

# NIGHTINGALE


HOUSE HOSPICE

NEWSLETTER SPRING 2025





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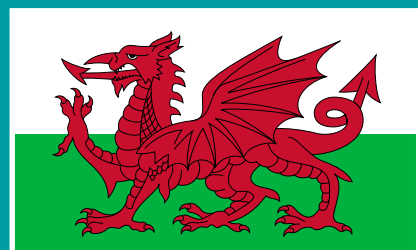
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## Wyt ti'n siarad cymraeg?

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 316800**

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## A welcome from our CEO, Lauren Emberton

### Celebrating 30 years

Welcome to the Spring 2025 edition of the Nightingale House Newsletter. 2025 is a special year here at the hospice as it marks our 30th Anniversary. We celebrate 30 years of patient care and 30 years of incredible community support.

We have exciting plans throughout the year to mark this special occasion, including a volunteer's celebration event at National Trust, Erddig and our Longest Day, Lasting Care campaign. We also have an exciting overseas challenge, an extra special one for our 30th Anniversary – the Dalai Lama Trek in November which includes exploring the renowned Taj Mahal. You can read more about all these plans later in the newsletter.

### Challenges we face

Nightingale House Hospice is proud to be an independent charitable organisation. Whilst we work closely with BCU health board to ensure patients can access excellent care facilities, we operate completely independently, and our central funding is nominal.

In 2025 we face another year of significant financial challenges as our costs continue to increase. This year it will cost £5.6m to run the hospice, with only £1m received from central government. That means £4.6m needs to be raised through donations, fundraising, our retail outlets and our weekly lottery. This is a massive task and only possible with the amazing support we receive from the communities we serve.

Welsh Hospices are currently in discussion with the Welsh Government and the Joint Commissioning Committee to try to secure a fairer, more equitable and sustainable funding model for hospices across Wales. It is hoped the new arrangement will ensure that we can continue to deliver the vital services necessary to support our patients and their families. Unfortunately, the current funding arrangements are simply inadequate.

On a more positive note, I would like to take this opportunity to thank all our supporters. Those in the community, including individuals and local businesses that fundraise for us, volunteer for us, shop with us and dine



with us! We have an incredible network of around 450 volunteers across the hospice and out in the community. Every penny you raise counts, and every minute of the time that you give really does matter, thank you.

I would also like to thank the staff at Nightingale House. Each staff member plays a key role in ensuring we continue to deliver excellent, compassionate care. Thank you to each and every one of you.

### Service development

In January 2024 we completed a 5-year refurbishment project, ensuring that we have the best facilities possible to offer outstanding palliative care, now and in the future.

We continue to develop our services at Nightingale House and facilitate a simple access route for patients through our self referrals service, which is now one of our primary sources for referrals.

We have continued to develop our family support services and run one to one bereavement support sessions as well as group sessions for adults and children. We are one of only a few providers, in our catchment area, that support children who have lost a loved one and the children we can help don't need to have had a prior connection with Nightingale House Hospice.

In recent years our complementary therapies have become increasingly popular. Patients have experienced significant benefits to their wellbeing from treatments such as reflexology, aromatherapy and acupuncture. In response to this, we have recently recruited two more complementary therapists to help meet our patients demand for these services.

It is vital to raise awareness of the extensive services we offer, so that we can continue to be there for patients, and their loved ones, during some of the most difficult times in their lives.

**"Thank you all once again for your amazing support and we look forward to celebrating our 30th Anniversary with you."**

## Who we are and what we do at Nightingale House Hospice

When you hear the word "hospice..." what comes to mind?

For many, it's the Inpatient Unit—a place of care for those nearing the end of life. But did you know that a hospice like Nightingale House offers so much more? We provide a broad range of services that focus on supporting people living well with life-limiting illnesses in the community.

As an independent charity, we rely heavily on the generosity of the public, trusts, and organisations to fund our services. It's the kindness of others that allows us to provide high-quality care at no cost to our patients and their families.

### Supporting people with life-limiting conditions:

At Nightingale House, we're here to help you live well. Our priority is making sure that you and your loved ones feel comfortable, safe, and fully supported during a challenging time. We understand that coming to a hospice may feel overwhelming, but there's no need to be afraid.

Our skilled healthcare and therapy teams are here for you every step of the way. Whether you're here for medical treatment, emotional support, wellbeing or simply to manage your symptoms, our care is always free of charge.

### What services do we offer?

People often have misconceptions about what hospice care involves.



While some of our patients come to Nightingale House for end-of-life care, many visit us for other reasons.

You might be here for a short period of assessment, symptom management, or perhaps to take part in our Wellbeing Programme, where you can engage in sessions designed to help you look after your overall physical and mental health.

Our complementary therapies offer an opportunity for you to relax and take your mind off your condition, providing a range of benefits.

Our physiotherapy sessions support you in achieving your goals and improving your symptoms, while our occupational therapy helps you live well at home and can refer you to community services that may be of benefit.

If you are unable to have a bath at home, we offer a bathing service

where our team will assist you in making use of our specialist bathing facilities.

We also provide family support, understanding that a life-limiting illness affects not just the individual but their loved ones too, including children. From future planning, spiritual support, pre-bereavement and bereavement support to adult counselling, we're here for everyone involved.

### A dedicated team

Our clinical team is made up of experienced palliative care doctors, nurses and healthcare assistants who are passionate about what they do. They work closely with each patient to ensure that care is tailored to their specific needs, ensuring the highest standard of medical treatment and emotional support.

## A home from home when you need it most

At Nightingale House, we want you to feel at ease. Our hospice is not just a place for medical care; it's a community—a space where you can relax, spend time with your family, and receive the support you need, all in a homely and welcoming environment.

We know you may have questions, and we're here to help. If you'd like to learn more about any of our

services, please don't hesitate to contact us on **01978 316800**.

Any healthcare professional who is responsible for a patient's care can make a referral, including to our Inpatient Unit, Wellbeing Centre, Family Support or Rehabilitation services.

However, patients who would like to access our services are also able to contact us directly without the

need to go through a healthcare professional.

You can contact us yourself or a family member / carer can contact us on your behalf.

