

NIGHTINGALE

HOUSE HOSPICE

NEWSLETTER AUTUMN 2023



**The Unskateables'
Epic Challenge**

**SEE PAGES
13 & 14**
for more details...

WELCOME

Welcome to our Autumn Newsletter.

I am writing this newsletter in early September whilst we are enjoying the extended summer temperatures. It is hard to comprehend that many of the High Street stores are already advertising their Christmas merchandise!! But, I have reflected upon the Christmas build up at Nightingale House which runs throughout the year and, actually, starts in the first week of January when we choose, order and pay for our Christmas cards to sell later in the year. This is one cost I am happy to sign off given that in 2022 the profit generated from our card sales raised an incredible £17,825 for the hospice. Thank you to everyone who buys our cards in support of the hospice. Throughout the year our fundraising team, groups and many of our supporters start to plan for Christmas events and activities to raise monies for the hospice. Christmas is traditionally a very busy time when a considerable amount of our income is generated as a result of much planning, organising and hard work that has taken place throughout the year. I would like to thank everybody involved.

The re-design and modernisation of our Inpatient Unit continues at pace, works commenced in April and we are currently on schedule to complete in December. You will see from pictures on page 3 of the newsletter the challenges being faced in order to construct the new layout. Closing our doors to patients whilst the work was carried out was never contemplated, the decision was made to re-purpose 5 rooms situated in our own Wellbeing Corridor to create a temporary, fully contained ward facility. This could only be achieved by relocating all other patient service areas to other parts of the hospice. Remarkably, this changeover was successfully completed within an extremely tight timescale over the Easter period. I would like to acknowledge the incredible teamwork and enthusiasm of all the staff and volunteers who made this happen, many of whom sacrificed their Easter weekend to ensure that patient services could be maintained.

The hospice modernisation programme, which commenced back in 2019, represents a £5m investment and will ensure that Nightingale House has excellent, state of the art facilities which will futureproof the delivery of patient care for the next 20 years. This significant investment in the future of the hospice would not have been possible without the wonderful support of our community over many years. All aspects of the modernisation have been designed to accommodate increased patient numbers, thereby delivering on the strategic aim of the hospice to provide help and support to as many patients as possible. In future years we will see a continuous increase in the numbers of people requiring specialist palliative care support. This will



prove a significant challenge and, at Nightingale House, we are fully committed to do all that we can to help and support the future growing needs of our community. I would like to thank the excellent team of consultants, doctors and nursing staff at Nightingale House who deliver first class care to our patients and provide support for their families and loved ones.

Throughout this newsletter you will see just some of the many incredible examples of how our community and supporters continue to provide much needed funds to help sustain our patient services. We are all aware of the current financial pressures being felt as a result of the cost of living crisis and spike in heating and energy costs. To see the efforts made to support the hospice in such financially challenging times is extremely humbling and we are so grateful for all your efforts. There are also examples of some of the incredible challenges, both individually and in groups, which supporters have undertaken to raise much needed funds for the hospice, whilst also having a lot of fun. The recent "Unskateables" challenge which involved non-stop skateboarding the length of Wales was truly mind-blowing, and there is great anticipation to learn what challenge this inspirational group of friends will come up with next year to raise funds in memory of two of their group who were cared for and supported at Nightingale House.

It is important that all who raise money or make donations have full confidence in the financial integrity of Nightingale House. I am pleased to be able to report that the 2022 hospice accounts have been audited and signed off. It was pleasing to receive excellent feedback from our independent auditors on the high levels of financial control across all areas of the hospice. This reflects the quality of our Finance team and we will continue to ensure that the highest standards of financial integrity are upheld. Every penny donated is important to the hospice and has to be accounted for. The Finance team forms a part of the wider Operations function at Nightingale House and it is the Operations team which is so vital to upholding strong standards of governance and risk control. I would like to thank all staff working across Operations for the excellent support you provide to all colleagues.

There are only 10 Adult Charitable Independent Hospices across Wales and we do meet on a virtual forum every quarter to discuss the various challenges that the sector is facing. The main concern is the constant struggle to generate enough income to maintain patient services and a number of hospices are already being forced to make the incredibly difficult decision to withdraw services to balance their books. This is really tragic for the patients that they will no longer be able to support and heart-breaking for all staff concerned. A recent report issued by Hospice UK once again highlighted the fact that Welsh Charitable Hospices continue to receive considerably less statutory funding than counterparts in England and Scotland. Given some of the legislation being introduced by the Welsh Government recently I really struggle to understand their reluctance to adequately support the funding base for Charitable Hospices in North Wales to deliver essential end of life care for their communities. We will continue to lobby the Welsh Government in an effort to address this inequality which seriously impacts the ability of hospices in Wales to maintain patient services, whilst also placing an ever-increasing burden on communities to fundraise the shortfall.

One final ask, please continue to support your local hospice in whatever way you can. Regardless of the many challenges we all face, we must never lose sight of the need to care for and support those in our community who are facing the most difficult of times.

Very best wishes for the future,

Steve



Steve Parry, Chief Executive Officer

MISSION STATEMENT

To provide services for individuals and their families living within North East Wales and the border areas who are living with a diagnosis of a progressive and/or life-limiting illness, delivered when possible in the location of their choice and always within the resources available to Nightingale House Hospice.

Following an assessment of physical, emotional, social and spiritual needs, services will be delivered by a multi-disciplinary team trained and competent to meet the needs of all patients, including those with complex, specialist needs.

