospice has access to the very best consultant support and, together with the hospice's in house medical team, this will ensure that the hospice is able to continue to deliver excellent palliative care and will open opportunities for future service expansion.

This new partnership will increase the availability of palliative care consultant cover within BCUHB to the benefit of patients across North Wales. The hospice is grateful to BCUHB for their consultant support over the years and is looking forward to continuing to work with the Health Board to ensure our mutual patients receive the very best care.

After having to put plans to modernise the hospice premises on hold for two years I am pleased to update that the final phase to modernise and refurbish the In-patient Unit, bedrooms and ward reception is now being progressed. This will be a significant investment for the future of the hospice and, when completed, will provide the most up to date facilities and the best possible



environment for our patients and staff. We will be sharing further details of this exciting development with the public and all our supporters when plans are finalised. Our intended start date for the works is April 2023 and we envisage that the build will take about six months to complete.

Nightingale House is the only adult hospice in North Wales which maintains its own small fleet of ambulance and patient carrying vehicles. We have recently sold one of our ambulances and replaced it with a more user friendly, disability accessible Vauxhall Zafira which will also be more cost effective. We always look for second hand, low mileage vehicles which provide the best value for money. I would like to acknowledge and thank our facilities team who look after and maintain all our vehicles in very good order and the volunteers who drive our vehicles and provide such a friendly and personal service for our patients. I know this is greatly appreciated.

It would not be possible for the hospice to make plans for the future without the support of its community. Whether that investment involves significant capital expenditure on its premises to future-proof services for the next 25 years, or investment in developing a new medical infrastructure to provide the best possible patient support and options to expand future services, or even upgrading our hospice transport which we know provides such a great comfort for our patients. We would not be able to continue to develop the hospice and its services without you.

Thank you all so much for all that you do to support your local hospice.

Very best wishes for the remainder of 2022.

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

Steve Parry, Chief Executive Officer

WARD DEVELOPMENT

At the heart of the hospice and the final piece of the jigsaw in our hospice redevelopment our In-patient Unit provides support to patients through symptom control, pain management, medical respite and end of life care.

Whilst the Covid-19 pandemic might have caused us to pause our plans to modernise and restructure the In-patient Unit, it has not stopped our exciting plans from now progressing. We have provided an initial brief to local architects, TACP and they are in the process of preparing draft drawings. Every effort is being made to start these works in April 2023 with the aim to complete within six months. We want to ensure the In-patient Unit offers the best possible facilities and space for our patients and their loved ones, for many years to come.

We are confident that with the continued support of our community we will be able to meet the increased demand for services whilst maintaining a financially sustainable model for the future of service delivery.



Individual patients and their families will benefit from high-quality, compassionate care delivered in purpose-built modern facilities.

GRANTS A VALUABLE RESOURCE

During the period of the pandemic when our retail outlets and cafes were closed and events were cancelled, Grant Trusts and Foundations provided much needed support particularly for issues such as PPE.

The Welsh Government and Welsh Trusts such as the Moondance Foundation and the Steve Morgan Foundation provided grants for laptops to enable our clinical team to work from home and keep in touch with patients and their families, especially children who had experienced loss.

In the past nine months, we have received grants to support –

- Bereavement Care - adults
- PPE
- New blood monitors
- New patient hoist
- Specialist bed
- Mindfulness project brochures and equipment
- Bereavement care – children
- General running costs



**We would like to thank most sincerely all the Trusts and Foundations who have supported us, and we hope they, and others, continue to do so as we move forward with our plans to modernise the In-patient Unit.
Pictured: The Bradbury Atrium**

I enjoy being friendly and helpful to patients and visitors who attend the hospice

The knowledge that in some small way I am helping patients and families

I enjoy working with my colleagues and having support from my manager and team. Volunteering gives me structure for the week

The sense of camaraderie and the knowledge that my efforts are helping others

Meeting people, friendship and colleagues. Our manager makes us all feel special and valued

Doing a good job, meeting people, confidence building

I enjoy being made to feel part of the team

VOLUNTEER...

WHY, WHEN AND HOW?

The hospice is truly graced to have a diverse and skilled volunteer team whose level of commitment, dedication and outstanding hard work cannot be praised highly enough.