**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 the most.**



## Paul's story: "I don't think that people realise just how much hospices offer to support you"

For many, the word 'hospice' can feel daunting, but for Paul Wooton, coming to Nightingale House was a turning point.

Paul said: "I think people believe that coming to the hospice is the end, but it was actually the beginning for me"

Since being referred to Nightingale House, Paul has accessed a range of services that have made a real difference to his journey, including the Wellbeing Programme, Complementary Therapy, Music Therapy, Respite Care, and Rehabilitation. Each has played a part in improving his quality of life.



Paul said: "The staff at Nightingale House are great. They're always so cheery and will do anything for you."

"I don't think people realise just how much hospices offer to support you."

One of the highlights for Paul has been the Wellbeing Programme. He said: "There's so much variety in our activities, and we have lots of laughter."

"This place means so much to me, especially for the friendships I've made."

These friendships extend beyond the hospice doors. Paul and his fellow patients regularly meet up at Caffi Cwch to catch up and enjoy

each other's company.

Reflecting on his journey with Nightingale House, Paul said: "You never know when you might need a service like this."

"It's important that places like Nightingale House are funded, so others in a similar situation can continue to receive the support they need."

Paul's story is a testament to the difference hospice care can make. Not just in providing medical support, but in enhancing life, bringing joy, and creating lasting connections.

## Peter's story: A family's journey with PSP

When Peter Taylor was diagnosed with Progressive Supranuclear Palsy (PSP), a rare neurological condition, his family faced an uncertain and challenging road ahead. His daughter Katie, a nurse, knew his care needs would become increasingly complex but wasn't sure where to turn for support.

While many people associate hospice care with cancer, Nightingale House provides specialist care for a wide range of conditions, including PSP, Motor Neurone Disease, and Parkinson's.

After making a self-referral, Peter was able to access rehabilitation, complementary therapy, respite care, and the Wellbeing Programme, services that provided vital relief for both him and his family.

Katie explained: "Nightingale House was the one place my family

felt happy and safe leaving my dad, knowing he was in good hands."

"When he was staying for respite, we could take him into the hospice garden to enjoy the fresh air, a simple pleasure we often take for granted."

"The staff's kindness went beyond medical care; a doctor even sat with him to watch a football match so he wouldn't be alone."

"That meant the world to us!"

PSP is often misdiagnosed, and we hope that sharing Peter's story will raise awareness of the condition and the range of support we offer.

Dr Melissa Everett, Medical Director, said: "Our care extends beyond cancer, supporting patients with heart, respiratory, kidney, and neurological conditions."

"We help people much earlier in their illness to maintain strength, independence, and quality of life."

Peter passed away in August, but his family remain deeply grateful.

Katie said: "Knowing that Dad was treated with dignity and respect until the very end has brought us peace."



## Louise's story: Treating people with dignity and care

When Louise Dale's mother, Carol Purchase, was diagnosed with pancreatic cancer, the family faced an incredibly difficult journey. With Carol's symptoms worsening and medical appointments delayed, they were left feeling helpless. But everything changed when they found Nightingale House Hospice.

Louise said: "At the hospice, everything felt different..."

"The staff treated my mum with such dignity and care."

"It wasn't just about her illness, they saw her as a person, and that made all the difference."

From the moment Carol arrived, the hospice team worked tirelessly to manage her pain and symptoms, ensuring she was as comfortable as possible. After weeks of distress, she finally found relief.

Louise explained: "She felt safe here."

"For the first time in a long time, she was able to smile again."

But the hospice's support extended far beyond Carol's care. Carol's family also received emotional support and guidance during this tough time.



Louise said: "The staff didn't just look after my mum..."

"They looked after all of us."

"Whether it was answering our endless questions or simply being there to listen, their kindness meant everything."

One of the most precious gifts Nightingale House gave the family

was time to make meaningful memories. Even as Carol's condition declined, she was able to enjoy small moments of joy with her loved ones.

Louise recalled: "We had a little birthday party for my daughter, Leora at the hospice, which the staff helped to organise."

"Mum couldn't go home, but the staff made sure we could celebrate together."

The experience at Nightingale House has left a lasting impact on Louise and her family. Since Carol's passing, they have been determined to give back. Louise's brother Simon completed a skydive, raising over £2,174, and Carol's husband Terry has started volunteering at the hospice.

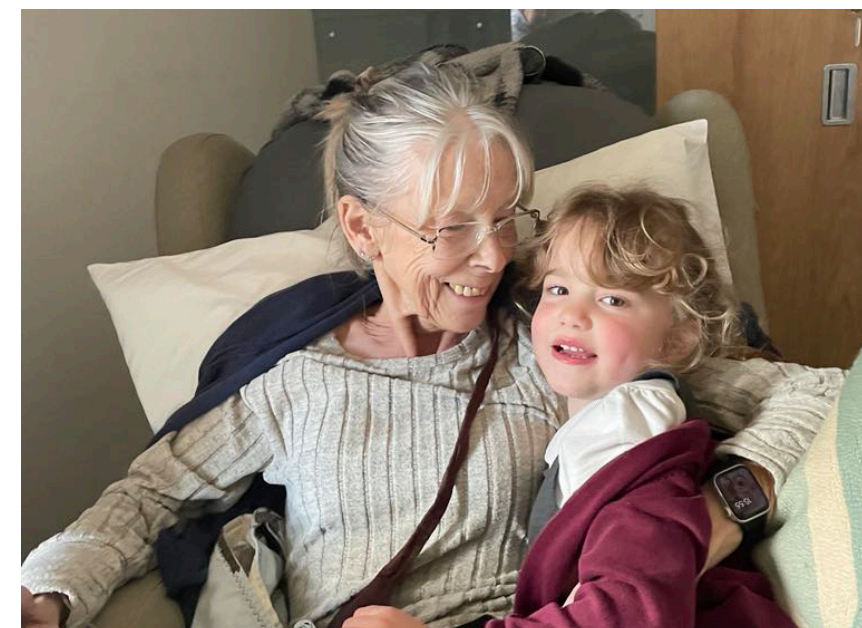
Louise said: "We will never be able to thank them enough!"

