

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER AUTUMN 2025



Contact us:

 Nightingale House Hospice,
Chester Road, Wrexham,
LL11 2SJ

 01978 316800

 info@nightingalehouse.co.uk

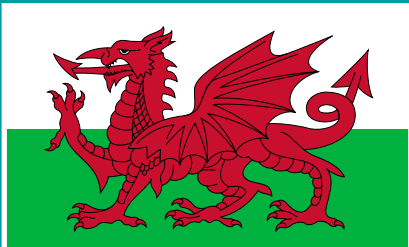
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Wyt ti'n siarad cymraeg?

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A welcome from our Chair of the Board of Trustees, Chris Burgoyne



I am delighted to welcome you to this special 30th anniversary edition of the Nightingale House newsletter.

On 30th August 1995, Nightingale House opened its doors to its first patients with a bold and compassionate vision: to provide specialist care, comfort, and dignity to people with life-limiting illnesses in our community. What began as a small but dedicated team, led by the inspirational Dr Graham Arthurs, has grown into a leading centre of palliative care, supporting thousands of patients and families across Wrexham and the border areas. Our services have expanded, our facilities have been transformed, and our reach has extended, but our heart and purpose remain the same.

Over the years, I have witnessed both significant challenges and remarkable progress. We have faced severe financial pressures, weathered a global pandemic, and responded to changing healthcare needs in our community. Through it all, one thing has remained constant, our determination to adapt and evolve to meet the needs of those who rely on us.

Whilst a 'fit for purpose' premises is essential, it is the people who make Nightingale House truly special. Our dedicated staff deliver exceptional care every single day, combining skill, compassion, and professionalism to ensure that patients and their families feel supported, respected, and valued. Our volunteers, whether they are working in the hospice, helping in our shops, supporting events, or raising funds, give their time and energy freely, and their contribution is nothing short of extraordinary. They are the heart and soul of our hospice family and I cannot thank them enough for their outstanding and ongoing support.

I am immensely proud to work with our Board of Trustees and the hospice's Executive Management Team, whose forward-thinking approach helps to guide our future. Together we review our strategic plan twice a year, ensuring that we are always looking ahead, responding to emerging needs, and exploring new opportunities to enhance and expand our care for those who need it. Over the past five years, we have undertaken significant renovation work, modernising our environment to make it

even more welcoming and offering state of the art facilities. We continue to build on this strong foundation, developing our services to meet the evolving needs of those we care for. Recent additions such as our phlebotomy and dedicated bathing services have been warmly received by patients, and we are extending our reach to support more people living with neurological conditions, a vital step in meeting the growing and changing needs of our community.

Developing our services and expanding our reach is critical as we strive to support as many patients, and their families, as possible. We are, however, restricted in what we can deliver due to financial constraints. It now costs £5.6 million a year to deliver our services, as they currently stand, with around £1 million coming from statutory funding. This leaves £4.6 million to be raised year in year out to continue the work we do. This is an enormous figure that we can only meet thanks to the extraordinary generosity of individuals, community groups, and corporate partners. We are eternally grateful for your support.

This 30th anniversary is a time to celebrate, but also to say a massive thank you to all our supporters. Your support and encouragement has enabled us to care for our community for the past 30 years. With your continued belief in our mission, our goal is to be here to provide outstanding care for the next 30 years and beyond.

THANK YOU!

**Chris Burgoyne, Chair of the
Board of Trustees**

We are here when you need us: How to self refer

At Nightingale House Hospice, the patient and their family are at the heart of everything we do. We provide free, specialist palliative care and support for those living with a diagnosis of a progressive and/or life-limiting illness, such as MND, Parkinson's, MS, heart failure, and cancer. Our care is designed to help you live life to the fullest, regardless of your diagnosis.

We understand that a diagnosis can bring many challenges, and we are here to support you every step of the way. While referrals from medical professionals are common, we know this can sometimes take time. That's why we make it simple for you or a family member to self refer, giving you quicker access to the care and support you need.

Our Patient Flow Team is here to support you in accessing the care you need. This may include

a short stay for respite or help with managing symptoms, wellbeing services, physiotherapy, complementary therapies, family support, or, when needed, short

term end of life care. Whatever your situation, we're here to make your introduction to the hospice as smooth and supportive as possible.



How to access Nightingale House Hospice services

■ What is a self referral?

A self referral is a quick and easy way for you to access hospice services without the need to go through a healthcare professional.

You or a loved one can contact our Patient Flow Team directly to discuss how Nightingale House can support you.

■ The self referral process

Get in touch: Call our Patient Flow Team on 01978 316806 or email nightingalehouse referrals@wales.nhs.uk to start the process.

■ We liaise with your healthcare provider

Once we receive your referral, we will contact your primary carer, usually your GP or District Nurse, to gather the medical information we need.

■ Stay informed

We will keep you updated throughout the process. Once we understand how we can best support you, we will invite you to the hospice for an outpatient assessment or to discuss admission.

■ Criteria for accessing hospice services

To access hospice services, you must meet the following criteria:

Age: You are aged 18 or over.

Location: You live within one of the following areas:

- Wrexham
- Flintshire
- East Denbighshire
- A494 corridor to Barmouth
- Border towns of Oswestry, Whitchurch, Ellesmere and Wem

Health condition: You have received a palliative (life-limiting) diagnosis.

■ Conditions and illnesses we can support you with

- **Neurological palliative conditions** such as MND, MS, PSP, Parkinsons
- **Heart Failure**
- **Respiratory conditions** such as Severe Chronic Obstructive Pulmonary Disease (COPD), Interstitial Lung Disease (ILD – Includes Pulmonary Fibrosis), Bronchiectasis

- End stage renal (kidney) disease

- End stage liver failure

- Terminal Cancer

Nightingale House Hospice is here for you and your family. We're not just a place, we're a feeling of home and community when you need it most.



bit.ly/NHH-Self-Refer

Jen's story: "It's not what you think" - Jen's story breaks the myths around hospice care

When Jen from Llay first stepped into Nightingale House, she wasn't sure she belonged. Living with stage four thyroid cancer, Jen worried that people might see her as 'too young' or even question why she needed our support. Like many, she thought hospices were only for older people in their final days.

What she discovered here was completely different. *"Everyone has been absolutely lovely,"* Jen says. *"I was nervous at first, but the staff treat me like a friend. They know my name, they listen, and they've helped me feel like myself again."*

Jen's cancer journey began unexpectedly after a routine chiropractor appointment revealed medullary thyroid cancer. Surgery and immunotherapy followed, leaving her with ongoing side

effects including fatigue and pain. Coping as a young mum to her daughter Winry was tough until her partner, Dan, encouraged her to reach out to Nightingale House.

From that uncertain first visit, Jen has found a lifeline through our Wellbeing Programme. Here she can access therapies, art sessions, family support, and most importantly, the chance to connect with others who understand.

"It's given me something to look forward to each week," she explains. *"It's not just about clinical care, it's about mood, self-esteem, and being with people who really listen."*

Jen especially enjoys the social side, often chatting with older patients

and learning from their stories. *"I'm shy around people my own age, but here I've made friendships with people I really admire. It's uplifting."*

Even her daughter Winry approves, describing Nightingale House as *"Playschool for adults"*, a place where her mum paints, plays games, and spends time with friends.