However, in today's climate the hospice needs to offer volunteering in a way that fits in with people's lifestyles and demands on their time. Simply put one single day of volunteering can introduce you to a whole different world and provide a way for you to get involved and make a difference.

Not convinced? Here is a list of five reasons why you should volunteer:

1. You're needed! - No volunteering role is too small, and volunteers are integral to delivering services.
2. Be part of a community - As a volunteer, you are choosing to invest your efforts in your community.

3. Wellbeing booster - Believe it or not giving your time by volunteering does wonders for your own physical and mental health.
4. A learning road - Volunteering helps you develop new skills which may lead to your own personal and professional growth.
5. Teamwork - Volunteering gives you a great sense of teamwork and camaraderie.

Remember...

No matter how little time you have available to volunteer, you have the potential to make a big difference!

If you have a skill from painting to chess, able to put your hand to professional DIY jobs, drive, just like to chat or have a hobby you are passionate about, call volunteering on 01978 316800



A WALK TO REMEMBER

On Saturday, 25th June, over 700 people from our community came together to "Walk for the Ward" by participating in the Midnight Walk, 2022!

The evening was filled with fun, laughter and, of course, lots of flashing merchandise! Thanks to the band, 'Rhythm Train' for getting the crowd in the party spirit, Money Penny who offered glitter face painting and to the Wrexham Cadettes who manned our photobooth, capturing all the happy faces.

Our host, Andy Snowden, was joined on stage by Bethan Scott, who shared Dave's story. Dave, Bethan's husband was cared for at the hospice in 2017, after being diagnosed with terminal cancer. Bethan shared with us the impact that every penny raised could have on someone's life.

Just before the clock struck Midnight, a light show was displayed on the Wrexham Guildhall building, followed by a fabulous countdown from our very own hospice nurses. At midnight, the walkers set off to embark on their 10 mile or 10km challenges, waved off by all the

staff and volunteers! Along the route, our volunteer marshals cheered them on, together with members of the public, before they returned for their well-earned cup of tea and sausage roll kindly supplied by Village Bakery.

We would like to take the opportunity to thank every single person involved in making the Midnight Walk a huge success! Thank you to all the volunteers who dedicated their time, our suppliers and corporate sponsors, Hoya and Hafren Dyfrdwy. And finally, thank you to all our walkers and to every single person who donated! It is because of you, that we can continue to provide the best quality of care and support to patients in our community living with a diagnosis of progressive and/or life-limiting illness, and their families.

With your support, dedication and passion, together, you have raised an incredible £75,000 towards the refurbishment of our In-patient Unit and we cannot thank you enough. As Bethan Scott said in her speech 'a journey shared is a journey enjoyed'. Thank you for choosing to spend your Saturday evening with us. We hope to see you again next year!

THE MIDNIGHT WALK 2022 WAS KINDLY SPONSORED BY:

RHAGOROL O'R TAP
WONDERFUL ON TAP

HAFREN
DYFRDWY
severn dee

money penny

HOYA



LIGHT UP A LIFE

If you would like to be part of this annual event and remember someone who has been special in your life, there are two ways to make your dedication.

Complete the enclosed dedication form and return this together with your donation, or you can dedicate a light and leave a message on a virtual Christmas tree online, with a photograph of your loved one, via our website at nightingalehouse.co.uk/in-memory/light-up-life

This year, the service will return to the grounds of Nightingale House Hospice and take place on Sunday 4th December at 4:30pm. Details of other services in churches around our community catchment area can be found on our website.

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

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



WHEN ROBINS APPEAR...

When a young person loses someone dear to them, it is natural that they may wish to honour their loved one's memory.

We have offered Tribute Funds to families for a number of years, and due to their popularity we are now launching Robin Junior Tribute Funds which are a very special way for your child or young person to remember a loved one whilst at the same time helping Nightingale House Hospice continue to care for others.

Fundraising milestones will be marked with a special commemorative embroidered patch for the fundraiser to treasure and sew onto a special garment, blanket or bag.

At the final milestone, your young person will be presented with two hand-crafted everlasting robins engraved with your loved one's name. One to sit near our pebble pool and one to take home.

For more information, please visit our website.





White Bard of The National Eisteddfod of Wales, Dorothy Selleck, holding an Order of the British Empire Medal received for her contributions to child development.