VISION

To provide excellent, personalised and compassionate care for those living with a progressive and/or life-limiting illness in our community and support for their families and loved ones.

VALUES

Values apply within every setting, interaction between staff and volunteers, how we treat patients and families, how we engage with partner organisations, supporters and suppliers. At all times we strive to be **compassionate, inclusive, honest, respectful, and proactive.**



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.

CONTACT US



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nightingalehouse



nightingalehh



nightingalehouse

Registered Charity 1035600 (Limited by Guarantee)
Company Number 2906838

THE NEW INPATIENT UNIT

There has been significant progress in the major modernisation of our Inpatient Unit. The doors and windows are in, the walls are up and starting to be plastered. The Inpatient Unit is the final stage of our £5m investment, over 5 years, into the hospice premises to ensure the environment reflects the 21st century and exceptional care our hospice team are already providing. We are preparing for our second appeal to ask our community once more for support with buying the fixtures, fittings and equipment needed to enable us to open the new Inpatient Unit. There will be so many benefits to our patients and their families with the extensive changes that have been made and we wanted to share what these benefits are with our wonderful community.



LOUNGE KITCHEN

PRIVACY AND DIGNITY

The previous layout of multi-bed bays has proven to be a significant obstacle in our mission to offer each patient the privacy and dignity they undeniably deserve.

We are dedicated to ensuring that every patient will reside in a private environment where they can not only receive quality care but also be accompanied by their loved ones. This re-designed layout will not only offer privacy but also create a suitable atmosphere conducive to promoting more meaningful and quality time spent together with family members.



PATIENT ROOM

KEEPING PACE WITH CARE STANDARDS

Having faithfully served our community for over 27 years, the current building has become unable to keep pace with the exceptional care and dedication exhibited by our devoted team of professionals.

The upgraded facilities will feature improved amenities such as piped oxygen and controlled heating and lighting in each patient room, as well as spacious en-suites. The Inpatient Unit will also have increased capacity with 12 individual patient rooms enabling us to provide vital care to more families in the future who require the compassionate support offered by our hospice.

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As part of the Inpatient Unit team, we are thrilled to play a crucial role in the project. Our expertise and insights from patient feedback have been used for the planning of the layout, equipment, and materials, as, after all, we will be delivering care in that environment. Our opinions have been highly valued, and the team's involvement will be instrumental in the success of the project.

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Natalie
Deputy Ward Manager

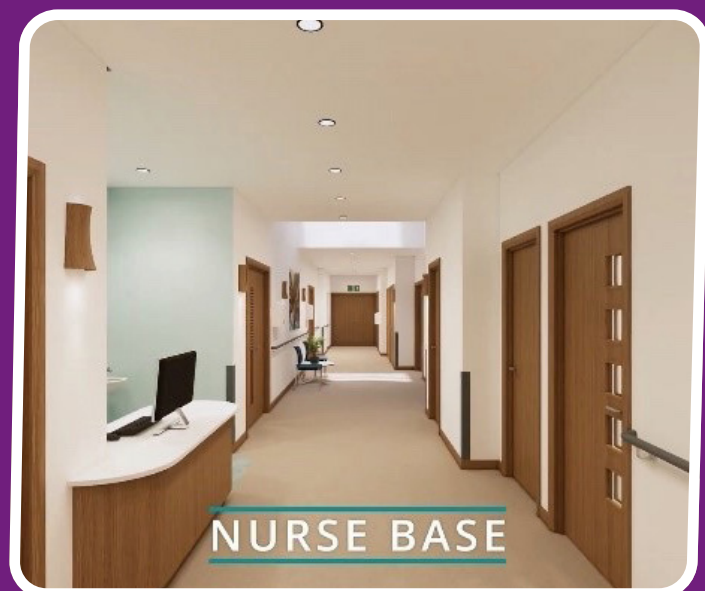
SOCIAL SPACES

We've designed a patient and family lounge, where families can gather and take a break. In four patient rooms, we've installed retractable walls, enabling patients to socialise with one another. Furthermore, we've added two new family rooms, providing the opportunity for patients' loved ones to stay overnight and remain close by.



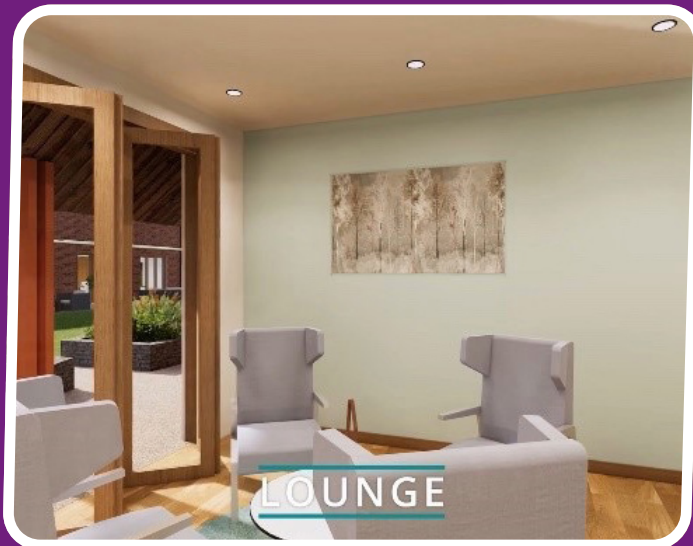
IMPROVED WELLBEING

Accessible outdoor patios not only provide a connection to nature and the outdoors but also harness the power of green spaces to uplift mood, instilling a greater sense of contentment and tranquility. Improved social spaces, enhanced privacy and increased patient interaction will also play a key part in supporting our patients' wellbeing.