For Jen, the biggest lesson has been that hospice care is about living well. *"It isn't just for the elderly or people in their final days,"* she says. *"It's for anyone with a life-limiting condition who needs support. Asking for help doesn't mean giving up, it could be the best decision for your mental and emotional wellbeing."*



Changing perceptions: How Nightingale House transformed Angie's life

When Angie first heard the word 'hospice', it filled her with fear. Like many, she assumed it was simply 'a place to die'. But her experience at Nightingale House, where she was referred in 2021 following a cancer diagnosis and severe back pain, completely changed that perception.

Encouraged by a district nurse, Angie began attending sessions focused on pain management. At the time, she could barely walk. With physiotherapy and guidance from the Nightingale House team, she gradually regained mobility and learned to care for her own body with confidence.

Beyond physiotherapy, Angie discovered a wide range of services to support both physical and mental wellbeing. Hydrotherapy, reflexology, art therapy, and the

Wellbeing Programme provided her with a network of care that has transformed her quality of life. Meeting others facing different illnesses, but similar challenges, also helped her feel less isolated, making the positivity and encouragement she found at Nightingale House just as important as the physical support.

Angie is passionate about challenging the stigma surrounding hospice care. She wants people to know that Nightingale House is not just for the end of life, it is a place for anyone with a life-limiting or progressive illness to manage symptoms, access expert support, and maintain quality of life.

Today, she continues to use the hospice's services whenever she needs them, describing Nightingale House as her 'safety net'. It is a

place of comfort, understanding, and care, helping her live as well as possible despite her illness.

Angie's story is a powerful reminder of the impact Nightingale House has on the lives of people in our community, supporting them to live well, stay independent, and find hope in difficult times.



Peter's story: "Nightingale House Hospice gave me my life back"

Peter, a much loved Wrexham resident, has shared his inspiring story about the life changing care he received at Nightingale House following his diagnosis of non-Hodgkin's lymphoma. Now 81, Peter reflects on how the hospice transformed his health, confidence, and outlook, and why it's a place nobody should fear.

His cancer journey began in 2012 when persistent knee pain led to a life changing diagnosis. The years that followed brought chemotherapy, radiotherapy, and ongoing complications. In 2017, the cancer returned, and Peter faced another tough round of treatments. *"I was struggling physically, emotionally and mentally,"* Peter explained. *"When I was referred to Nightingale House for physiotherapy, I'll admit I thought it might be the end. There's still this misconception that a hospice is just for people at the very end of life, but that couldn't be further from the truth."*

What started as physiotherapy soon grew into a full programme of support, including hydrotherapy, complementary therapies, the Wellbeing Programme, and joining social peer groups. *"Coming here gave me a new lease of life,"* he says. *"I met people, gained*



independence and slowly began to feel like myself again. It's a happy place. Everyone's smiling. The staff, the volunteers, they lift your mood without even trying."

Over more than a decade since his diagnosis, Peter credits the hospice with helping him not only manage his condition, but also rediscover his sense of purpose and joy. *"The care*

here isn't just about the treatment, it's about living fully, even when life is difficult," he says. *"They've helped me find myself again."*

That focus on living well has included moments Peter never thought he'd experience again, like returning to watch his beloved Wrexham AFC in person. A lifelong supporter and former season ticket holder, Peter hadn't been able to attend a match for years because of his health. Earlier this year, the hospice surprised him with tickets to see Wrexham play Charlton Athletic in the Club's Executive Suite, generously donated by Scottish Power. *"It was like something out of a dream,"* Peter says. *"We had great seats, a three course meal, and the atmosphere was incredible. And Wrexham winning 3-0 was the cherry on top. I'll never forget it."*

“There's still this misconception that a hospice is just for people at the very end of life, but that couldn't be further from the truth.”



For Peter, that day summed up what Nightingale House is all about, making the most of the time you have and creating moments that lift the spirit. *"Going to the match was about more than football,"* he reflects. *"It was about feeling part of life again. That's what the hospice has given me."*

Peter is now a regular visitor and a proud supporter of the hospice, giving back through the lottery and other fundraising activities. His message to others is simple: *"Don't be afraid of the word 'hospice'. It's not just a place for the end, it's a place for living. I can't thank them enough for everything they've done for me."*

30 Years together: Celebrating our community of care

When Nightingale House Hospice first opened its doors in 1995, it was a small but determined team that laid the foundations for the care and compassion the hospice is known for today. Among them was Debbie Barton, who took on the role of fundraiser, working alongside founder, Dr Arthurs and Matron, Linda Johnson. Together, they shared a vision: to create a place where local people facing life-limiting illness could find expert care, dignity, and support.

to encourage ideas and develop community contacts. Debbie soon became a familiar face across North Wales, travelling night after night to speak at Rotary Clubs, Women's Institutes, Working Men's Clubs, pubs, and village halls, using her trusty projector to share the hospice's story. She also developed relationships with local businesses and helped to set up some of the community fundraising groups that continue to support Nightingale House today. "It was

“ **People still fear the word 'hospice.' But once they step through the doors, they see it's a place of warmth, care, and support.** ”

Debbie joined Nightingale House at a crucial time, following on from Julie Hinchliffe, who had been an early fundraiser when Nightingale House was still based at the Maelor Hospital. As Debbie joined the team, the new Chester Road building was nearing completion, and spirits were high. With little more than a telephone, a slide projector, and plenty of determination, she was tasked with raising the £250,000 annual target that would keep the hospice open. "At the time, that felt enormous," Debbie recalls. "It wasn't just about raising money, it was about getting the community to understand what a hospice was, and to believe in what we were trying to do."

With the support of Greta Jones, a Fundraising Committee was set up

very grassroots, face to face, late-night drives, pub fundraisers, and community halls. There was no email, no social media. Just meeting lots of people, encouraging them to raise money, filling out grant applications and writing stories for the local newspapers to spread the word." she says.

Those early days were not without their challenges. There was a flood soon after moving into the new building, the unusual task of giving torchlit tours to visitors, and the constant pressure of sustaining a new and growing service. Yet there were also many uplifting moments, including the generosity of local communities, and the excitement of receiving giant cheques raised through fundraising efforts.



Debbie also played a central role in launching Light Up a Life, a tradition that remains part of Nightingale House today. "Light Up a Life is still one of my proudest moments," she reflects.

Over time, Debbie saw the hospice grow, both in size and in scope. Services expanded to include rehabilitation, a Wellbeing Programme, self-referrals, and family support. For her, the progress reflects the heart of Nightingale House: "People think a hospice must be sad. It's really not. It's a place of living, of making every single day count."

Now, 30 years later, Debbie looks back with pride at how far the hospice has come, while recognising that some challenges remain. "People still fear the word 'hospice.' But once they step through the doors, they see it's a place of warmth, care, and support."

As Nightingale House celebrates its 30th anniversary, Debbie has a heartfelt message:

"The hospice was built on the efforts of so many people and the determination and support of a community. That spirit is still alive in everything it does. I feel incredibly lucky to have been part of its journey."



Community spirit shines bright for 30th anniversary campaign

To mark the 30th anniversary of Nightingale House Hospice, the Longest Day, Lasting Care campaign was launched, culminating on the summer solstice, the longest day of the year.