DOTING ON DOT

Hospice Day Services patient, Dorothy Selleck OBE, is a remarkable, interesting and inspirational lady.

We had the pleasure of catching up with her and hearing more about her Nightingale House experience.

“The hospice has helped me come to terms with my situation in palliative care. I look forward to coming here on a Wednesday and I feel I’ve made friends with the people in the group. What I like about the group is the humour, we’re all highly positive and we have a good joke and a good laugh, and that helps us all.”

Dorothy mentioned that she liked coming to the hospice because everybody is so pleasant, supportive and welcoming.

“There’s an ethos here, an air of wanting to help. As soon as you arrive, there is a cup of tea for you that makes a tremendous difference. There’s a smile, there’s an acknowledgement of you as a person. In the world of today, if you’re over 80, you’re over the hill; I get the feeling that most of us over 80s are surplus to requirements and we’re costly. Mind you, I haven’t had

any help from the National Health until this year and I’m 89, so I’ve been blessed with good health and great friends.

When asked about our staff and how well they treat our patients, Dorothy remarked:

“Exceptionally well, everybody’s treated equally. That’s what we need generally in all our institutions. Everybody needs to be treated equally well and with dignity.”

89 years young, Dorothy has a lust for life and is still involved with OMEP and enjoys working with her colleagues in the UK, Europe and across the world.

“I work voluntarily for the World Organisation for Early Childhood Education and Care and that’s part of UNESCO so I’m frequently with our world President from Buenos Aires, Mercedes Loyola, she is a member of the committee that deals with early childhood in UNESCO. And the chair of the group is a Princess from the Netherlands... she’s excellent. No stone is unturned in her efforts to support children, because even today, so many children don’t even get schooling at all.”



Pictured: Mayor Andy Hall alongside shop manager Suzanne and her wonderful volunteers.

RETAIL

We are delighted to announce that our Whitchurch shop will be re-opening in a new location this September!

“Store Manager Suzanne and the volunteer team are working hard preparing the shop and are excited to welcome back loyal supporters and hopefully greet some new faces.”

- Katie Roberts, Head of Retail

Situated at 40 High Street, our new Whitchurch shop is right in the hustle and bustle, directly across from the Civic Centre, nestled between Costa and Purcell Butchers.

The new premises offers more space and a lighter ambience than our previous store which we are confident will make for a more enjoyable shopping experience for both our fantastic supporters and retail team.

Katie Roberts, Head of Retail ***“Unfortunately we had to close our first shop earlier this year due to unforeseen circumstances but have been overwhelmed by community support and are really looking forward to be being back in Whitchurch.”***

A lot of careful consideration has been put into selecting a location for the shop and our Whitchurch team are very hopeful that the nearby parking and lay-bys will make it easier for customers to shop and supporters to drop off their generous donations. The store also boasts an upgraded backroom which allows our volunteer team to handle more donations.

We will be looking for items to stock our new shop so please keep your preloved items ready for our re-opening.

We are looking for volunteers to join our existing team as the store is larger than the last so if you are interested in starting your volunteering journey with us, please visit:

nightingalehouse.co.uk/volunteer

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
and choosing the day that suits you.

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

MUSIC TO YOUR EARS

Music Therapy at Nightingale House is all about celebrating what people can still do despite their illness and making music accessible to people at all stages of their illness.

This could be through singing together, playing instruments, writing songs, or reminiscing about musical experiences of the past. In music therapy, people can join in however they wish and the music is tailored to the patients. Whilst we are actively involved in making music with others – whether this is through singing, playing or listening, we are using many of the facets of everyday interaction without needing to use words, we are making instant social connections with people, listening and responding to each other and are able to be ‘in the moment’, which can be really helpful for people who are struggling with pain, worrying about the future and other challenges that illness can present.

When presented with a box full of percussion instruments, many people are, at first, a little wary of trying music therapy, because they don’t see themselves as musical, maybe they were told as a child that they couldn’t sing, or have never had any experience of making music before, but musical ‘skills’ are not required in order to take part in music therapy. It is the role of the therapist to create the music from what people are doing and bring it all together.

“Music therapy enables patients and families/ friends to share something positive, also reminding us all that often patients are more capable than we realise”

- Nurse at Nightingale House

“I think everyone should have music therapy. Music is balm for the brain”

- Patient

“Music therapy makes me feel happy. I can remember the words to songs and I love singing with my friends at the hospice”

- Patient



DEDICATED FUNDRAISERS...