EFFICIENT AND SAFE LAYOUT

The close proximity of amenities within a healthcare facility plays a pivotal role in fostering increased patient interaction, facilitating rapid responses to their needs, and, as a result, allowing healthcare professionals to dedicate more quality time to patient care.



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“The improvements made to the Inpatient Unit, such as the addition of new modern ensuite shower rooms for every patient room and ease of access to the garden, have been made to enhance patient comfort helping with their overall wellbeing. Patients mention having a comfortable home-from-home environment when they are going through a difficult time. Integrating the patients' feedback into the design has helped to create a more accessible and aesthetically pleasing Inpatient Unit, which should help patients feel more relaxed.”

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Caroline
Healthcare Support Assistant

Scan the QR code to find out more information and to donate towards the new Inpatient Unit.



DOREEN'S 8 YEAR BATTLE WITH CANCER



Doreen's remarkable strength shines through in her unwavering eight-year battle against melanoma cancer. Together with her dedicated husband Brian, she has found both support and solace in the compassionate care provided by Nightingale House.

"I had a stem cell transplant, and then I had two years where I was cancer free. It was brilliant. The best two years! But then it came back and I've been receiving treatment on and off ever since, really."
– Doreen

Doreen's journey is one that exemplifies the resilience of the human spirit and the vital role that hospice care can play in the lives of individuals and their families. As Doreen confronted the challenges of her diagnosis, Nightingale House Hospice became a source of not only confidence but also empowerment, enabling her to participate in more activities and re-establish connections with her family.

"Since I started going to the Wellbeing Centre, I feel more confident. Without it, I would have never gone down to my brothers in South Wales as I was such a 'stay-at-home person'. It was a struggle to get me to go to town. We only ever went out to the doctors or to the hospital, something like that... So, it's made me more confident to go out." – Doreen

Doreen's husband Brian found respite and rejuvenation through Nightingale House as well. The hospice offered him precious moments of personal time while Doreen attended the Wellbeing Programme, allowing him to recharge and engage in activities he enjoys.

"In a sense I can relax... I go to body balance at Water World. Since Doreen will be at Nightingale House I can do some shopping and other necessary tasks. I get a little amount of me time as a result."
– Brian

Creating a holistic approach to care encompasses not only medical assistance, but also the creation of a nurturing community. Doreen's journey – from finding confidence to setting goals for herself – reflects the comprehensive support that we offer to all our patients. Our aim is to empower patients and their families to find inner strength, resilience, and connection in the midst of life's challenges.

JOB OPPORTUNITIES

AT NIGHTINGALE HOUSE

Hospice careers encompass a diverse range of fulfilling roles. Did you know at Nightingale House we have a wide range of opportunities. We have roles that involve delivering vital care to patients and providing support for their families. We have roles that involve raising funds to enable the hospice to deliver the vital care, whether that's in fundraising, retail or catering. Not to forget the important roles that are behind the scenes ensuring we can operate day to day – such as HR, facilities and finance. Every department has a key part to play and we all have that one common focus: our patients.



Jessica Roberts, Nightingale House GP

"I love the fact I enjoy coming to work every day and go home feeling like I've made a difference."



Sarah Povey, Corporate Partnerships Lead

"I love the fact that Nightingale House offers free comprehensive care to our patients and their families. All our staff and volunteers work together to provide the best care possible. Whether it's the fundraisers bringing in much needed income or the clinical staff tending to our patients, we all play our part."

Carolyn James, Day Service Lead

"I am proud to work at Nightingale House Hospice. We are one big family. The best part of the job is getting the time to spend with our patients and their families and meeting their individual needs. We are committed to improving the quality of life for our patients who have a life-limiting illness."



Alan Cochrane, Facilities and Maintenance Operative

"I like the fact that every day is different; you get the opportunity to meet so many wonderful people. I love meeting patients and their families and hearing interesting stories about their lives. It's just nice to help make their lives a little bit easier."

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

If you'd like to join our friendly team, please visit our website nightingalehouse.co.uk/jobs, call us on **01978 316800** or scan the QR for the latest vacancies.





THE INSPIRATIONAL JOURNEY OF TRACEY EVANS

Tracey Evans' journey stands as a shining example of resilience in the face of life's trials. Starting from her early experiences in patient care as a hospital nurse to her battle with breast cancer, her story radiates determination and courage.

Initially drawn to hands-on patient care, Tracey's path veered from the conventional nursing route. Instead, she found comfort in offering complementary services, like providing hair and nail care to patients.

"I guess I was pretty lucky back then because I got to do complementary therapy alongside my regular nursing duties. We had enough staff, so it worked out well."

After leaving the hospital environment, Tracey embarked on a new journey, fulfilling her long-held ambition of working with children with additional needs. She described it as a 'dream job.' However, two and a half years later, things took an unexpected turn when she received a breast cancer diagnosis. Drawing from her experience in delivering difficult news, Tracey selflessly empathised with the profound impact it had on her loved ones and helped them come to terms with such devastating news.

Navigating this arduous journey was no small feat. Her family grappled with the dual challenge of supporting

her through treatments while also tending to her son's educational needs. Despite these formidable obstacles, Nightingale House emerged as a sanctuary, introduced to her by compassionate district nurses.