"Nightingale House gave us comfort when we needed it most, and now we want to do what we can to help others."

Louise shared an important message for people and families living with life-limiting conditions: "If you or a loved one ever need a hospice, don't be afraid."

"The care, the kindness, and the love you will find there is something truly special."

“ The care, the kindness, and the love you will find there is something truly special. ”





## Nightingale House Hospice marks 30 years of life-changing care

In 2025, Nightingale House Hospice is marking 30 years of offering life-changing care.

Since opening its doors in 1995, the hospice has grown into a vital resource for the community, offering a wide range of services that extend far beyond traditional end-of-life hospice care.

Back in the early 1990s, more than £3million was raised by the community, donors, trusts and appeals to build the site.

The hospice, however, is much more than a building. It's a feeling of home for you and your whole family when you really need it most.

Our services are completely free of charge to patients and their families across our catchment area, stretching from Wrexham, Flintshire and East Denbighshire to Barmouth and the border towns including Oswestry, Wem, Ellesmere and Whitchurch.

### THEN:

The opening of Nightingale House on Chester Road, Wrexham, in August 1995 realised the culmination of a dream which spanned many years.

In the late 1970s, Dr Graham Arthurs, Consultant Anaesthetist, and colleagues established a new clinic at the War Memorial Hospital that specialised in pain relief. During this time, they realised the need for hospice care in the area.

In the early 1980s, the Terminal Care Fund, created by Dr. Arthurs, began raising money to improve pain relief care for cancer patients.

Shortly after this, a grant was received from the Cancer Relief Fund to employ two specialist nurses for three years at the Maelor.

Plans were then set in place to establish a day centre. On very limited funds and relying on voluntary contributions, staff were recruited, and Nightingale House opened at the Maelor in 1986, in the old Nightingale Ward, providing care, comfort, kindness and support for local patients and their families.

Fundraising needed to establish itself on a firmer footing to raise the initial **£1,600** weekly cost to run Nightingale House.

The opening of Nightingale House, along with changes in the delivery of primary health care in the late 1980s, highlighted the further need for a complete hospice service combining daycare with a fuller range of facilities, including inpatient care and a multi-functional treatment and support centre.



**“we help people live the best life they can during their time in our care, and even afterwards, we support their families too.”**

In 1992, the Wrexham Hospice & Cancer Support Centre Foundation was launched as a new charity to take the development of the new hospice forward.

The target of **£3.5 million** was set, of which **£2.3 million** would be needed to build and equip the new hospice.

A huge fundraising effort was launched and continues today to keep the hospice running. Helped by the kindness, inspiration and generosity of so many people and the receipt of three large sums, in particular from the Mathias Trust, Bradbury Foundation, and the Frank Wingett Cancer Appeal, the dream took shape.

January 6th 2025 marked 30 years since the last roof tile was placed on

**“Everything that staff and volunteers do here is all about helping patients to achieve their goals – big or small”**

the hospice building. The hospice itself took just over a year to build, and more than **£3 million** was raised by the community, donors, trusts and appeals to build the site. We opened our doors in 1995, at the time, it cost **£1 million** to run Nightingale House, and 80% of that was funded by statutory funding.

### NOW:

30 years on, the hospice has grown into a vital resource for the community, offering a wide range of services that extend far beyond traditional end-of-life care.

The hospice provides a wide range of services tailored to support patients at every stage of their journey, including a Wellbeing Programme, Rehabilitation, Complementary Therapy, Music Therapy, Respite Care, and an Inpatient Unit. The modern hospice facility now has an annual operating cost of **£5.6 million**, with only 20% coming from statutory funding. This means we must raise nearly **£4.6 million** each year.

Tracy Thomas, Director of Clinical and Patient Services, explained the ethos behind the hospice's work. She said: *“At Nightingale House Hospice, we put the patient at the centre of everything we do.”*



*“Everything that staff and volunteers do here is all about helping patients to achieve their goals – big or small.”*

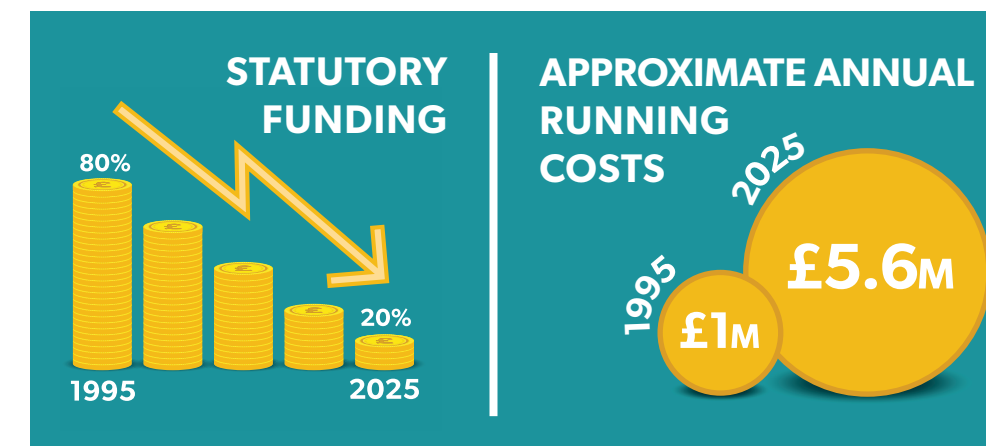
*“It's important that patients come to us early in their diagnosis. Some patients may come to see our physio team and use the pool to regain balance and stability or basic movements.”*

*“Some may even want to regain body confidence while others might go into our Inpatient Unit for respite care to allow both them and their families some time of rest and recuperation whilst having all the comforts of being at home.”*

*“At Nightingale House, we help people live the best life they can during their time in our care, and even afterwards, we support their families too.”*

*“In short, hospice care is not just about end-of-life care – it is about the living we did before and support for families after.”*

Nightingale House Hospice's work is only possible through the generous support of the community. Every donation, whether from fundraising events, retail shops, or individual contributions, helps sustain these vital services.