The campaign highlighted the hospice's unwavering commitment to providing expert, compassionate care 24 hours a day, 365 days a year, helping ensure that more

families can receive vital support when they need it most.

Communities across the hospice's catchment area rallied behind the campaign, with fundraising efforts from local businesses, schools, nurseries, golf clubs and more. From abseils and marathons to painting, dancing, and golf days, supporters embraced the challenge with creativity and passion.

Thanks to this remarkable community spirit, the campaign has raised over £110,000. These funds will help Nightingale House continue to deliver its essential services, from specialist nursing and pain management to emotional and bereavement support, free of charge to patients and their loved ones across the region.



Meet our new Medical Director: Dr Adrian Bellwood

We are delighted to introduce Dr Adrian Bellwood as the new Medical Director at Nightingale House Hospice.

Adrian started his medical training at Wrexham Maelor Hospital back in 2007 and has been caring for patients in our community ever since. After completing his GP training, he became a GP Partner at Chirk Surgery, an experience he describes as a “rewarding start” to his career. It was during this time that he developed a special interest in palliative care, which led him to complete a Palliative Care Diploma at Cardiff University and take on lead roles for both cancer and palliative care at the practice.

Alongside his GP work, Adrian also gained expertise in ENT and lifestyle medicine. He became a GP trainer at Chirk Surgery, sharing his passion for teaching, before moving on to an academic post at the University of Liverpool’s School of Medicine, where he lectured groups of medical students. His enthusiasm for education and training is clear, and he firmly believes that empowering both patients and healthcare professionals through knowledge is key to improving wellbeing and health outcomes.

Explaining what attracted him to the hospice, Adrian said:

“Nightingale House has supported hundreds of my patients and their families over the years. Becoming Medical Director brings together my love of palliative care, my interest in education, and my passion for supporting people through life’s most difficult challenges. It’s a privilege to join such an inspiring team.”

In his new role, Adrian is looking forward to getting to know staff,



“ **Hospice care is about being fully present with each person, empowering them to live as well as possible, even in the most difficult of times.** ”

volunteers, patients and families, while also strengthening the links between primary and secondary care. Education will be a big focus, with plans to host training events and work on developing pathways that will support GPs in caring for patients with complex palliative needs. He’s also passionate about making sure as many people as possible know about hospice services, so that those in need can access support promptly, whether through self referral or being signposted by a professional.

When asked what excites him most about joining Nightingale House, Adrian says it’s the shared sense of purpose:

“Hospice care is about being fully present with each person, empowering them to live as well as possible, even in the most difficult of times. Nightingale House is a place where expert knowledge

and compassion come together in creative and innovative ways, and I am proud to commit myself to that mission.”

Outside of medicine, Adrian enjoys spending time with his wife, Sam, and their young son, exploring local beaches, woodlands and countryside walks. He’s a keen runner and cyclist and is currently training for the Chester Marathon. Music is another big part of his life, he plays saxophone and guitar and is a member of a jazz band called Jazzectomy. The band has even performed at events raising money for Nightingale House.

We’re excited to have Adrian on board and look forward to the expertise, energy, and passion he brings to Nightingale House, helping to make a real difference for patients, families, and the wider community.

Expanding specialist support for neurological conditions

Since joining Nightingale House in January, Gwyneth, our Neurological Link Nurse, has been making a real difference to people living with progressive neurological conditions such as MND, MS, Parkinson's and PSP.

This specialist role is new to Nightingale House and was created so we can reach more people, earlier in their journey. By offering timely, person centred and holistic support, Gwyneth is helping those with complex neurological needs feel better connected to the care and services available to them.

As a dedicated link between patients, families and the wider healthcare system, Gwyneth helps coordinate care and ensure people are signposted to the right support at the right time. Her compassionate, practical approach is already making a noticeable impact, with families telling us they

feel more informed, empowered and supported on their journey.

A key part of Gwyneth's role is helping people access the wide range of supportive services Nightingale House offers. Our hydrotherapy pool can provide gentle relief from pain and stiffness, support mobility, and promote a sense of calm and wellbeing. Meanwhile, complementary therapies such as massage, reiki and reflexology offer invaluable support for both the physical and emotional challenges that come with neurological conditions.

Gwyneth's role is helping us to expand our reach and make hospice care more accessible to those who may not have traditionally known it was available to them. It's a vital part of our wider commitment to meeting the diverse needs of our community.



We are so grateful for the compassion, expertise and dedication Gwyneth brings to Nightingale House, and for helping us extend our services and support even further into the community.

New Services at Nightingale House

At Nightingale House Hospice, we are committed to expanding and enhancing the services we provide to ensure we continue to meet the changing needs of our community. Two of the newest services now available are a phlebotomy (blood testing) service and a therapeutic bathing service, designed to make life easier and more comfortable for those we care for.

For many patients, a simple blood test can involve long waits, repeated hospital trips, and unnecessary stress. These delays don't just cause anxiety, they can also mean vital medical treatments are postponed while clinicians wait for results. By introducing a dedicated phlebotomy service here at Nightingale House, we can provide a more convenient alternative. Our patients can now have their blood tests carried out in a calm, supportive environment, with results shared directly with

their GP or consultant. It's a small change that makes a huge difference, ensuring treatment decisions can be made promptly and care is not held back.

Our new bathing service is also bringing comfort and dignity to people living with life-limiting conditions. Many patients are unable to bathe at home because it is unsafe or, in some cases, because their baths have been removed altogether. Our specially adapted sensory bathroom means they can once again enjoy a safe, unhurried bathing experience. As well as the important hygiene benefits, warm water therapy can ease stiffness and pain, while the simple pleasure of feeling clean and refreshed can lift mood and restore a sense of wellbeing. For families and carers, knowing their loved one has the chance to experience this level of care brings reassurance and peace of mind.



These developments come at a time when hospices across the UK are facing rising costs and increasing demand. However, we are proud to introduce these new services as part of our ongoing mission to provide compassionate, person centred care to those in our community who need us. By listening to patients and families, and working closely with healthcare partners, we continue to adapt so that more people can access the right support, at the right time.

Hundreds take to the streets of Wrexham for Midnight Walk

Llwyn Isaf sparkled with a sea of bright colours and flashing lights on Saturday 7th June as over 500 supporters came together for the annual Midnight Walk, one of our most loved and emotional fundraising events. The event raised an incredible £46,500, helping to fund our vital services.

Participants donned bright clothing, glowing flower necklaces, light-up tutus, and flashing bunny ears for the late-night walk, many walking in memory of loved ones while raising funds to help Nightingale House continue providing free care and support.

Walkers could choose between a 5k or 10k route, both flat and fully accessible, winding through the

streets of Wrexham. Before the official midnight countdown, the crowd enjoyed live music from local favourites Rhythm Train, followed by a high energy warm-up led by Freedom Leisure, creating a lively and celebratory atmosphere.

One walker, Carole Jones, took part alongside her daughter Mollie in memory of her mum. *"My mum came to the hospice with metastatic breast cancer that had spread to her bones,"* Carole said.

"The care she received was amazing, nothing was too much trouble. When she could barely eat, the kitchen staff even made special trips to Asda to get her favourite oxtail soup. She was never uncomfortable, and we were always welcomed with such kindness."

"The support I had from the Family Support Team afterwards really helped me. I love the atmosphere at

the Midnight Walk and always get quite emotional."