"It almost felt like when I was here, you're in this sort of cocoon. So, it's like they're wrapping you up with a blanket around your shoulders. It was really comforting; that's the only way I can describe it. Because that was the feeling I got from everybody here who was looking after me. It was restorative and it benefited me in many ways... it was a really scary time."

Tracey's narrative underscores the vital role that hospices like ours play in providing essential support during challenging times. We hope her story will encourage people to embrace support and confront obstacles with newfound determination.

"You do have to think about positives when times are hard going, and it gets really tough. You need to see the light. There's got to be some sort of glimmer somewhere. And I think if there is, you guys here, you help people to see that glimmer."

Through her journey, Tracey Evans reminds us that challenges can be avenues for growth, and determination is a choice we can all embrace.

UPCOMING EVENTS



WREXHAM LANTERN PARADE

Saturday 18th November 2023

Join us for a magical walk through Wrexham in memory of loved ones and to show support for Nightingale House Hospice. The children's sponsored lantern walk will illuminate the city centre with the Christmas lights being switched on as the parade passes through each street.

A CHRISTMAS CELEBRATION

Thursday 23rd November 2023

The Nightingale House Christmas Concert has become a festive favourite over the years and 2023 will be bigger and better than ever as we move to the William Aston Hall. Welcoming renowned tenor Trystan Llŷr Griffiths, Robert Guy's New Sinfonia, Cantorian Sirenian Singers, Rhos Male Voice Choir and Lleisau'r Afon.



THE BIG CHRISTMAS QUIZ

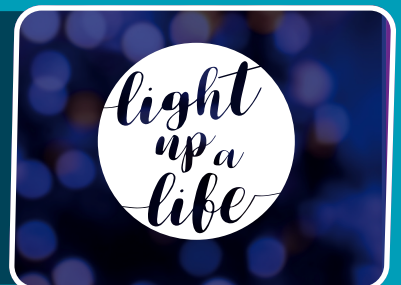
November/ December 2023

It's quiz time! We want you to host a fabulous charity quiz in your pub, social group or sports team, to be involved in our exciting Big Xmas Quiz competition! We'll provide you with the questions, you organise the venue, bring people and the good times. Get those thinking caps on, and let's get quizzing!

LIGHT UP A LIFE

Sunday 3rd December 2023

Join our annual Light up a Life service this December, the service at the hospice gives an opportunity to come together to celebrate and remember special people we have lost. To dedicate a light on our 'tree of lights' in memory of a loved one as well as supporting the work of the hospice and the services we provide, please visit our website www.nightingalehouse.co.uk



RUDOLPH RUN

December 2023

Calling all primary schools, secondary schools, colleges, and businesses – Our Rudolph Run is back! Get those reindeer antlers on and let's run for Nightingale House. If you could hold a sponsored run to get you in the Christmas spirit this festive season, then we want to hear from YOU!

CHRISTMAS TREE COLLECTION

Saturday 13th January 2024

Our Christmas Tree Collection will be returning for 2024. Our team of volunteers will collect and recycle your real Christmas tree in return for a donation towards patient care at Nightingale House Hospice.



INTERESTED IN ATTENDING ANY OF THE ABOVE?

Scan the QR code for more details or email fundraising@nightingalehouse.co.uk

MOTORFEST

A ROARING SUCCESS!

A large crowd gathered, and the excitement was palpable at this year's Wrexham MotorFest. From breathtaking motorbike stunts to an impressive display of over 200 motor vehicles, this event offered something for all, regardless of age. Attendees not only enjoyed thrilling displays but also indulged in a delightful variety of food and drinks, a lively funfair, segway rides, and much more.

However, what truly distinguishes this year's MotorFest is the remarkable charitable contribution it accomplished. In an exceptional demonstration of community spirit, the event raised over £11,500 for Nightingale House. This substantial amount will assist in supporting the hospice's vital work in the community.

We also wish to convey our appreciation to the businesses that stood alongside us. This includes our generous

sponsor, R.F. Bellis, whose support played a pivotal role in bringing this event to life. Furthermore, we would like to extend our gratitude to Wrexham County Borough Council. Their invaluable assistance and unwavering support was crucial in the planning and execution of the event.



Light Up a Life

If you would like to be part of this special annual event and remember a loved one, there are two ways to make your dedication.

Request a dedication form from the hospice by calling 01978 314292 and return this together with your donation. Alternatively, you can make your dedication online by visiting our website or scanning the QR code below and leave a message and photograph of your loved one on our virtual Christmas tree.

The service this year will be held at the hospice on Sunday 3rd December at 4:30pm with other services around our catchment area.

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

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



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



THANK YOU TO O



Chirk Fundraising Group's 'Not Just a Barbeque' night raising over **£1,180**



The New Inn Johnstown put on an incredible charity football match



Gresford Craft Group raised **£1,300** at their recent exhibition amounting to **£28,250** in total!



M&S are so generous with their donations, fundraising and hampers



A summer ball involving Hawarden Events Committee raised over **£4,000**



Our Bala Fundraising Group organised a wonderful sponsored walk. Diolch!



Bryn Griffith Social Club held another fantastic Games Night



Our wonderful volunteer gardeners helped us to hold a Plant Sale, raising over **£1,300!**



Ysgol Acrefair raised an incredible **£1,068** in this year's Royal Run for Fun!