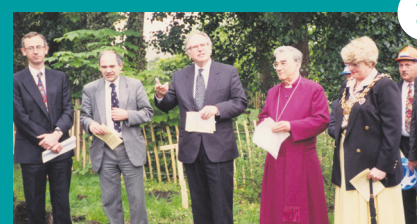
## A history in pictures

The following photos show a very small snapshot of the early years of Nightingale House's history:

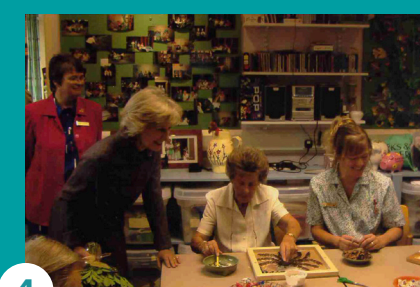
If you have any photos you would like to share with us to include in our archive, please bring them to the hospice or you can email them to [communications@nightingalehouse.co.uk](mailto:communications@nightingalehouse.co.uk)

Whilst Nightingale House is a building, at the heart of the hospice is the people.

The people who work and volunteer at the hospice to provide vital



services for patients and their families living with life-limiting and progressive conditions. Also, the people, organisations, trusts and foundations who help fund the hospice to ensure that the services



continue to be available for those in need from across our catchment area stretching from Wrexham, Flintshire and East Denbighshire to Barmouth and the border towns including Oswestry and Whitchurch.

Without the support from the people within the walls of the hospice and also externally over the past 30 years and beyond, the hospice wouldn't be the place it is today.



1. Mark Hughes helped to break the ground to start construction - 24.03.1994 2. Blessing of the site by the Archbishop of Wales - 16.05.1994 3. Handing over of the keys once the building work had been completed - 10.07.1995

4. Duchess of Gloucester visits to commemorate the 10th Anniversary of Nightingale House - 2005 5. Bucket collection at the Racecourse at Wrexham football match - 2007 6. Nightingale House flagship event - The Midnight Walk - 2008





## Jean Thompson: 30 years of dedication to Nightingale House Hospice

For three decades, Jean Thompson has been a familiar and welcoming face at Nightingale House Hospice. As one of the longest-serving volunteers, she has witnessed the hospice's evolution from its early days to the thriving organisation it is today. But for Jean, volunteering has always been about one thing, helping people.

Jean's journey with Nightingale House began in 1995, just a few months after the hospice welcomed its first patients.

Jean said: "I was invited to come around with the mayor's party when it opened.

"I knew a couple of the Trustees, and they said, 'Why don't you come and volunteer?'"

At the time, Jean had recently retired and was looking for something meaningful to do with her time. Without hesitation, she signed up as a volunteer Receptionist, a role she still holds to this day.

She said: "I've always come on a Tuesday, at one time, I even used to come twice a week."

Over the years, Jean has seen first-hand how Nightingale House has grown.

Jean reflected: "When you think back 30 years ago, Nightingale House was ahead of its time, really.

"Now, there are so many more services, physiotherapy, the

Wellbeing Programme, the café, the shop.

"It's fantastic to see how it has developed."

In addition to working on Reception, she spent time as a Ward Clerk and was even a patient herself.

Jean shared: "I had cancer twice.

"I used to come for treatment and also attended the Lymphedema Clinic.

"It gave me a different perspective on just how much the hospice does for people."

For Jean, the hospice is more than just a place to volunteer, it's a community, she explained: "I think being here has influenced my life.

"I've made so many friends. We text each other, check in on each other.

"It's like a family."

Being on Reception, Jean has also built strong rapport with patients and their families.

She said: "You meet people when they first come in, sometimes unsure of what to expect, and you see them change their perception of the hospice over time.

"Some people are reluctant at first, but after a few visits, they don't want to leave.

"That's what makes this place so special."

“ It gave me a different perspective on just how much the hospice does for people. ”

Jean continued: "People don't always realise that it's not just about end-of-life care.

There's the complementary therapies, family support services and so much more."

Even after 30 years, Jean has no plans to step away from Nightingale House. "I really look forward to coming here," she says. "It's part of my life."

And as for the future of the hospice, Jean said: "I just hope it goes from strength to strength, like it has done over the past 30 years.

"It's been wonderful to see how much it's grown and how it continues to help people in so many ways."

Jean's commitment to Nightingale House is a true testament to the power of volunteering. She is not just a Receptionist; she is a friendly face, a reassuring presence, and a part of the very heart of the hospice.

## Tesco Wrexham's incredible support for Nightingale House Hospice

At Nightingale House Hospice, we are constantly amazed by the generosity of our local community – and one person who truly stands out is Alison Roberts, Community Champion at Tesco Wrexham.

Alison has been a dedicated supporter of the hospice for years, always going above and beyond to help us with donations. Whether it's providing refreshments for Light Up a Life, donating trolleys full of goods for our fundraising raffles, or giving us physical items to sell in our Nightingales stores, she never hesitates to lend a hand. She also accommodates bucket collections throughout the year, ensuring we can raise vital funds for patient care.

Alison and Tesco Wrexham took their generosity to a whole new level recently. The store had a stock clearance, and instead of simply getting rid of items, Alison thought of Nightingale House. She donated thousands of pounds worth of household essentials, including four

Tassimo coffee machines, a George Foreman grill, a Ninja pressure cooker, a kettle, a toaster, pans, towels, bedding, pillows, drinks bottles, and much more.

Our Community Fundraisers, Vicky and Mikey, arrived at Tesco Wrexham and filled the hospice ambulance with these incredible donations, which will be used for raffle prizes and distributed across our Nightingales stores.

Alison, who has worked at Tesco for over 40 years and has been a Community Champion for 12 years, said:

"I love working for the public, supporting people, and making a difference in the local community through my role.

"I have a great relationship with the Community Team at Nightingale House, which makes it easy for me to donate things when I have the opportunity."



We cannot thank Alison and Tesco Wrexham enough for their kindness and generosity. Their ongoing support helps us continue providing compassionate care to those who need it most.

## Nightingale House Christmas Tree Collection 2025

This year's Christmas Tree Collection was a huge success, thanks to our incredible community of supporters. Among them was Peter, a GP from Flintshire, who truly went above and beyond.