A huge thank you to our wonderful Fundraising Groups who are busy returning to raising funds in our community.

The lifting of Covid restrictions has meant the welcome return of lots of coffee mornings, afternoon teas, chocolate bingo, teddy bear sales, and a sensational Noson Gerddorol/musical evening with Rhisiart Arwel. Chirk Fundraising Group, which is our newest group, organised their first event which was a fabulous Family Fun Day held at Caffi Wylfa. The whole community joined together and enjoyed the day.

A celebratory afternoon tea was held to thank our Rhos Fundraising Group. The wonderful ladies have decided it's time to have a well-deserved rest after many years of dedicated fundraising. They have supported Nightingale House since the very beginning and have raised in excess of £70,000 for patient care.

Thank you all so much for your time, dedication and hard work. We are very grateful.



Pictured: Rhos Fundraising Group and hospice fundraiser, Sue Williams.

CELEBRATING 15 YEARS OF SUPPORT

Bellis Brothers Farm Shop and Garden Centre are celebrating 15 years of supporting Nightingale House.

They have raised an incredible £146,788 for our hospice and aim to hit their target of £150,000 by the end of the year.

Joan Bellis and family started supporting the hospice by organising a Christmas parade and Santa's grotto back in 2006. Since then, many other fundraising events and activities have taken place including 'Picnic & Proms', dog shows, Easter chick hunts, 'Pumpkins', 'Breakfast with Santa', bucket collections and much more.

On Friday, 8th July, Bellis' hosted a 'Summer's Evening of Celebration' with all proceeds from this event going towards their fundraising target. It was a fabulous event, celebrating the long-standing partnership between Bellis' and Nightingale House Hospice.

We would like to thank Joan, her family, their staff, and customers for their continuing support and commitment to Nightingale House.



Pictured: Joan Bellis and Lizzie Bellis-Marks

THANK YOU TO O

We would like to take this opportunity to thank our corporate partners and community for all their kindness and generosity. Fun days, plant sales and many more fundraising activities have enabled our team to deliver specialist services to our patients.



Brymbo Cricket Club raised £1,079.29 from a charity match



Melody Corporation have loaned equipment and donated a marquee



Grace Phillips raised an incredible £50 at her spelling bee



Ollie and Harvey created a floral metal masterpiece, raising £1,060



Redrow volunteers created a new flower bed in the hospice garden



Business & PR students from Coleg Cambria raised £1,267.62



DTCC have raised £6960 this year from many fundraising activities



Marchwiell & Wrexham Cricket Club raised £642



Long-term supporters, Brother Industries have raised £692.50



Moneypenny delivered some roses to brighten our patients and nurses day!



Another brilliant Wrexham Golf Day raising over £4,800



Alys took part in our World Heritage Walk on her 9th birthday in memory of her Taid

OUR COMMUNITY!

They have come together in many fun and wonderful ways to raise funds for patient care. The quiz nights, concerts, family events. We would like to thank all local supermarkets for their support by donating products for events and the ward in 2022.



Fair Event Management kindly donated event equipment



Thanks to Wrexham AFC, we raised over £1000 from a bucket collection



Wrexham Lager kindly allows our bucket collections at their events



Keith Shone kindly donated 100 handmade knitted chicks



Katherine Crockford for raising £60 from her Jubilee plant sale



Buckley Town FC have donated £2,654.92 so far in 2022



Marford & Gresford Velo Cycling Club donated £250



ETC Sawmills for donating marvellous wooden benches



The Bryn Griffith Working Men's Club raised £1000



Wrexham Fire fighters raised £3,808.98 from their fundraising activities



Sharon Beresford raised £1,070 in memory of her mother-in-law Christina



Mark Banks from Deeside Creameries has raised £570 and provided 99'ers!



WE'RE IN IT TOGETHER...

New initiative 'Step Together' is a collaboration between hospice volunteers and our Family Support Team to add a variety of supportive services facilitated by Nightingale House to help those who are bereaved.

The effects of grief can be multifaceted and although no one person will experience the same emotions as another, there are some commonalities. This may include experiencing low mood, reduced confidence, feeling isolated, sleeping difficulty, or feeling overwhelmed.