7 year old Poppy raised **£71** by selling sweets in memory of her 'Pops'



Rhosnesni High School's Gardening Club donated hundreds of homegrown plants



18 amazing schools and nurseries took part in the Royal Run, raising over **£15,000!**

OUR COMMUNITY!



Bangor-on-Dee Racecourse are always so generous with their bucket collections



Mark, Vic and Tracey held an amazing Memorial Bowling Competition in memory of their Dad, Victor



Rory, Olivia, Ava and Sophia held a coffee morning, raising a whopping **£520**



Wrexham Golf Day raised an incredible **£5,973**



Our Hanmer Group organised a wonderful summer drinks party, raising over **£2,870**



NEWDA Dance group held a Morris dancing competition in memory of Diane & Donna



£2524.56 was raised through run sponsorships by Ysgol Alexandra!



Janis and Tanya Clamp held a fabulous Zumbathon raising **£627**



Our recent bucket collection at Wrexham AFC raised a record **£1,668**



Ysgol Sant Dunawd displayed a fantastic show of Royalty on the King's Coronation and raised **£1,548!**



Ysgol Maes Hyfryd danced the day away at a sponsored dance party



The Sun Trevor's weekly quiz raised another **£1,500**, taking their total to **£24,500!**

UNSKATEABLES



Members of The UNSKATEABLES and the Nightingale House team.

THE UNSKATEABLES EPIC JOURNEY

The UNSKATEABLES finished their impressive 280-mile skateboarding challenge with massive support from across Wales.

In the world of exceptional and daring challenges, a group of friends came together with a unique and heartfelt mission. Born from an inspired idea during a surfing holiday, The UNSKATEABLES embarked on an epic journey that would not only test their skateboarding skills but also create a lasting tribute to their cherished friends, Wayne Phillips and James Rush. Their incredible feat has already generated an astounding £19,500 in support of Nightingale House Hospice, a testament to the power of friendship, determination, and the human spirit.

The UNSKATEABLES, consisting of Matthew Gilbert, Craig Salisbury, Gavin Rogers, Kyle Harvey, Mark Roberts, and Joshua Land, embarked on their ambitious journey across Wales in early September. They were accompanied by their fabulous support driver and chef Jenny Rawson and all captured on film by Leighton Cox. What drove them to take on such a formidable challenge was their desire to pay tribute to their late friends in a way that was both unconventional and deeply meaningful.

Matthew Gilbert, a self-described novice skateboarder within the group, recalled the origin of The UNSKATEABLES:

"The UNSKATEABLES were born on a surf trip to Morocco. Both Wayne and James would have loved riding the waves with us."

Their decision to skateboard from Barry Island to Anglesey was not just a physical feat but a symbolic journey from one island to another, forever echoing in their memories as a living tribute to their incredible friends. Gilbert mentioned:

"Their spirit guided us, motivated us, and, most likely, shared a chuckle at our expense."

Both Wayne and James received support and care from Nightingale House and this support extended to their young daughters with memory making activities as part of the bereavement support provided by the hospice. Gilbert emphasised:

"To everyone at Nightingale House Hospice and the local community, thank you for your unwavering love, support, and friendship. Wayne and James are forever in our hearts."

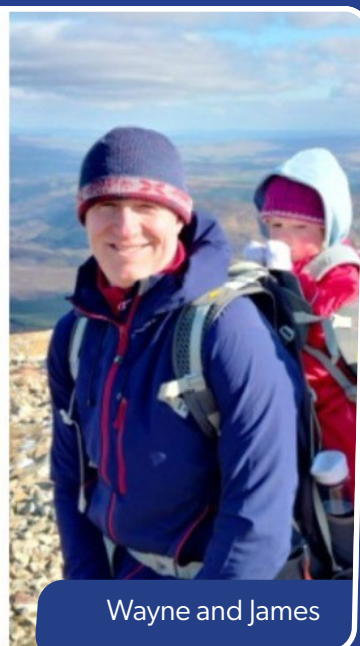
Bethan Scott, Challenge Fundraiser at Nightingale House Hospice, provided insight into The UNSKATEABLES' motivation, saying:

"When Gilbert first approached me many months ago, he shared their vision of skateboarding the length of Wales to raise funds for Nightingale House Hospice in Wrexham, a testament to when THE UNSKATEABLES first coalesced. Their sole aim has always been to give back, as a heartfelt thank you for the care extended to their friends Wayne and James."

Bethan continued, **"Every single penny raised by these remarkable individuals and their supporters empowers the hospice to carry on their invaluable work. This extraordinary group of friends have crafted a magnificent legacy for Wayne and James."**

But their journey doesn't end here... Bethan also expressed her belief that The UNSKATEABLES are just getting started! As they crossed the finish line in Cemaes Bay, their eyes were already gleaming with hints of plans for the coming year. She encouraged others to follow The UNSKATEABLES and watch this space for more remarkable feats in the future.

The UNSKATEABLES' daring adventure serves as a poignant reminder of the power of friendship and the incredible impact a group of determined individuals can have when they unite for a common cause.



Wayne and James



FOCUS ON VOLUNTEERING

IT'S A FRIENDSHIP THING!



Sue, Wendy, Alison, John, and Mick have been dedicated volunteers at the hospice for several years. Each of them has a unique reason for their involvement, but their friendship and camaraderie play a significant role in motivating their commitment.