After seeing our last-minute appeal for volunteer drivers, Peter got in touch, eager to help. He arrived with his son and a small trailer, so we started him off with a modest eight trees. But Peter had other ideas! Determined to do more, he took on a full route of 36 trees, and to our amazement, he completed the entire round before dark. His enthusiasm and kind words about the support we provide people and their families living with life-limiting and progressive conditions at Nightingale House, reminded us just how special our supporters are.

Thanks to volunteers like Peter, this year's collection was a record-breaking success. With over 1,400 trees collected, we have raised an incredible **£21,000** for patient care at the hospice. This will make a real difference to the families we support.

We are also thrilled to share that over **£1,000** from the campaign will be donated to Dynamic, a local charity chosen by our fantastic volunteers.

The volunteers' dedication was truly inspiring, especially as they battled some of the worst weather conditions we've seen in years!

A huge thank you to everyone who supported this campaign, including our generous sponsors: ASH Waste Services, Thornccliffe Building Supplies Ltd, TG Group, P&A Group, and The Woodworks Garden Centre and Café.

Your support makes a difference, and we are so grateful to have such an amazing community behind us.



## Longest Day, Lasting Care

On the **20th & 21st June, 2025**, we will be running our Longest Day, Lasting Care fundraising marathon to help fund the very best palliative care for local people and support for their families.

Our aim will be to raise as much money as possible within two days to fund the vital services provided at Nightingale House Hospice. This will help us run all services during this celebratory year for our 30th Anniversary. Everything from wellbeing sessions and rehabilitation appointments in our specialist gym, to providing tasty, nutritious patient meals and creative therapy workshops, to respite and end-of-life care in our Inpatient Unit and bereavement support for local families.

This is a brand-new initiative for the hospice, and we are hopeful that it will ignite the imagination of



the public. The real beauty of this campaign is that your fundraising efforts will make **DOUBLE** the impact. For every donation made by a member of the public or every fundraising event organised, our fabulous group of funders, made up of philanthropists, foundations, or businesses, will match that donation. So, **£300 becomes £600** for the hospice. We would be very grateful for your support in any way you can.

Whether you can provide a one-off donation, hold a sponsored

or social event or work for an organisation that may be interested in match funding, your support would be hugely appreciated. We encourage you to make your pledge today and get in touch. Please contact the team on **01978 314292** or email **fundraising@nightingalehouse.co.uk**

Note: Fundraising for this campaign is not limited to June 20th and 21st, 2025. We would welcome anyone to get involved in the run-up to those dates.

## Leaves of Love: Celebrate loved ones and support hospice care

This campaign aims to plant 800 trees, symbolising love, remembrance, and the continuous cycle of life. Each tree serves as a living tribute, creating a peaceful and beautiful natural space for reflection. By participating, donors not only commemorate their loved ones but also contribute to the well-being of future generations through environmental preservation.

### How to Get Involved:

For a minimum suggested donation of **£30**, participants can dedicate a tree in memory of a loved one. Each donor will receive a personalised digital certificate of dedication, acknowledging their support and the special person they are honouring.

The funds raised through this initiative will directly support Nightingale House Hospice,

helping to provide essential care and services for individuals facing life-limiting illnesses. Every tree planted will not only serve as a tribute but also aid in the hospice's mission to offer comfort, dignity, and care to patients and their families.

Leaves of Love is a powerful way to celebrate lives, promote sustainability, and give back to the community. Whether you are commemorating a loved one, supporting a friend, or simply passionate about making a difference, your participation will leave a meaningful impact. The trees will be planted later this year at Lodge Valley Park, part of the Stori Brymbo Heritage Site.

To take part or learn more about this initiative, visit the events page on: **nightingalehouse.co.uk**

In a heartfelt initiative to celebrate the lives of loved ones while contributing to the environment, Nightingale House has partnered with Stori Brymbo to launch a special tree-planting project. This unique opportunity allows individuals and families to have trees planted as a lasting tribute to those they cherish while also raising valuable funds to support the hospice's compassionate care services.

Leaves  
of Love

THE NIGHTINGALE WOODLAND

### Alyn Waters 5k and 10k Run

Join us on **Saturday, 5th April** for an exciting 5k & 10k multi-terrain race at Alyn Waters Country Park. Enjoy a scenic yet challenging route with inclines, chip-timed results, and fantastic support. Bespoke medals for all finishers. Sign up now for a great morning of running and fundraising!



### Tom Walker Live in Wrexham

Brit Award winner Tom Walker headlines a spectacular charity gig for Nightingale House Hospice in conjunction with Focus Wales. Join us on **Sunday, 4th May**, inside a stunning big top tent at Llwyn Isaf, Wrexham. Celebrate the Early May Bank Holiday with an night of live music! Book now.



### The Midnight Walk Returns

Join us on **Saturday, 7th June** for our flagship fundraising event. Starting at Llwyn Isaf, we'll celebrate with live music before setting off to light up the streets of Wrexham in support of Nightingale House Hospice. Walk with the community, have fun, and help raise vital funds. Join us for a night to remember!



### MotorFest - Wrexham's BIGGEST Motor Show Returns

Get ready for an adrenaline-fuelled day at Penyllan Farm, Marchwiel, on **Saturday, 19th July**. Experience jaw-dropping cars, bikes, trucks, tractors, and more, plus live entertainment and family fun. A must-see event for petrolheads and families alike! Don't miss out—save the date.



### Oswestry Balloon Carnival 2025

Join us on **Saturday 16th & Sunday 17th August** for a spectacular weekend at Cae Glas Park. Enjoy stunning hot air balloons, family fun, and entertainment in the heart of Oswestry. Free entry—donations welcome to support Nightingale House Hospice. Mark your calendars for this event!

Head to the events section on our website to find out more and book tickets - [nightingalehouse.co.uk](https://nightingalehouse.co.uk)

## STYLE-A-THON

Are you a hairdresser, beautician, barber, stylist, or make-up artist? Take part in our Style-a-thon and help us celebrate 30 years of specialist care at Nightingale House Hospice!

Tailor your fundraiser to suit your business and clients, whether it's 30 blow-dries in 30 days, 30 shaves, 30-minute manicures, facials, or makeovers, the choice is yours!