The benefits of creating opportunities for the bereaved to come together with others who have experienced similar is well documented, as are the general wellbeing benefits of exercise and being outdoors. The walking group 'Step Together' aims to combine both of these beneficial factors offering an opportunity to those who are bereaved to extend peer support networks, enhance physical and

mental/emotional wellbeing and achieve personal goals in a supportive environment with trained volunteers.

Hospice volunteer Barbara Cowell commented...

"When a person has lost somebody, whether it be a family member or a very dear friend, the sense of loss can be overwhelming, and many people have a feeling of being totally alone in their sadness. The 'Step Together' programme will, I believe, provide an opportunity for people to spend a couple of hours walking with a few people on lovely country walks. Often it is comforting to just know you are not alone and there are other people dealing with very similar thoughts. The programme will allow individuals to feel safe in a small group and enable them to engage with others if they wish."

"Looking forward to our first 'step together' walk in September, doing the two things I like most... walking and talking" – Hospice volunteer, Mair McGorian

NIGHTINGALE HOUSE

CHRISTMAS TREE COLLECTION



Our team of volunteers will collect and recycle your **real Christmas tree** in return for a donation towards patient care at the hospice

IT'S AS EASY AS **ONE, TWO, TREE...**

1. Visit charityxmastreecollection.com or call **01978 314292** to book in your collection.
2. Remove all decorations from your tree
3. Leave your tree outside your house in a visible location before 7am on Saturday 14th January 2023

WE ARE ONLY ABLE TO COLLECT CHRISTMAS TREES FROM THE FOLLOWING POST CODES:

CH4 0	CH4 9	CH5	CH6 5	CH7	CH8 8 (A-J)	LL11	LL12	LL13
LL14	LL20	SY11 1	SY11 3	SY11 4	SY12 0	SY12 9	SY13 3 (A - E)	

BOOKINGS WILL CLOSE ON MONDAY 9TH JANUARY 2023 AT 11:59PM

COLLECTION: SATURDAY 14TH JANUARY 2023

Visit charityxmastreecollection.com to book in your collection

JUSTHELPING
WOMEN'S SUPPORT GROUP



THANK YOU TO THE INCA-REDIBLE PERU

FROM NIGHTINGALE HOUSE TO THE SUN GATE, MACHU PICCHU, PERU

After three long years of waiting, our wonderful Inca trekkers, known as 'The Peru 20' started their journey to The Sun Gate, Machu Picchu raising money for patient care.

Leaving the hospice on Friday, 1st July on their way to the challenge of a lifetime, more than 30 hours later they arrived in Cusco. There they met their Inca team of guides who were to accompany them on their journey of discovery.

This determined group started with an acclimatisation trek to the archaeological site Sacsayhuaman – a citadel on the northern outskirts of Cusco, before officially entering the Inca Trail on 4th July.

Over the next four days, they ascended to 4,200m above sea level travelling over 'Dead Woman's Pass', their highest peak, camping along the way before reaching 'The Sun Gate', a fantastic viewpoint over the whole of Machu Picchu. Sitting at 2,720m it was here the group recorded a special video message remembering their loved ones.

Bethan Scott, hospice representative said *"We set out from Nightingale House not knowing what to expect. We were excited but also nervous. We started as a group and reached The Sun Gate together. Between us all, we are on track to raise over £100,000 for the hospice and we did it in memory of our loved ones. Standing at The Sun Gate we stood together and remembered each of them, calling out their names feeling an emotional pull after all we had been through to reach that point of the trek. I want to say thank you to every member of this group for what they have achieved. This was a tough trek and at times an emotional journey, but they did it, they absolutely did it."*



SPAIN CAMINO DE SANTIAGO TREK

22ND TO 29TH OCTOBER 2023

Join us on a classic Camino de Santiago experience - follow in the footsteps of thousands of pilgrims trekking the last 100km of the famous Camino Frances (The French Way) section of the popular pilgrimage route.

Trek across the green rolling landscapes of rural Galicia, meet fellow pilgrims, discover local traditions, and enjoy the unique atmosphere. Starting from Sarria, we trek for five days through charming villages, forests and rural countryside visiting many picturesque churches along the way.

Our destination is the magical Santiago Old Town, a wonderful UNESCO World Heritage site, home to the stunning Cathedral of Santiago de Compostela.