The event was made possible thanks to over 50 dedicated volunteers, who supported everything from set-up and registration to marshalling the route and cheering on walkers throughout the night.

Elise Jackson, Events and Community Manager at Nightingale House Hospice, said: *"Seeing so many people walking through Wrexham under the stars, united by love, hope, and purpose, is truly moving. Every single person who took part, whether walking, fundraising, volunteering, or supporting behind the scenes, has made a real difference. The Midnight Walk is always an emotional but uplifting night, and celebrating the hospice's 30th anniversary made it even more special."*



MotorFest is a roaring success

Crowds of people turned out to Penyllan Farm on 19th July for Wrexham MotorFest, raising an incredible £15,500 for Nightingale House Hospice.

The event showcased a vast array of vehicles, from classic and modern cars to trucks, army vehicles, and tractors, delighting enthusiasts of all ages.

Families were entertained throughout the day with fairground

rides, a falconry display, a monster truck experience, and live music, creating a vibrant and fun filled atmosphere for all.

Car exhibitor John Davies said, *"It's fantastic to see so many people enjoying the cars and chatting with fellow enthusiasts. Events like this really bring the community together for a great cause."*

Visitor Sarah Morgan added, *"We had an amazing day, it's absolutely brilliant! Really good fun for the family, plenty to do and a great variety of cars. We will definitely be back next year."*

Held in collaboration with Wrexham Council, the success of Wrexham MotorFest reflects the dedication of its organisers, exhibitors, volunteers, and the support from the local community.

Bobbi Cockroft, Events Coordinator

“ Events like this really bring the community together for a great cause. ”

at Nightingale House Hospice, said, *"We are overwhelmed by the generosity and enthusiasm of everyone involved. This event will make a real difference to the patients and families we care for."*

MotorFest has firmly established itself as a highlight in Wrexham's summer calendar, combining a passion for vehicles with family fun, all while supporting vital hospice services.



Oswestry Balloon Carnival raises an incredible £37,000

Thousands of visitors flocked to Cae Glas Park in Oswestry in August for the annual Oswestry Balloon Carnival, raising an incredible £37,000 for Nightingale House Hospice.

The family friendly event was free to attend, with visitors invited to make a small donation, and offered a weekend of colourful entertainment for all ages.

For once, the great British weather

held, allowing two of the three scheduled balloon flights to take off successfully, culminating in the highly anticipated night glow on Saturday evening, which lit up the sky in a spectacular display of colour and light.

Alongside the balloons, visitors enjoyed circus workshops, choirs, dance performances, and a range of activities to keep the whole family entertained. The carnival was a true

celebration of community spirit and a heartfelt show of support for the hospice.

The success of the event was made possible thanks to the dedication of our staff and volunteers, and with the valued support of Oswestry Town Council and Oswestry Business Improvement District (BID). We are truly grateful to all our partners for helping make it such a special occasion.



Photographs: Neil Evans and High Pixel Photography

Sky's the Limit – 30th anniversary Ball

Nightingale House Hospice marked 30 years of compassionate care with a spectacular celebration at The Sky's the Limit Anniversary Ball on Friday 5th September at Carden Park Hotel.

The black tie event was a glittering affair, bringing together supporters, partners, staff, and friends of the hospice. Guests were welcomed with a glass of fizz before enjoying a three-course meal, live entertainment, fundraising games, a luxury raffle, and a live auction. The event raised an incredible £34,000, helping to fund vital care for patients and families.

The ball's theme, inspired by Nightingale House's very own hot

air balloon, perfectly captured the ambition, hope, and community spirit that have defined the hospice over the past three decades. The venue shimmered with celebration, creating a fitting backdrop for this milestone year.

Long time supporter, Katie, from R.F. Bellis, said, "As a local, family-run business, we were honoured and delighted to help celebrate 30 years of compassionate care at the Sky's

the Limit Ball."

Reflecting on the evening, Sarah Povey, Corporate Relationships Manager, said: "The Sky's the Limit Ball was a magical celebration of 30 years of care and community support. The atmosphere was electric, and seeing so many people come together for Nightingale House highlighted just how incredible the hospice is to the families we support."



Dates for your diary

The hospice's busy autumn and winter calendar offers fun, entertainment, and moments of reflection for our community.

Following the success of the Midnight Walk, MotorFest, the Oswestry Balloon Carnival, and the Sky's the Limit Ball, there's still plenty to enjoy as we draw our 30th anniversary celebrations to a close.

To find out more, scan the QR code below or visit bit.ly/4pq6IVh



Event	Date	Location
Llangollen Bingo Night	3rd October 7.00pm	Llangollen Rafa Club
Mold Bingo Night	6th October 7.00pm	Mold Golf Club
Race Night	11th October 7.00pm	The Delph, Acrefair
Something for Sarah Concert	25th October 7.00pm	Llangollen Town Hall
Curry Night	4th November	Anise, Wrexham
Wrexham Lantern Parade	15th November	Queen's Square, Wrexham
Race Night	15th November 7.00pm	Chirk AAA
Twelve Tales of Christmas - A Christmas Concert	22nd November 7.00pm	William Aston Hall, Wrexham
Light Up A Life	7th December	Nightingale House Hospice grounds
Christmas Tree Collection	From 9th January	—



Rudolph Run

Get your antlers on – the Nightingale House Rudolph Run is back! This festive community event is a firm favourite in n local schools and nurseries' calendars. You can host your own Rudolph Run at a location, date, and time of your choice. The event is accessible for all ages and abilities, making it a fun, active way to get into the Christmas spirit while raising funds for the hospice.

Leaves of Love

Leaves of Love, a unique way to remember someone special while supporting Nightingale House. Nestled within the Stori Brymbo woodland, each tree purchased will create a lasting tribute and a place of peace for generations to come. By dedicating a tree, you'll not only honour a loved one but also help us continue providing vital care to local families.



Christmas Tree Collections

Make clearing away your Christmas easy with the Nightingale House Tree Collection. In January, we'll collect and recycle your real Christmas tree in return for a donation. Collections take place from 9th January, supported by local volunteers and businesses. Book your tree today and start the year by helping us raise vital funds for hospice care in your community.

Twelve Tales of Christmas - A Christmas Concert

Saturday 22nd November

William Aston Hall, Wrexham

Experience an enchanting candlelit evening of choral and orchestral music as Nightingale House Hospice invites you on a journey from reflection and remembrance to hope and light. With readings and stories shared by our staff, volunteers, and supporters, this special concert will celebrate the people and community at the heart of the hospice.

The evening will feature outstanding performances from NEW Sinfonia, conducted and compered by Robert Guy, the much-loved choir, Cantorion Rhos, under the direction of Ruth Evans, Eisteddfod winners, Rhos Male Voice Choir, conducted by James Llewelyn and the incredible voices of Elan Catrin Parry and Kathy Macaulay.

From quiet, contemplative moments to uplifting, joyous pieces, the programme will have

you singing and dancing along. This will be a moving celebration of Christmas, community, and the enduring spirit of hope, leaving you inspired and filled with festive cheer.

Whether you are joining friends and family, or seeking a magical way to mark the start of the festive season, Twelve Tales of Christmas is an evening not to be missed.

Tickets start from £20, please visit our website to purchase.