Every style, cut, and treatment will help raise vital funds for hospice care.

## 30 for 30 challenge

Could you take on a '30' challenge to support Nightingale House Hospice? Whether alone or with friends, family, colleagues, or classmates, set yourself a goal and collect sponsorship to make a difference.

Run, walk, or swim 30 miles in 30 days, or see how far you can go in just 30 minutes! Try 30 skips, star jumps, or even a 30-minute silence—or take on the ultimate challenge and stay silent for 30 hours! Feeling entrepreneurial? Turn £30 into £300 for the hospice.

Every challenge helps us provide compassionate care to patients and families. To get involved in any of our fundraising campaigns, please contact: [fundraising@nightingalehouse.co.uk](mailto:fundraising@nightingalehouse.co.uk) to find out more.



# Thank you to our community!



Claire Davies organised a night at The Tivoli and raised **£3,120**.



Coedpoeth & Minera Camera Club raised over **£300**.



Ewloe Women's Institute fundraised **£1,000**.



Our Caffi Cwtch volunteer, Ann Davies, put together a hamper to raffle.



Dave Hamlington, staff at Kellanova, Gary Prichard, and his son Theo donated **£250**.



Leah Tyson took part in the Grove Park Theatre Dance-a-thon and raised **£775.50**.



Mold Fundraising Group raised over **£7,000** in 2024.



BellaTrix Burlesque did a 12-hour Dance-a-thon and raised over **£300**.



Llangollen Golf Club raised **£6,033** in 2024.



Chip-o-Dee owner, Haci Deniz, donated presents for the families of patients.



**£26,000** was raised through our Rudolph Run Campaign.



Wrexham and District Pantomime Company donated **£1,000**.



Mike Ball, Community Champion at Tesco, Mold donated prizes for raffles.



Rhos Orpheus Male Voice Choir raised **£2,000** from their final performance at St Giles Parish Church.



RPM Fitness held a series of fitness challenges raising **£336.89**.



Paul Richardson raised over **£500** making and selling wooden handcrafted items.



Samantha Breeze and Jo Nicolson completed a 50km cycle in Cuba and raised **£7,767**.



Overton Village Hall raised **£1,010** with their Quiz Night.



## Meet Emma, our Individual Giving Fundraiser

After years of working in the corporate world, I decided to move into the charity sector and give something back. My role as Individual Giving Fundraiser involves developing valuable relationships with individuals and supporting them throughout their fundraising journey, which is incredibly rewarding.

It is very humbling to see the amazing fundraising efforts from the local community, often in memory of their loved ones. The generosity is truly astounding!

One very exciting part of my role is to lead the International Challenges. This year, in November, we will be trekking 52km through the foothills of the Himalayas. An amazing opportunity to experience the challenge of a lifetime!



## Take on the challenge: Join the Dalai Lama Trek 2025

Are you ready for an adventure of a lifetime? The Dalai Lama trek takes you through the stunning landscapes of Northern India, all while raising vital funds for patient care at Nightingale House Hospice.

This incredible 12-day challenge running from **6th – 17th November 2025**, starts in Dharamsala, home to the Dalai Lama, and takes you through stunning Himalayan landscapes, remote Buddhist monasteries, and vibrant mountain villages.

By taking part, you'll be making a huge difference to hospice patients and their families. This is more than just a trek – it's a chance to challenge yourself, discover a new culture, and support an amazing cause!

For more information, contact [fundraising@nightingalehouse.co.uk](mailto:fundraising@nightingalehouse.co.uk)

### You'll experience:

- Spectacular trekking routes – Hike through lush forests, mountain trails, and remote villages.
- Snowline Café – Reach 3,300 metres above sea level for jaw-dropping views of the Himalayas.
- Tibetan culture – Immerse yourself in the spiritual heart of India as you pass Buddhist monasteries and Hindu settlements.
- Meet the Gaddi people – Encounter semi-nomadic shepherds who spend months wandering the high passes with their cattle.
- Explore the Taj Mahal – End your adventure with an optional visit to one of the world's most famous landmarks.

Chris Best, who took part in the Alps Trek in 2024, said:

“The scenery was stunning, the people were fantastic, and the sense of achievement was unbeatable.”

## Running for Mum – Beckie's marathon journey

When Beckie Lawson takes on the London Marathon this April, every step will be for her Mum, Janet Clark, who passed away at Nightingale House on 28th February 2024 after an 11-month battle with ovarian cancer.

Beckie shared: “Mum was the life and soul of the party.

“She lit up every room she walked into and was always there for family and friends.

“She was an incredible Mum, Nanny, and Wife and I miss her so much.

“But I know she's still with me, and I feel her pride every step of the way on this marathon journey.”

Determined to honour her Mum's memory and raise funds for Nightingale House, Beckie has thrown herself into fundraising.

Beckie said: “Before Christmas, I ran a gin and advent raffle that raised over **£400**.

“I recently held a Salsa night which raised **£490**.”

“I've also been selling sweets at work and have events like a quiz and curry night and a sponsored workout planned at CrossFit Wrexham.”

Beckie has also created 'Memory Miles,' dedicating each mile of her marathon to someone special, particularly for patients who have received care at Nightingale House.

Beckie explained: “I've kept mile 1 and mile 26 for Mum, but I wanted to run in memory of other patients too, proudly wearing their names on the back of my run vest.

“Mum would have liked that.”

Training for such a big challenge hasn't been easy, as Beckie shared: “Some days are really tough, especially with the emotions of losing Mum - But running helps.

“When I'm struggling, I picture myself crossing the finish line, and it keeps me going.”

With the support of her community, Beckie is well on her way to hitting her fundraising target, ensuring that more families receive the same care her Mum did.

To support Beckie's fundraising efforts, search - [bit.ly/Beckie-LM25](https://bit.ly/Beckie-LM25)



## 7-year-old Oliver Watkin raises over £600 for Nightingale House Hospice

A heart-warming fundraising effort by seven-year-old Oliver Watkin saw him smash his £100 target to raise **over £650** for Nightingale House Hospice in memory of his beloved Grandad, Dilwyn Walker.