For Wendy, volunteering began as a means to gain experience before pursuing a successful nursing career, while Sue's deep gratitude for the hospice's support during her husband Steve's illness fuels her dedication. Alison, John, Wendy and Mick honour the memory of their dear friend Steve by contributing their time to our cause.

Their passion for volunteering is evident through the wide range of activities they participate in. From serving lunch at prestigious events to donning costumes as elves or Mother Christmas at the grotto, they find joy in every task. Even seemingly mundane tasks like stuffing envelopes and making phone calls contribute to the hospice's success, as evidenced by the £15,568 raised from the Coronation Royal Run at schools!

Many years of professional experience are put to good use as they volunteer in various capacities. Alison, for instance, lends her skills to the Income Generation Office, Borrás shop, Hospice Gift shop, events, and the Family Support team. John and Mick have also found their niche in assisting with the Midnight Walk and Oswestry Balloon Carnival, crucial events that support the hospice financially.

To the group, volunteering is a privilege, and they firmly believe that the gift of time should never be underestimated. Wendy aptly compares the hospice's significance to that of a beloved football team, emphasising its role in the community and the pride it brings to Wrexham. She encourages others to join the hospice's volunteer team, highlighting the value, sense of belonging, and difference they can make.

This group of friends demonstrates the incredible impact of volunteering. Their friendship has flourished through shared experiences, laughter, and a common purpose in supporting the hospice. Their selfless contributions show that even the smallest tasks can make a significant difference.

Please contact volunteering on 01978 316800 if you have a skill ranging from handicraft to gardening, hairdressing and beauty, driving, or a hobby that you are passionate about!

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 **£5.25**

Macaroni and cheese 400g

Pasta cooked in a delicious creamy cheese sauce **V** ... **£3.75**

Roasted vegetable curry 425g

A medley of tender vegetables including onions, leek and sweet potato cooked in a mild curry sauce **Ve** **£4.75**

Chicken malabar mangalore curry 425g

A creamy tasty curry full of flavour and heart-warming spices with a hint of tamarind **£5.25**

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 **£5.25**

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** **£5.25**

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 **£5.25**



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

BEHIND THE SCENES



CHALLENGE EVENT COORDINATOR

There are many ways the local community chooses to support the hospice. One of those ways is by taking on a personal challenge. From marathons to head shaves, zipwires to cycle challenges, we are always in awe of what the local community is willing to do to raise vital funds for patient care at the hospice. In addition to individual challenges the hospice also organises events for supporters to get involved with, including skydive days and an annual overseas challenge.

Over the years the hospice has taken groups of inspiring fundraisers to China, Vietnam, Peru and Tanzania to take on incredible challenges in beautiful parts of the world. At the heart of these activities lies Bethan Scott, a driving force. Bethan has taken part in each overseas challenge in memory of her husband Dave and in 2020 Bethan joined the hospice as our Challenge Event Coordinator.

Our supporters have generated significant income through these adventures, with Bethan Scott playing a pivotal role in overseas challenges, serving as both host and participant.

"Bethan works incredibly hard and not only goes the extra mile but goes an extra 100 miles! She is a great support to all her challengers whatever that challenge might be. I know because I've been lucky to have been supported by Bethan on my own personal fundraising challenge. She's an absolute star!"

Delyth Underwood - Community Fundraiser

Orchestrating the challenges takes a lot of work, not only from a planning and organisational point of view, but also in making sure that everyone who attends is looked after and enjoys their once-in-a-lifetime experience... thank you Bethan.

NIGHTINGALES OSWESTRY RE-OPENS



We are delighted to announce that, following substantial renovations, Nightingales Oswestry has re-opened its doors to welcome you back. Our long-awaited re-opening was celebrated by our loyal customers back in July. Mayor Olly Rose kindly cut the ribbon, signalling a new chapter in our journey, and we're pleased to continue providing you with great customer service.

"The support we receive from the Oswestry community is incredibly important. All the profits we generate from our shops goes directly back to the hospice, helping us provide free care to our patients and their families."

"In the spirit of community engagement, Nightingales stand as proud contributors within Oswestry. Beyond co-hosting and organising the beloved Oswestry Balloon Carnival, we continue to foster connections through our commitment to creating events and initiatives that bring local communities together."

"...And speaking of which, we're on the lookout for volunteers to join the Oswestry shop team in delivering excellent customer service within our community. If you're interested or know someone who might be, please reach out – we'd love to hear from you!" Head of Retail, Katie Roberts.

For more information or to get in touch with us regarding Nightingales Oswestry or any of our shops, please visit our website: www.nightingalehouse.co.uk/shops or call 01978 316800.

GIVING IN CELEBRATION

Ifor Jones, a former Art Master at Holywell School, recently marked his 90th birthday and chose to support Nightingale House as part of his celebrations.

The family and friends of Ifor gathered to commemorate the occasion and, at his request, generously made donations to the hospice rather than giving gifts, giving in celebration is a wonderfully fun way to support the hospice. Unbeknown to Ifor, his family had contacted a well known former pupil of his, Sir Jonathon Pryce, asking him for a special birthday message to surprise the birthday boy. Sir Jonathan happily agreed and sent a video message, with a personal touch, himself. Sir Jonathan surprised the party in person. He also left a special message to Nightingale House.

Ifor, or Mr Jones to his pupils, made a lasting impression on Sir Jonathan. He was quoted in a magazine interview 'the only person who believed in me at school was my Art Master'.