Light up a Life

Sunday 7th December

Nightingale House Hospice

Our annual Light Up A Life campaign invites you to celebrate the memory of someone special by making a dedication in their honour. Each light and each star represents a life remembered, shining brightly as part of our community tribute.

Dedications can be made online or using the form at the end of this newsletter, with every name lovingly recorded in the Nightingale House Book of Honour 2025.

On Sunday 7th December, two services will take place within the grounds of the hospice: a gentle, family-focussed children's service at 2pm, followed by a reflective adult service at 4pm. Both gatherings will feature music, memory crafts, and seasonal stalls, creating moments of comfort and connection.



Satellite services will also be held in Mold, Connah's Quay, Bala, and other locations.

By dedicating a light, you are

remembering someone you will never forget, helping us continue to provide compassionate care for local families when they need it most.

2026 – The Year of the Challenge!

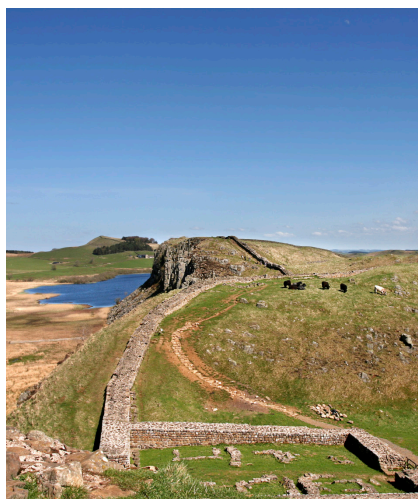
Make 2026 the Year of the Challenge! This is your chance to step out of your comfort zone and take on an unforgettable adventure, whilst raising vital funds for the hospice. In partnership with Global Adventure Challenges, each event is fully organised and supported, giving you the confidence to focus on the journey and the impact of your fundraising.

From hiking along the historic Hadrian's Wall, to cycling the scenic London to Paris route with stops at iconic sites such as the Somme, trekking to the highest peaks of the Peak District, or exploring the temples of Angkor Wat in Cambodia, there's an adventure for every level of challenge seeker.



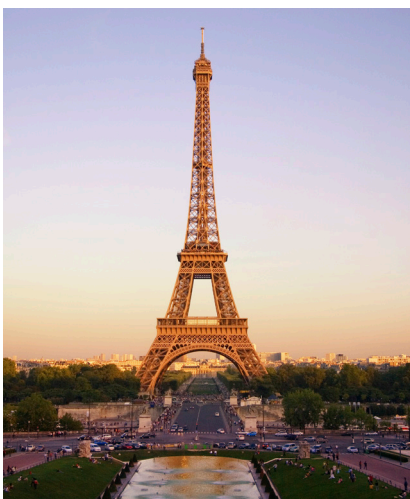
Our exclusive Angkor Wat Trek for Nightingale House

31st October - 9th November 2026



Hadrian's Wall

26th-28th June 2026



London-Paris (Tour De France) cycle

22nd-26th July 2026



24 Peak Challenge

11th-13th Sept 2026

All photographs provided by Global Adventures.

For more information, including costs and registration details, please contact fundraising@nightingalehouse.co.uk

Taking the leap: Ella's skydive for Nightingale House

Ella Weir, a 21-year-old from Southsea, recently completed a sponsored skydive to raise funds for Nightingale House, in memory of her dad, Jason, who received end of life care at the hospice.

Growing up in Wrexham, Ella has always known of Nightingale House and the work we do. Her dad's care here left a lasting impact on her family. *"From the very beginning, the team's compassion and support made it clear that this was the right place for him,"* Ella recalls. *"Knowing he was in such safe, caring hands gave us comfort during the hardest time of our lives."*

During his stay, Jason received medical support, personal care, and emotional support, while also having the opportunity to spend meaningful time with his family. Ella emphasises, *"Every single person we met was kind, compassionate, and genuinely caring. They went above and beyond to make sure my dad was comfortable and supported our whole family through such a difficult time."*

Since her dad's passing, Ella has stayed connected with Nightingale House, finding a positive way to honour his memory while giving back. Taking on a skydive was no small feat. *"It was an unreal experience, completely terrifying but so worth it. The adrenaline, the view, the feeling of jumping out of a plane, it's hard to put into words, but it was absolutely amazing."* she said.

Ella encourages anyone thinking about fundraising challenges to give it a go. *"I'd definitely recommend taking on a challenge in aid of the hospice. It's so fulfilling to push yourself, have an unforgettable experience, and know you're supporting a place that does so much for families like mine."*

If you're inspired by Ella's story and want to take on your own individual challenge to support Nightingale House, please contact our Fundraising Team at **fundraising@nightingalehouse.co.uk**

Your challenge could be big or small, but every effort makes a meaningful difference.

Are you up to the challenge?

Taking on a personal challenge to raise funds for a cause close to your heart is not only hugely rewarding, it's also an amazing way to make a real difference. We're constantly inspired by the creativity, determination, and generosity of our supporters.

If you're thinking about organising your own challenge, we're here to help every step of the way. With practical guidance and feedback, we can help you turn your idea into a successful event.

For those who love a physical challenge, whether it's running a marathon, tackling a long distance hike, or joining a cycling adventure, we have a calendar of events you can take part in, or we can help you design and deliver your own. Whatever your challenge, we'll support you to make it memorable, fun, and impactful.

For more information or support, please contact **fundraising@nightingalehouse.co.uk**



Celebrating 30 years of incredible volunteers

As Nightingale House Hospice marks 30 years of delivering outstanding palliative and end of life care to its community, the focus of its celebrations has been clear: honouring the people who make it all possible. From dedicated clinical staff and support teams to more than 450 incredible volunteers, the hospice's success is rooted in the compassion, commitment, and care of its people.

In May, hundreds of volunteers from across the hospice and our retail stores came together at the beautiful National Trust, Erddig Hall, for an evening of thanks, connection, and recognition, celebrating the extraordinary impact they make on our patients, families, and wider community.

From Trustees, receptionists, and ward hostesses to shop assistants, café teams, and event helpers, our volunteers contribute their time, energy, and compassion across every area of Nightingale House, helping us provide the care and support our patients and families rely on.



The celebration was a chance for volunteers from across all departments to meet, connect, and reflect on their shared commitment to the hospice.

"I had a lovely time, and it was great to catch up with volunteers I haven't seen in ages. It feels wonderful to know how much we're appreciated," said Sarah, a volunteer at the Nightingales Regent Street store.

Sue Jones, Volunteering and Community Manager at National Trust, Erddig, commented:

"We were delighted to host Nightingale House at Erddig for their 30th anniversary celebration. Connecting with nature is incredibly important for wellbeing, and our links with the hospice enable patients, families, staff, and volunteers to all benefit from this special place."

Jo Kearns, Volunteer Manager at Nightingale House, added:

"We are incredibly grateful to the National Trust team at Erddig for helping us host this celebration. It was truly an honour to recognise the dedication of our volunteers, past and present. Their commitment over the past 30 years has enabled us to support thousands of families across our community. We simply couldn't do what we do without them, and it was a joy to give something back in their honour."

The event highlighted not only three decades of voluntary service but also the strength, dedication, and spirit of our volunteer family. Their passion, energy, and compassion are at the heart of everything we do, and we are deeply grateful for the vital difference they make every day.