Oliver's Grandad, who was cared for at the Nightingale House before he passed away in 2017 following a Motor Neurone diagnosis, inspired the young fundraiser to take part in the hospice's Lantern Parade in November.

Oliver said: “I only got to see my Grandad for one week. Mummy, Nana, and Daddy talk about him a lot.

“It makes me feel sad that he has died, but I like hearing all about him. I love and miss him.

“I wanted to raise £100 for Nightingale House so anyone like

Grandad can be looked after so well like he was!”

Oliver's efforts quickly gained momentum, with family and friends rallying behind him to exceed his initial target.

His proud mum, Katie Watkin, said: “I am so proud of Oliver for seeing the opportunity and wanting to raise money for Nightingale House.

“He set his target at £100, but as we shared his challenge with family and friends, they supported him, and he managed to raise over £600.

“Oliver is one very special little boy who has a big heart and wants to help others.

“Every day, he would ask for an update on his total and was so happy and pleased that it was rising beyond his initial target.”



Thanking the people who sponsored him to do the Wrexham Lantern Parade, Oliver said: “Thank you to all the sponsors.

“I am really happy I have raised **£656** for Nightingale House so far.

“All the money will help lots of people who need help and support like Grandad did.”

## A light in the darkness: Indie's journey of healing

A little girl left feeling lost after the sudden passing of her beloved Taid has found comfort and support in her grief, with the help of the Family Support Team.

Indie's Taid, Stephen Griffiths, a plumber from New Broughton, sadly passed away last year. Since then, Nightingale House Hospice has provided essential bereavement support, helping Indie find comfort and resilience through creative activities and personal connections.

Indie's Mum, Alice Roberts, discovered that the hospice provided bereavement support to children even if their loved one had not been cared for by the hospice.

Alice said: “A friend recommended Nightingale House. I emailed, and they responded almost straight away.

“Indie was seen by Jackie within a week. It was really amazing.”

Indie said: “I like coming to see

Jackie, she gives me lots of fun things to do.”

Alice added: “Since Indie started her sessions at the hospice, she has transformed. She's like a different child at home, it's been such a big help.”

Through engaging sessions with Jackie from the Family Support Team, Indie has created a memory box, painted stones, and planted flowers in honour of her Taid. She even created a Christmas rock for him, reflecting the care and thought she puts into remembering him and their special bond.

Alice said: “Indie has put all sorts in her memory box including bracelets and a KitKat wrapper - because every time she walked through the door, Taid would give her a KitKat.”

The journey has also helped the family's healing. Alice said, “It's changed us, it's been difficult to explain things to her, with my own grief and my Husband's as well.

“The support has helped us all.”

Indie joined the hospice's Lantern Parade in November in memory of her Taid and raised **over £700** for Nightingale House.





## Caffi Cwtch: A warm welcome and 5-star service

Caffi Cwtch, nestled next to Nightingale House Hospice, is more than just a café—it's a place where warmth, kindness, and great food come together. Open to the public as well as serving patients in the hospice, this hidden gem has been receiving glowing 5-star reviews, with many praising the friendly staff and volunteers who make every visit special.

Recent reviews highlight the exceptional service and welcoming atmosphere:

*"Really nice relaxing place with lovely mannered staff."*

*"Lovely food and very friendly atmosphere... and the money goes to Nightingale House Hospice."*

It's clear that the dedication of the Caffi Cwtch team doesn't go unnoticed. Their passion for providing delicious, freshly prepared meals, whether for



customers enjoying a coffee with friends, or patients needing a comforting meal, it makes all the difference.

Within the hospice, the café plays a vital role in supporting patients, ensuring they receive meals tailored to their needs. Staff and volunteers take the time to get to know the patients, making sure they feel at home and well cared for.

Caffi Cwtch is not only a fantastic place to enjoy great food but also a shining example of the compassion and dedication of staff and volunteers at Nightingale House Hospice.

If you haven't visited yet, pop in for a coffee and experience the warmth of Caffi Cwtch for yourself!

## Serving smiles at Caffi Cwtch – Grandmother and Granddaughter share their volunteer journey

We are very lucky to have 30 volunteers who give up their time to make, prepare and serve food at Caffi Cwtch, which sees the proceeds from sales support patient care and services at Nightingale House.

Among our many volunteers are Lynn Jones and her granddaughter, Amy Davies, a duo who work together every week at Caffi Cwtch.

Lynn, who also works voluntarily in the hospice's Inpatient Unit, shared her experience of volunteering.

She said: *"I lost my husband during Covid, and I wanted to do something to help others."*

*"What I didn't realise at first is that it's a two-way thing. I've gained so much from volunteering — a whole community of people who have become my friends."*

*"I volunteer both in the Inpatient Unit and at the café, and when Amy turned 16, I encouraged her to join me to help her gain valuable skills."*

Amy, added: *"Becoming a volunteer at Nightingale House was a simple process — nothing complicated at all."*

*"I'm studying travel and tourism at college, and volunteering here counts towards my Welsh Baccalaureate, which is a happy coincidence."*

*"It's also been a great opportunity to learn new things and build my confidence."*

Lynn reflected on the joy of volunteering alongside her granddaughter and said: *"It's lovely to spend this time together."*

*"As they get older, you don't get to see your grandchildren as much, so doing this has allowed us to share some special moments."*

Amy went on to describe her favourite part of volunteering: *"It's something different from what I usually do."*

*"I enjoy getting out and talking to people, and hearing funny stories from the other volunteers is always a highlight."*



## Shopping with purpose: eCommerce success

Nightingale House Hospice is celebrating a major achievement—raising over **£130,000** through online sales last year! Thanks to the generosity of supporters, **4,371 items** found new homes while helping to fund specialist care for patients and families across Wrexham, Flintshire, East Denbighshire, Barmouth, Oswestry, and Whitchurch.

Through platforms like eBay, the hospice turns donated goods into vital funds, reaching a wider audience and making every item count.

Katie Roberts, Head of Retail, shared: *"We are absolutely thrilled by this success. Every donation, bid, and purchase directly supports the care we provide, and we're so grateful for our supporters."*

Nightingale House is committed to growing its online presence, ensuring even more people can shop with purpose and support local hospice care.