This is a truly heart-warming story, about a thoughtful gentleman who has also made a lasting impression with the hospice team. His selfless gift of donations to mark this special milestone birthday will help provide local people with compassionate care and support at Nightingale House.



A personal message sent by Sir Jonathon Pryce to all supporters of Nightingale House:

I want to send my best wishes and my heartfelt thanks to everyone involved in the vital work being done at Nightingale House.

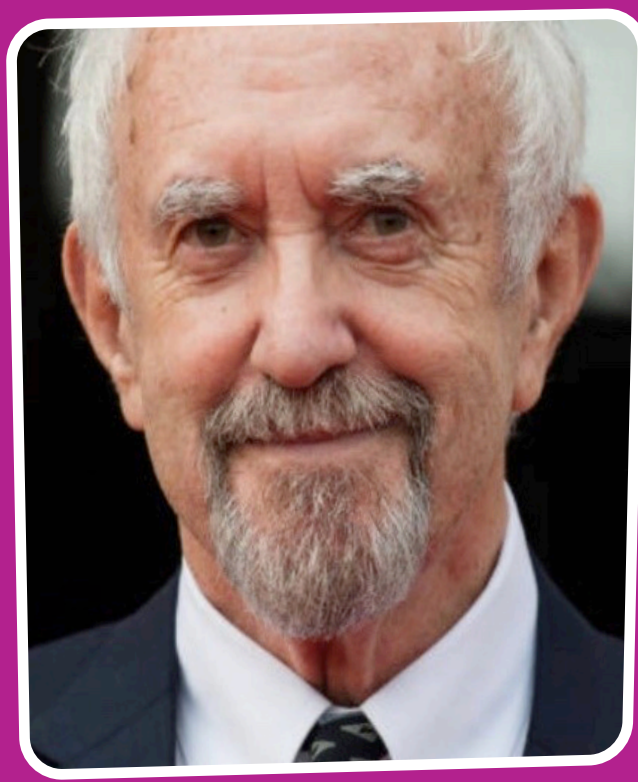
They do everything they can to provide the best palliative care to make the lives of the patients more comfortable, to provide support for their families and friends.

For almost 30 years, Nightingale House has given the community care and compassion and now they are embarking on a new phase by building a new Inpatient Unit. With advances in medicine, care and technology, the hospice needs a complete modernisation to bring it in line with modern hospice practices and enabling them to care for even more families going through the most difficult of times.

So please can you join with me and donate to the public appeal to make this possible. Please donate here:

Many thanks

SIR JONATHAN PRYCE



CHALLENGES

CYCLE CUBA 5th – 13th OCTOBER 2024

Join us on our flight to Havana.

This tough 373km cycle challenge is by no means a holiday but will take you on an incredible journey incorporating history and culture. Starting in Havana, we ride along shimmering coastlines, past tobacco, and sugar cane fields and through thriving farming communities, where for many aspects of Cuban life, time has stood still. Vintage Chevrolets, salsa and colourful architecture will feature highly as we ride through this beautiful country.

We end our charity challenge in Santa Clara at the Che Guevara Mausoleum - a fitting end to this amazing fundraising event.

Pricing Options

Registration Fee £299 + Self-Funding £2300 (payable 2024) plus £1000 sponsorship

Registration Fee £299 + Minimum Sponsorship £4500

For more information about the challenge and to guarantee your place, please email info@nightingalehouse.co.uk



CAMINO DE SANTIAGO TREK

Bon voyage to our 33 intrepid hospice supporters!

This adventurous group will soon be enjoying the unique atmosphere as they trek 100km of the Camino Frances before arriving in the magical Santiago Old Town, a wonderful UNESCO World Heritage site, home to the stunning Cathedral of Santiago de Compostela.

The Camino is more than a pilgrimage but a remarkable journey and unique experience. A time to discover the unknown on their way. We wish them a safe and wonderful trip and thank you for all your amazing fundraising efforts.



SEATED YOGA AND TAI CHI CLASSES FOR ENHANCED WELLBEING

The BCUHB Health Improvement Team is providing assistance to patients through seated yoga and Tai Chi classes as part of the Nightingale Wellbeing Programme.

The participation of patients in these sessions has been a source of delight. These sessions have been thoughtfully designed by the BCUHB Health Improvement Team to enhance core balance and strength. Beyond their enjoyable nature, these sessions play a pivotal role in improving mobility and boosting self-confidence. What's particularly advantageous is that patients can carry forward what they've learned and incorporate these movements into their routine at home.

Witnessing our patients benefit from the diverse range of workshops and talks offered by our Wellbeing Programme is always rewarding. The primary goal of our programme is to provide comprehensive support to patients with life-limiting conditions. Our team of specialists imparts invaluable support and advice which equips the patients with useful skills, underscoring our commitment to their wellbeing.



Wellbeing sessions held in the Atrium

Wellbeing Centre Lead, Carolyn James explained,

"Seeing the patients laughing, forgetting their worries, and getting their own identity back by growing their confidence, it is so rewarding. The impact the Wellbeing programme has on the patients is breathtaking."

THE GREAT HOSPICE BAKE OFF



Health Care Assistant Janet and Nurse Erica

What a delightful treat! The Nightingale Wellbeing Centre's talented staff and dedicated volunteers collaborated to craft an assortment of mouth-watering cakes. These were then showcased in a friendly bake-off competition for the patients, who had the opportunity to taste and score each creation.