- Duration: 8 days
- Trekking: 5 days
- Distance: 116km (approximately)
- Accommodation: Hotels
- Cost: £299 deposit plus £1,421 (self funding)
or £299 deposit plus £2,850 (minimum sponsorship)

For details on how to register and secure your place contact bethan.scott@nightingalehouse.co.uk



MISSING – HAVE YOU SEEN THIS TIN?

COLLECTION TIN AMNESTY

Following the re-brand of our Nightingale House collection tins, we would love to find our old yellow tins and bring them home to the hospice – we know they are hiding somewhere out there!

If you or a local business have one or more of these tins, please get in touch and we will arrange collection. Tel 01978 314292, email info@nightingalehouse.co.uk or drop them in to our main hospice reception or any of our shops.

THANK YOU!



FOREIGN COINS

Did you know that we can turn your unwanted foreign coins into much needed funds for your local hospice? Any coins/notes left over from your holidays can be dropped off at the hospice or any of our shops!

MEALS BY CAFFI CWTCH

Popular service 'Meals by Caffi Cwtch' offers a wide range of fresh and frozen meals including nine new flavoursome main dishes that have been created by Caffi Cwtch Head Chef, Peter Jackson.

"We pride ourselves on using natural, wholesome, and high quality ingredients freshly prepared by our award winning team."

All our dishes are cooked on the premises here at Caffi Cwtch and made ready for people to enjoy at home."

- Peter Jackson, Head Chef

Mains

Chicken black bean sauce 425g
Tender chicken in a rich, authentic black bean sauce made with peppers, onions and pak choi **£4.95**

Macaroni and cheese 400g
Pasta cooked in a delicious creamy cheese sauce **v** **£3.00**

Roasted vegetable curry 425g
A medley of tender vegetables including onions, leek and sweet potato cooked in a mild curry sauce **ve** **£4.00**

Chicken malabar mangalore curry 425g
A creamy tasty curry full of flavour and heart-warming spices with a hint of tamarind **£4.95**

Rich beef and ale casserole 500g
Tender beef cooked slowly in a mouth-watering ale sauce served with creamy mashed potato, baby onions and winter vegetables **£4.95**

Honey and mustard chicken hotpot 450g
A casserole of chicken cooked in a mellow honey and mustard sauce served with delicious, carrot, swede and sweet potato mash **£5.25**

Poached cod in parsley sauce 450g
A fillet of cod poached in a creamy herb parsley sauce served with soft mashed potato, carrots and French beans **GF** **£4.95**

Smoked haddock and spinach pasta bake 450g
Pasta with a blend of smoked haddock and spinach in a creamy cheese sauce topped with a herb crumb **£5.25**

Cottage pie 450g
Flavoursome minced beef topped with mashed potato, served with butter glazed carrots, sweetcorn and green beans **£4.95**

Soups

Roasted tomato and pepper soup 350g
A delicious combination of tomato and peppers blended into a smooth and satisfying soup flavoured with a hint of turmeric **GF** **ve** **£1.50**

Leek and potato soup 350g
A smooth, velvet soup, full of flavour **GF** **ve** **£1.50**

Chunky chestnut mushroom and barley soup 350g
A tasty and satisfying soup made with onions, leeks, chestnut mushrooms and barley **ve** **£1.50**

Rice

Pilau rice 300g **ve** **£1.95**

Boiled rice 300g **ve** **£1.95**

Egg fried rice 300g **v** **£1.95**

Puddings

Plain vanilla custard 250g
A creamy traditional pouring custard **GF** **v** **£1.00**

Classic rice pudding 250g
A classic creamy rice pudding **GF** **v** **£1.50**

Sticky toffee pudding with butterscotch sauce 250g
A rich date sponge with a luscious butterscotch sauce **v** **£1.50**

Individual traditional bakewell tart 100g
A sweet pastry case filled with a jam and almond frangipane **v** **£2.00**

Meals can be collected or delivered. To view the full menu, visit [nightingalehouse.co.uk/meals](https://www.nightingalehouse.co.uk/meals)
For orders, collections and deliveries call **01978 447550** between **10am - 4pm, Monday to Saturday.**

BEHIND THE SCENES...