Would you like to join our team of volunteers?

Do you want to make a real difference in your community?

At Nightingale House Hospice, our volunteers are at the heart of everything we do, supporting patients and families facing life-limiting conditions.

Whether you enjoy gardening, helping in our shops and cafés,

supporting events, or assisting on our Inpatient Unit, there's a role for everyone. No matter your experience, your time, energy, and compassion can make a lasting impact.

Volunteering with us is not only rewarding, it's also a chance to meet new people, learn new skills,

and be part of a supportive, caring team.

Find out how you can help:

Email: volunteering@nightingalehouse.co.uk

Phone: **01978 316800**

Visit: bit.ly/Vol-NHH

Volunteer voices

Volunteering at Nightingale House isn't just about giving your time, it's about making connections, learning new skills, and being part of a supportive, inspiring community.

But don't just take it from us, hear directly from our volunteers about what they love most about being part of the Nightingale House team.



Terry: Facilities - *"Volunteering here gives me a purpose and the opportunity to meet new people."*



Jean: Reception - *"It's like a family here. I've made so many friends, and I see the difference we make every day."*



Graham: Nightingales Mold - *"I enjoy the interaction with other staff and volunteers, and the buzz of knowing you are helping people."*



Amanda: Reception and Fundraising - *"I previously worked at Nightingale House as a Nurse and Clinical Supervisor. I loved working here, so volunteering was a no brainer."*



James: Events and Retail - *"I want to give something back and make my Grandad proud, and volunteering for Nightingale House is a perfect way to do that."*



Ruth: Chaplain - *"I love being with the patients. Relationships and friendships have been formed, which I find have been as good for me as they have for the patients. I just love it here."*

Thank you to o



A team of 19 from the Kellanova Operations Team raised **£1,025** hiking up Cadair Idris.



Barking Mad Paw Services raised an incredible **£1,462** through a series of pawtastic events.



Elinor Heath and her friends scaled the three peaks, and raised a tremendous **£5,027**.



Ella Weir raised **£2,265** doing a sponsored skydive.



Four amazing children from Wrexham arranged their own Midnight Walk, raising **£435**.



Gayle arranged a Farm Fit-a-Thon in memory of her husband, raising fantastic **£4,410**.



Glyn Williams chose Nightingale House as Old Padeswood Golf Club's Charity of the Year and raised **£3,858**.



Gresford Craft Group raised **£1,350** at their recent craft exhibition.



Kathryn Bradshaw ran 100 miles in aid of Nightingale House, raising **£1,200**.

ur community!



Llay Park Resource Centre raised **£200** in a raffle at their 20 year anniversary event.



Louise Hayes ran the 50 mile SheUltra ultramarathon, raising **£1,075**.



Members of the Berwyn Masonic Lodge raised **£970** at their recent ladies night.



Plagued with Gelousy in Whitchurch raised **£200**.



Staff at Brother Industries raised **£2,139**.



Stuart Jones rode his monkey bike from Land's End to John o' Groats, raising **£2,948**.



The Sun Trevor raised an impressive **£2,000** at their recent quiz nights.



Wrexham Golf Club raised an incredible **£14,046** at their annual Golf Day.



Wrexham Metal Detecting Club fundraised **£500**.

Supporting hospice care through retail

Whether it's a vintage vase, a designer coat, or a paperback for the weekend, charity shops have long been a staple of our high streets. But behind the shelves at the seven Nightingales stores lies something even more valuable, a sense of local pride and community connection.

For more than two decades, the hospice's retail shops have been a reliable source of fundraising, supported by dedicated volunteers and stocked by generous donors from across the community. The shops receive thousands of donated items each year, with the majority sold on within the Nightingales shops. But some, it turns out, are worth far more than expected.

Volunteer Jan, from the Mold Nightingales shop, discovered a Whitefriars Textured/Bark Glass Vase while sorting through a box of donations. "I picked it up and it felt special," she said. Her instinct was right, the vase later sold for an incredible £831 through the hospice's eBay store.

It wasn't the only surprise. A solid silver tea set by Elkington & Co also passed through the hands of our Retail Team, selling for over £1,000 on eBay, the hospice's highest single listing to date!

"We never know quite what will come through our doors," said Katie Roberts, Head of Retail and Catering. "It could be a best-selling novel, a wedding outfit, or a rare collectible. What matters most



“ Every item, no matter the price tag, contributes to something bigger. ”

is that every item, no matter the price tag, contributes to something bigger.”

The growth of the Nightingales eBay shop has helped complement its high street presence, opening up donations to a wider market and raising essential funds for hospice care. But at the heart of it all is the community, the people

who donate, browse, and give pre-loved items a new lease of life. Each donation, whether modest or marvellous, helps ensure the hospice can continue supporting patients and their families. Every item dropped off, and every bargain found, becomes part of something truly meaningful and life changing.

Scan the QR code to browse our eBay store



Prisoners refurbish bikes to support Nightingale House

Nightingale House Hospice is proud to be part of an inspiring partnership with FCC Environment, Wrexham County Borough Council (WCBC), and HMP Berwyn. Prisoners at Berwyn refurbish donated bicycles, which are then sold at the Bryn Lane Reuse Shop, raising funds for the hospice while promoting rehabilitation and sustainability.

Funded by the Wrexham Prosperity Fund, the initiative provides prisoners with accredited training in bicycle maintenance. With support from FCC Environment and materials supplied by WCBC, refurbished bikes are sold at

affordable prices, offering a sustainable transport option for the local community. Crucially, the proceeds help Nightingale House continue providing compassionate care to patients and families facing life-limiting illnesses.

Katie Roberts, Head of Retail and Catering at Nightingale House, said:

"This partnership not only creates a sustainable bike scheme but also supports rehabilitation and raises vital funds for our services."

Our Bryn Lane Reuse Shop also offers a wide range of pre-loved items, from furniture to homeware,



with all proceeds going directly to Nightingale House.

Clear your space and support Nightingale House



Do you have any furniture or large household items you no longer need, such as sofas, fridge-freezers, or dining tables?

Our free furniture collection service makes it easy to donate items in good condition, helping you declutter while raising vital funds for patient care at Nightingale House Hospice.

Simply complete our online booking form with photos of your items, and our team will collect them from your home.

Can't book online? Visit our Regent Street, Wrexham store and we'll help you. You can also deliver items directly to most stores, just phone ahead first.

Book your collection here:



Find the perfect Christmas gifts at the Nightingales Gift Shop

Looking for unique gifts, festive treats, and thoughtful stocking fillers this Christmas? Our onsite

Gift Shop is fully stocked with everything you need to make the season special.

From beautiful presents to Christmas cards, 2026 diaries, and our exclusive jigsaw, there's something for everyone, and every purchase helps support our patients and families.

Pop in and shop with purpose this festive season!

Visit us at: Nightingale House Hospice, Chester Road.

Opening times: Mon-Fri 8.30am-4.30pm, Sat 10am-2pm



Exciting changes at Caffi Cwtch

We've got some great news for anyone who hasn't popped into Caffi Cwtch recently.

The cafe is now open every Sunday from 10am to 2pm, serving a brand



new brunch menu. Whether you fancy a classic Welsh breakfast, creamy avocado on sourdough, or fluffy pancakes for a weekend treat, there's something for everyone.