After much anticipation and careful consideration, the final scores were calculated, leading to the result of not one, but two winners, who remarkably achieved identical scores!

Sharing the spotlight in a tie for first place were two exceptional bakers: Janet, the creative mind behind a sumptuously rich coffee cake, and Erica, the talented creator of a beautifully moist whisky cake. The patients thoroughly enjoyed the experience, tasting a range of baked treats provided by the Wellbeing Centre Team.

This event encompassed more than just cake; it was a celebration of community, skill, and the joy of sharing something crafted with care. The entire event undeniably infused an extra dose of happiness into their day.

CORPORATE NEWS

GETTING INVOLVED



Our corporate supporters came together in different ways to help raise funds at our flagship event, The Midnight Walk.

Our generous sponsors Hoya Lens funded our T-shirts once again this year and Hafren Dyfrdwy provided water bottles and hosted water stops.

Moneypenny's wonderful team hosted a glitter stall to share their sparkle and Net World Sports brought the fun factor with sporty activities.

Village Bakery kindly provided all the walkers with a packet of delicious Welsh cakes. Kellogg's also supplied us with cereal bars to give supporters much needed energy en route.

Teams from Charles Owen, Wockhardt, WCNW Chamber of Commerce, Handelsbanken and DWP stepped up to take part and raised much needed funds for the hospice. Thank you!

CORPORATE DONATIONS

In a heartwarming display of community support, a diverse array of companies have come forward to make impactful contributions to our events and hospice services.

Several companies based locally and further afield have generously sponsored, donated or volunteered for various fundraising initiatives, collectively contributing significant funds and resources to support Nightingale House. These companies include Convatec, Transcontinental, Entrec, Kronospan, Excell, DTCC, Cable Services, Brother, Arthurs Peugeot, AEC Engineering, Bellis Brothers Farm Shop, JCB Team, Clwyd Compounders, Wrexham Lager, RF Bellis, Knauf Insulation, WCNW Chamber of Commerce, and The Very Group.



Craig and Fionna from JCB pictured with hospice fundraiser Sarah.



CORPORATE PARTNERSHIPS

DTCC, Wrexham have been, for the past few years, major corporate supporters of Nightingale House Hospice. Not only has the company donated money for the hospice's modernisation programme for the past 5 years, but its employees have raised money in a variety of ways.

These include taking part in the first overseas challenge to trek on the Great Wall of China. Two employees joined twenty-three other people in not only completing this amazing trek but by being the pathfinders for further overseas challenges.

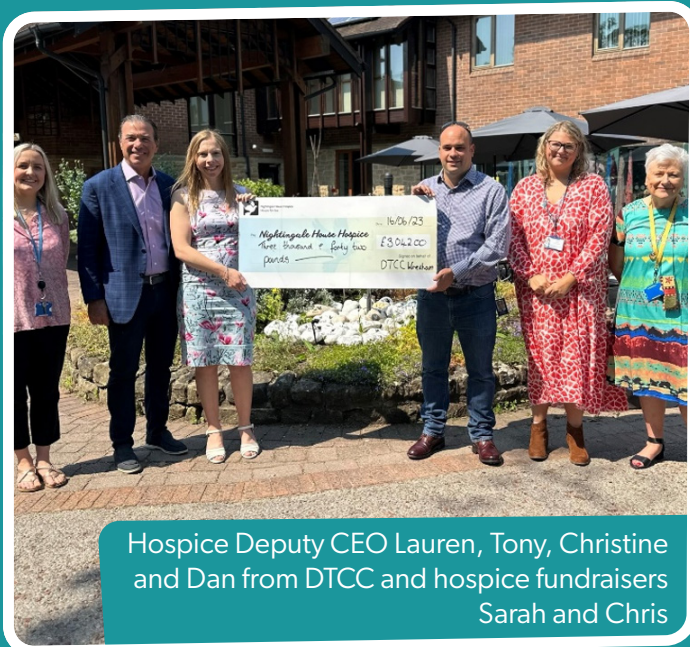
Another employee has already signed up to undertake the latest overseas challenge, an exciting cycle ride across Cuba in 2024.

Employees have also enjoyed taking on challenges closer to home including a Yr Wyddfa trek and being a contestant in Strictly Nightingales last year. This was so enjoyable that another employee is ready to take to the dance floor at Strictly 2023.

DTCC have also sponsored a variety of events through the years and, once again, this year sponsored our Sunshine Meadow campaign featuring snowdrops displayed at Chirk Castle. There are so many other initiatives that the staff of DTCC have been involved in

which has helped to bring the total fundraising to date to over £80,000.

If you are a business looking to develop a valuable partnership with a local charity then please get in touch by calling 01978 314292 or emailing fundraising@nightingalehouse.co.uk



Hospice Deputy CEO Lauren, Tony, Christine and Dan from DTCC and hospice fundraisers Sarah and Chris

NIGHTINGALE HOUSE CHRISTMAS TREE COLLECTION

Working in partnership with JustHelping



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 just-helping.org.uk/register-tree 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 13th January 2024



CHRISTMAS SUPER DRAW

WIN... **£3,000**

And spend Christmas in the sun!



Nightingale House Hospice
Hospis Tŷ'r Eos

DRAW DATE: 21st DECEMBER 2023

01978 313134

Nightingale House Lottery Ltd. Company Number 3139714. Nightingale House Promotions Ltd. Company Number 2837909.
Nightingale House Hospice Registered Charity Number: 1035600 (Registered in England and Wales)