The hospice's award-winning Caffi Cwtch team have created tasty meals for hundreds of patients living with a diagnosis of a progressive and/or life-limiting illness.

Their mission is to provide patients and their families, staff, volunteers and customers with nutritious, delicious and well-presented food that enhances choice and wellbeing.

"The hospice kitchen team play such a big role in helping to create precious moments for our patients and their families. They always go the extra mile to create meals that will bring joy to our patients, in addition to creating delicious meals in our cafes, for volunteer/staff meals and for fundraising events."

Laura Parry - Director of Income Generation

"Working in a hot kitchen day after day must be one of the toughest jobs in the world, but they not only feed and serve the Caffi Cwtch customers, they feed our patients with complex needs and still make sure their families are fed and watered too."

Delyth Underwood - In Memory Giving Fundraiser



"It is very rewarding. I'm not only looking after the patients, I'm looking after the families as well. You make friends with them and some volunteer now."

Peter Jackson - Head Chef

GIFT VOUCHERS

Stuck for a present to buy that special someone?

Why not give them a Nightingale House **Lottery Gift Voucher** as a gift this Christmas. Gifting our weekly Lottery provides your loved one with the chance of winning a share of our weekly £3,550 prize pot, as well as supporting your local hospice.

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 the jackpot of £2,500 and any of the other ten prizes available each week.

01978 313134
nightingalehouse.co.uk/lottery

NIGHTINGALE HOUSE



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 Nightingale Super Trouper Ball | 15th October 2022

Lion Quays Hotel, Oswestry | 6:30pm | £55 pp

An evening of glitz and glamour. A red-carpet entrance, welcome drink, followed by a three course meal before live entertainment from the UK's leading ABBA tribute band. Join us to become dancing queens (or kings) for the night!



Woofs & Walkies | 30th October 2022

Alyn Waters Country Park, Gwersyllt | £10 per dog

A Halloween themed sponsored dog walk around the beautiful Alyn Waters Country Park. There is a 3km or 5km route to choose from. Each participating dog will receive a bandana and goody bag. Halloween fancy dress is optional but encouraged.



Rudolph Run | November – December

Schools across our community are invited to take part and raise money for patient care by holding their very own Rudolph Run. All participants will be provided with antlers for their run, which they will be able to keep.



Christmas at Bellis'

Christmas Grotto: 11am – 4pm | £5 per child

Dates: 26th Nov, 27th Nov, 3rd Dec, 10th Dec, 17th Dec, 23rd Dec

Bellis Breakfast with Santa: Please keep checking bellisbrothers.co.uk for updates and how to book.



Christmas Concert | 3rd December 2022

St Giles Parish Church, Wrexham | 7:30pm | £18pp

Start your Christmas festivities with our magical Christmas concert, full of seasonal joy and cheer. We will be joined by Aled Wyn Davies, Rhos Male Voice Choir and the Salvation Army Band. Tickets include a glass of fizz and a mince pie.

Image ©:  Queen Bee Designs Ltd



Christmas Tree Collection | 14th January 2023

With the help of local businesses our Christmas Tree Collection will be returning for 2023. Our team of volunteers will collect and recycle your real Christmas tree in return for a donation towards patient care.

UP, UP, UP AND AWAY!

If you would like to have a dedication or a photo of your loved one on our balloon for a donation of £25, please call the fundraising office on 01978 314292.





WOULD YOU JUBILEE-VE IT?

Earlier this year, we launched a new summer schools campaign called 'Royal Run for Fun', kindly sponsored by Excell Supply. The campaign was a fun and active schools initiative to celebrate the Queen's Platinum Jubilee, whilst raising much needed funds for the hospice.

We were overwhelmed by the response we received, with ten schools across Wrexham and Flintshire signing up and raising an incredible total of £10,196.60.

Rhosddu CP raised £2,076.76 and won a special interactive visit from some friendly dinosaurs, courtesy of Jurassic Live, Wrexham, which the children loved!

Thank you to everyone from: Watt's Dyke Primary School, Gwenfro CP School, St Mary's Catholic Primary School, Ysgol Estyn (Hope), Golftyn CP School, Ysgol Glan Aber, Dandelions Day Nursery, Abermorddu CP School, Ysgol Y Waun and Rhosddu Primary School for helping us to make the Royal Run a huge success!