Inside, you'll also notice a new coffee bar area, designed to speed up service and give everyone a cosy spot to enjoy their favourite brew.

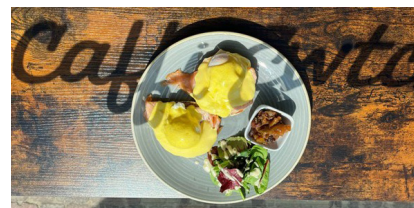
And speaking of coffee, we're thrilled to now be serving our very own Nightingale House Coffee, made in partnership with Wrexham



Bean Co. Enjoy it in Caffi Cwtch or take a bag home, knowing that all proceeds go to support the hospice.

The cafe continues to receive lots of fabulous 5-star reviews on Google, thanks to our welcoming team, tasty menu, and cosy atmosphere.

To book a table, please call the Caffi Cwtch team on 01978 447550 or visit us in person.



Christmas at Cwtch

STARTERS

Roasted parsnip soup
with honey

Chicken and duck parfait
*with red onion chutney
and ciabatta*

Fig and goats cheese tart
with a basil oil dressing

MAIN COURSE

Roast turkey
*with chipolata sausage, sage and onion
stuffing, roast potatoes, a selection of
seasonal vegetables and gravy*

Pan fried fillet of salmon
with Thai style noodles
served with ginger and lemon oil dressing

Mushroom and chestnut wellington
*with puréed sweet potato, tomato
and basil sauce*

DESSERT

Christmas pudding
with brandy sauce

Mixed berry and
frangipane tart
*with vanilla ice cream
and raspberry coulis*

Selection of Welsh cheese
and biscuits

Caffi Cwtch is delighted to launch this year's much anticipated Christmas Menu, available from 1st - 23rd December.

Whether you're gathering with friends, family, or colleagues, join us for a festive celebration in the cosy surroundings of

the hospice's very own cafe.

Our menu has something for everyone, from traditional favourites with all the trimmings to seasonal dishes with a twist. With options to suit all tastes and dietary requirements, you're

guaranteed a meal to remember.

Two courses – £23 | Three courses – £27

Booking is essential, with a £10 deposit per person. To book your table, call the Caffi Cwtch team on 01978 447550 or pop in to pick up a booking form.



A win for the hospice and the community

In 2024, Nightingale House Hospice's weekly lottery and seasonal Super Draws helped raise over £400,000.

This vital income helps ensure compassionate, specialist palliative care is available for patients and families across the community as and when they need it.

One of this year's biggest supporters, and luckiest winners, was Wrexham couple Keith and Dorothy Herniman, who scooped the top prize of £5,000 in the hospice's special 30th Anniversary Summer Super Draw.

The couple, who live just down the road from the hospice, were overjoyed with their win and quick to praise the work of Nightingale House. "My mother had cancer and had respite care at the hospice," said Keith. "You can't really express what that means. Nightingale House is such a special place."

He added: "It's not the sort of thing you experience in everyday life nowadays, that level of personal



care. The hospice offers something different, something very special."

When asked about their plans for the prize money, Keith said they were considering a well earned autumn holiday, while Dorothy joked: "I've been asking for a new kitchen for two years, so it might

finally happen!"

Long-time supporters of the hospice's fundraising efforts, the couple encouraged others to take part: "It's a very good idea. This is what you can get out of it, and even if you don't win, you're supporting a cause that helps so many people."

Do you play the Nightingale House Lottery?

Join now: www.nightingalehouse.co.uk/lottery

Email: lottery@nightingalehouse.co.uk

Call: 01978 313134

Nightingale House Hospice is licensed and regulated in Great Britain by the Gambling Commission under account number 5112.

You must be 18+ to play.

Please play responsibly. For help or support, visit www.BeGambleAware.org

T&Cs apply bit.ly/NHL-TC

All proceeds help support specialist care at Nightingale House Hospice.



Staff and patients say a fond farewell to Medical Director, Melissa Everett

This autumn, we say a heartfelt thank you and farewell to Dr Melissa Everett, who has been an invaluable part of Nightingale House Hospice since joining as a part-time GP in December 2022.

During her time with us, Melissa has played a key role in developing our inpatient services. She was instrumental in introducing both an ultrasound service and paracentesis to the unit, treatments that mean patients no longer have to travel to hospital for these procedures, making their care more comfortable and accessible.

Melissa also championed education and training within the hospice. She established an integrated training post, where GP trainees have a 6-month placement combining time at the hospice with time in a GP surgery, providing GP trainees with invaluable experience in palliative

care. She also played a key role in organising our annual GP Trainee Training Day, giving future GPs valuable insight and experience in hospice and palliative care.

Beyond her clinical expertise, Melissa has always been passionate about supporting patients and families to talk openly about death and dying. She established our regular 'Dying to Talk' group, creating a safe and supportive space where people can share their feelings and wishes with honesty and confidence.

Melissa has also been a wonderful ambassador for Nightingale House outside the hospice walls. Alongside her two children, Aneurin and Miriam, she is walking the full length of Offa's Dyke Path in 30 sections, an incredible challenge completed in celebration of our 30th anniversary year.

Reflecting on her time at Nightingale House, Melissa said:

"I feel so lucky to have had a job I've loved, working for an organisation that makes such a difference, with staff that are kind, compassionate and dedicated, wherever they work in the hospice. I have learnt so much from working here, from the staff and volunteers, the patients and their families. I am happy to



be leaving the medical team in the very capable hands of Dr Adrian Bellwood and wish him, and the team all the best!"

Melissa is now taking on an exciting new role with Health Education and Improvement Wales (HEIW) as a Training Programme Director, where she will help to shape and educate the next generation of GPs. Happily, this isn't a final goodbye, as Melissa will remain connected to Nightingale House, continuing to support the vital link between the hospice and primary healthcare.

We wish Melissa every success in her new role and thank her for the lasting legacy she leaves at Nightingale House.

Spotlight on our Facilities Team

Behind every welcoming space at Nightingale House is a dedicated team working tirelessly to ensure our environment is safe, functional, and well maintained. We're proud to shine a spotlight on our exceptional Facilities Team, led by Facilities and Contracts Manager, Nat, and supported by Alan, Khani, Ian, and their fantastic volunteers.

From planned maintenance and urgent repairs to setting up events, managing waste and recycling, and ensuring compliance with health and safety standards, this small but mighty team keeps the hospice running smoothly. Their responsibilities include fire safety checks, equipment inspections,

infection control measures, and maintaining a secure environment for patients, families, staff, and visitors.

Nat's leadership ensures a wide and demanding portfolio is managed efficiently, while Alan, Khani, and Ian bring hands on expertise, practical know how, and a strong team ethic to every task. Together, they keep the hospice safe, welcoming, and fully operational.

"Our goal is to make sure everything works as it should, so others can focus on what they do best!" says Nat.

Thank you Facilities Team! We're so



grateful for the vital role you play in keeping Nightingale House safe and running smoothly.

Nightingale House inspires the next generation

Three trainee paramedics from Wrexham University, Laura, Mollie and Zoe, recently completed a placement at Nightingale House, gaining invaluable experience in palliative and holistic care. The placement, they said, will have a lasting impact on how they care for patients as they begin their careers.