If your school enjoyed the Royal Run for Fun, or would like to get involved with the hospice, why not take part in the Rudolph Run 2022? Over the years, the Rudolph Run has become a staple in many schools and nurseries Christmas calendars. In 2021, the Rudolph Run campaign raised over £23,000.

Your Rudolph Run can be held at a location, date and time of your school's choice and is accessible to all age groups and abilities. Each child is asked to raise a minimum of £2.50 sponsorship and in return they will be provided with their very own Rudolph antlers to wear on the fun run and keep.

We know that the Christmas period can be a busy time for teachers, so we make taking part in the Rudolph Run as easy as possible for you!

For more information or to register please call the fundraising team on 01978 314292 or email sam.amis@nightingalehouse.co.uk

WE RISE BY LIFTING OTHERS...

Volunteers help with so many aspects of our work, and their dedication and commitment allow us to help more patients and their families. Thomas (pictured with Caffi Cwtch Manager, Trish Ellis), is a great example of someone who has volunteered their time and energy having helped both Caffi Cwtch and Nightingale House.

"I'd like to thank you all for giving me the opportunity to work in the cafe and at the hospice for the past three years. I've learned a lot during my time here, the job has been both enjoyable and challenging, and I'll miss working with you because I've made some good friends here.

"I will take a lot of what I have learned while working at both Caffi Cwtch and the hospice with me as I begin to study Medicine at University, and I will look back on my time here as a valuable and enjoyable period of my life that has taught me a lot about interaction with people and has helped me to gain confidence"

– Thomas Daniel



Thank you for all your hard work, Thomas, and best of luck with the next step of your learning journey!

COST-OF-LIVING SQUEEZE

Energy and fuel prices soared earlier this year and a number of our supporters have been forced to reconsider their spending regardless of where they would prefer to see their money going.

Since the start of 2022 we've seen a drop in donations of 36% and our weekly lottery has also seen a dip in memberships which many people have been forced to cancel because of rising household bills.

"Families are facing financial struggles and we wholeheartedly understand that there are shifting priorities for numerous supporters. We are very grateful of all the support we continue to receive from the local community. We hope that the public will continue to help whenever they are able."

- Laura Parry, Director of Income Generation

For those who can help, an easy 'cost effective' way of supporting the hospice during this difficult time would be to support Nightingale House's charity shops across the area, in Wrexham, Oswestry, Whitchurch, Mold and Buckley. Alternatively you can join our weekly lottery draw for just £1 per week and players are in with a chance of winning £2500 each week.

For more information about the hospice lottery and how to join visit, nightingalehouse.co.uk/lottery or call 01978 313134.





IT'S OKAY TO SMILE...

Due to mobility issues, Yvonne (pictured right), a hospice respite patient, was referred to Nightingale House for physiotherapy.

"I had physio whilst I was at the hospice which helped me massively; the team are fantastic and go at your pace to get you back on track. They make you want to push yourself to help reach your goals without putting pressure on you."

The first step is to assess any new patients based on their needs; they are then referred to appropriate specialist care. This includes complementary therapies to improve their quality of life and self-esteem.

"Nightingale House is a calm space where I felt I could relax. There's so many facilities and treatments available. I had my hair done, a makeover by Paula and art therapy class. Over the week I was there it helped massively with my wellbeing and confidence. I felt I left there with my spark back, something I thought I'd lost, thanks to the staff."

Yvonne recalls how she felt when arriving at the hospice: *"I came here feeling lost and broken and within days my confidence grew, I felt a glimpse of the old me. It has made me realise it's ok to smile and chat, there's more to me than an illness. My room is beautiful and a calming space to relax and recharge... I have been able to sleep straight through until the morning, something that I have not managed for over a year."*

Yvonne added *"The care and time that you've given me has made me feel safe and comfortable. I'm finding my spark which I thought would never be found! I'll never forget my time here - I'm eternally grateful for your help, love and support. You are all amazing."*

We would like to thank Yvonne for sharing her story with us and taking such beautiful pictures of our garden!

WIN

£5,000

AND SUPPORT NIGHTINGALE HOUSE

**PLUS...
£3K & £2K
RUNNER UP
PRIZES!**



Nightingale House Hospice
Hospis Tŷ'r Eos

DRAW DATE: 22ND DECEMBER 2022

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