During their time with us, the trainees shadowed clinical and support teams across the hospice, including nursing, rehabilitation and wellbeing services. They supported patients and families at different stages of their journeys and saw first hand the power of

multidisciplinary teamwork and compassionate communication.

Trainee paramedic Zoe Martin described the experience as “*eye-opening*,” sharing that it helped her grow in confidence when having difficult conversations with patients and families. “*From day one, the staff at Nightingale House were so welcoming*,” she said. “*Everyone was keen to share their knowledge and answer our questions. I’ve taken so much from this placement, it’s given me a much better understanding of palliative care and a solid foundation for the future.*”

Alongside student placements, our

clinical teams recently hosted a GP Trainee Training Day, giving future GPs valuable insights into hospice care and the role of palliative services. Feedback from the day was incredibly positive, with attendees praising the informative sessions and interactive elements.

We also welcomed a group of Seren Sixth Form students with an interest in studying medicine. The students heard from both clinical and volunteer teams about the many opportunities within hospice and palliative care, and wrapped up their visit with an educational board game and a tour of our facilities.



Loisse's reflection on her work placement journey

When Loisse Ngassu, a second year Social Work student, began her work experience placement with the Family Support Team at Nightingale House, she admits she didn't know what to expect. She was struck by the scale of the hospice and the breadth of services on offer, quickly realising that it was far more than the care home environment she had imagined. What she found instead was, in her words, ‘a space of life.’

During her time with us, Loisse embraced meaningful

responsibilities, one of the most memorable moments for her was when she took the lead in helping a patient decide what legacy items to prepare for their loved ones; such as fingerprints, memory boxes etc. She found this to be a powerful experience that helped her see the real impact of her work.

Loisse says her placement was a turning point in her career. Initially hesitant about working with children, she grew in confidence and discovered that she not only could work with them, but also genuinely enjoyed it. “Not only did I get the opportunity to work with children, but I did it well, and I genuinely enjoyed it,” she reflected.

Loisse credits the supportive environment of the Family Support Team for helping her grow both professionally and personally. “I learned the importance of clear communication, quality work,



and meaningful support. I was trusted with real responsibilities and always felt supported by the team. That made the experience so rewarding,” she said.

We're grateful for everything Loisse brought to the team during her placement and wish her every success as she takes the next steps in her career.

As we mark our 30th anniversary, this year has been full of meaningful milestones and inspiring collaboration across the business community. It's been a pleasure connecting with so many organisations and seeing businesses come together in support of the hospice. The generosity and commitment shown have made a real difference, and we're truly grateful.

We were also delighted to welcome Kara as our new Corporate Partnerships Officer. She's brought

fresh ideas and energy to the team and has already made a fantastic impact.

Looking ahead, Kara and I are excited about the initiatives planned for next year, including the return of our much-loved Strictly Nightingales event!

If you'd like to explore ways your business can get involved, we'd love to hear from you, we're here to support you every step of the way.



Thank You to R.F. Bellis

Corporate partnerships play a vital role in supporting Nightingale House Hospice, giving businesses the chance to give back to their community while engaging their teams in meaningful events.

One longstanding supporter is R.F. Bellis, whose generosity and community spirit have made a real difference, helping us provide essential care and support to patients and families.

This year, R.F. Bellis sponsored two major events, our 30th Anniversary Sky's the Limit Ball and MotorFest, both huge successes thanks to their support. Adding extra sparkle, Katie Bellis, Director of R.F. Bellis, also wowed audiences as a dancer at the 2024 Strictly Nightingales.

"As a local, family run business, we

have experienced first-hand, the wonderful care that both family and work colleagues have received, at this local gem. We were therefore, honoured and delighted, to help them celebrate 30 years of compassionate care in the community by sponsoring their 'Sky's the Limit' anniversary ball

and MotorFest event," said Katie Bellis.

We are incredibly grateful to R.F. Bellis for their continued support, which helps ensure Nightingale House can keep delivering compassionate care to patients and families across our community.



Introducing our new mascot - Fflorens!

We are delighted to introduce our brand new mascot, Fflorens!

Fflorens has come to life thanks to the generosity of our wonderful supporters at Kellanova. Their fundraising efforts have made this joyful addition to our hospice possible, and we can't express enough how grateful we are for their ongoing support. Kellanova's commitment to Nightingale House means the world to us, and we're proud to have them as part of our community.

To make naming our mascot a

truly special and inclusive event, we reached out to our staff, Trustees, volunteers, and the wider community for suggestions. We're excited to announce that Fflorens was the chosen name! This name not only honours Florence Nightingale, but also adds a Welsh twist, reflecting the spirit of our community.

You'll start seeing Fflorens around the hospice and at our events, spreading joy, positivity, and a little extra sparkle wherever she goes. Keep an eye out for her and be sure to say hello when you spot her!



Light up a Life

Remember someone you will never forget

Dedicate a light in memory of someone you love, and help support patient care and support at the hospice for families during their most difficult times.

Your Details (Please complete all sections clearly in **BLACK INK** using **BLOCK CAPITALS**).

Name: *Tel:

*Email: Address:

..... Post Code:

I enclose: Cash ☐ Cheque (payable to Nightingale House Hospice) ☐ Card Payment ☐

For: £20 ☐ £40 ☐ £50 ☐ £100 ☐ Other:

I am a UK taxpayer. Please treat all donations I make or have made to Nightingale House Hospice for the past 4 years as Gift Aid donations until further notice. I understand that if I pay less Income Tax and/ or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please notify Nightingale House Hospice if you: want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

In order to Gift Aid your donation you must tick the box below:

☐ I am a UK taxpayer and wish to join the Gift Aid Scheme

Please sign and date below if we are able to claim Gift Aid.

Signature: Date:

Dedications as listed in the Book of Honour. PLEASE INCLUDE SURNAME IN 'DEDICATED BY' FIELD

Dedicated by

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Shine a light for

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Shine a light for

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If you wish to add more dedications, please write these on a separate piece of paper and return with this form.

If you would like to repeat your 2024 dedications for this year's Light up a Life, please tick this box. ☐

Donations must be received by 1pm Wednesday 20th November 2025 to appear in the Book of Honour for the Wrexham service. All dedications will be entered into the Book of Honour which is displayed in the hospice throughout the year. Any dedications received after 20th November 2025 will be added to the Book of Honour after the service.

Thank you for your support. By shining a light, you are also enabling our hospice to continue to care for patients and their families.

Please send your completed form and payment to: Nightingale House Hospice, Chester Road, Wrexham, LL11 2SJ

Please note: Nightingale House does not advise you send your card details via post and would instead recommend you call 01978 314292 to pay over the phone.

If you do wish to make a payment by credit or debit card:

Card No:

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Expiry Date:

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 Card Security No:

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CHRISTMAS SUPER DRAW

ALL PROFITS GO TO NIGHTINGALE HOUSE HOSPICE



Nightingale House Hospice
Hospis Tŷ'r Eos

CLOSING DATE: 14TH DECEMBER 2025

DRAW DATE: 19TH DECEMBER 2025

01978 313134

NIGHTINGALEHOUSE.CO.UK

**6 FANTASTIC
PRIZES TO BE WON!**

**TOP PRIZE:
£5000**

**+ 5 x £1000
TO BE WON!**

N I G H T I N G A L E H O U S E



All profits go towards providing patient and family care at Nightingale House Hospice



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