**Browse our eBay store here:**  
[bit.ly/NHHEbay](https://bit.ly/NHHEbay)



## 5 reasons to fall in love with second-hand shopping

There's something special about discovering a hidden gem while shopping second-hand. Whether it's a designer jacket at a fraction of the price, a unique vintage piece of furniture, or a preloved book with its own story, second-hand shopping offers an experience like no other.

Every purchase at one of our Nightingales stores helps to fund vital hospice care and services. Here's why you'll love shopping second-hand in one of our six charity shops:

### 1. It's sustainable & budget-friendly

Fast fashion contributes to huge amounts of waste, but shopping second-hand helps reduce landfill and gives quality items a second life. It's an easy way to shop more sustainably, while saving money!

### 2. You'll find unique & vintage treasures

Forget mass-produced fashion—second-hand shopping is full of one-of-a-kind finds. From retro handbags to classic furniture and rare vinyl records, every visit to Nightingales is a chance to uncover something special.

### 3. Incredible value for money

Why pay full price when you can get high-quality clothing, accessories, and homeware at a fraction of the cost? Nightingales offers fantastic bargains, from designer brands to everyday essentials.

### 4. Your shopping supports hospice care

Every purchase directly supports Nightingale House Hospice, helping to provide compassionate care to patients and families. Shopping with us means giving back to your local community.

### 5. It's fun & full of surprises!

Part of the joy of second-hand shopping is the thrill of the hunt. No two visits to Nightingales are the same, and you never know what incredible bargains or hidden gems you'll find.

Shop with purpose and visit Nightingales today and start your second-hand shopping adventure!

Find your local Nightingales store on our website.



In 2024 alone, we saved **242,082** items from landfill, including **55,375** homeware pieces and **94,431** items of clothing.

These once-loved treasures found new homes, reducing waste and giving them a fresh start.

All unsaleable items are responsibly recycled.



## Double your chances to win and celebrate 30 years of Nightingale House!

Nightingale House Hospice is celebrating 30 years of incredible support, and we want you to be part of it! By playing the Nightingale House Lottery, you're helping us provide vital care to patients and families, while also giving yourself the chance to win up to **£2,500 every week**.

Want to boost your chances of winning? Double your plays today! More entries mean twice the opportunity to win one of our 10 weekly cash prizes—including our top prize of **£2,500**. Plus, every extra play helps us continue our compassionate work in the community. Double your plays,



double your chances of winning.

In addition, to mark the hospice's 30th Anniversary, we're running an exclusive monthly draw until December for our lottery players. Every active member is automatically entered!

This April, one lucky winner will receive a Wrexham Women's AFC signed shirt from their Swansea game at STOK Cae Ras, complete with a certificate of authentication.

If you're not a member yet, there's never been a better time to sign up! Play today for your chance to win big and make a difference.

Join now: [bit.ly/NHHLottery](https://bit.ly/NHHLottery)

Email: [lottery@nightingalehouse.co.uk](mailto:lottery@nightingalehouse.co.uk)

Call: **01978 313134**

For full terms and conditions, visit our website. Thank you for supporting Nightingale House!

## John has 5,000 reasons to celebrate

A retired BT engineer from Wrexham had 5,000 reasons to celebrate last Christmas.

John Wright thought someone could be playing a joke on him when he received a call to say he had won the **£5,000** jackpot in the Nightingale House Hospice Lottery's Christmas Superdraw.

And John was not the only winner following the draw, he kindly

donated back his winnings to Nightingale House, who cared for his late wife Sue.

John, 61, was shocked when he received the call he had won. He said: "I thought someone was teasing me. It was a pleasant surprise just before Christmas.

"I decided to donate the money back to the hospice to support the amazing work done here.

"We wouldn't have coped without the help of the team, before and after Sue's passing.

"It gave me a good feeling to give something back, to thank the hospice for everything they have done for us, knowing it will help other families like ours."

Sue was cared for by the team at Nightingale House following her cancer diagnosis, before she passed away in 2019. Sue and her younger sister Barbara, were both receiving end-of-life care at the hospice at the same time and sadly died two weeks apart.

John said that this extremely difficult time for his family had been made easier by the support from the team at Nightingale House.

Sue's three children, Marie Gibson, Donna Jones, Rob Gibson, and Rob's four-year-old daughter Mila Sue, joined him at the hospice to hand over the donation to the team.



Representatives from DTCC, R F Bellis, DTM Legal, Charles Owen, Platts Agriculture, JCB Transmissions, Amy & Friends, Treadstone Products Ltd, Wirral Well-Being Magazine, Strictly All-Stars and the Rhinestone Nightingales.

## Strictly Nightingales 2024

Strictly Nightingales 2024 was a dazzling success, raising an incredible **£50,000** for patient care and services at Nightingale House Hospice!

Nine company representatives, along with our fantastic group dancers – The Rhinestone Nightingales, Platts Agriculture and the Strictly All-Stars – put on a spectacular show in October,

wowing the audience with their dedication and talent.

Not only did the dancers train tirelessly in the lead-up to the event, but they also showed remarkable creativity in their fundraising efforts.

Sarah Povey, Corporate & Donor Relationship Manager, said: "We are overjoyed to have raised this amazing sum!"

"It is a testament to the passion and dedication of our dancers. Congratulations to Sam from Charles Owen and professional dancer Alex, who were awarded the Strictly trophy!"

This year's event was even more special as eight staff from the hospice – known as the Rhinestone Nightingales – took to the dance floor for the first time. They learned their routine in under eight weeks and raised **over £3,500** through their fundraising efforts alone!

Sarah added: "We would like to say a huge thank you to everyone who took part, fundraised, and gave up their time to make the evening so spectacular."

Thank you to all our dancers, supporters, and generous donors for making Strictly Nightingales 2024 an unforgettable night.

## The power of corporate partnerships

Corporate partnerships play a vital role in supporting Nightingale House Hospice, providing businesses with an opportunity to give back while engaging their teams in meaningful activities. One company leading the way is Read Construction, whose long-term relationship with the hospice highlights the many ways businesses can get involved.

Kasia Williamson, Improvement and Engagement Manager at Read Construction shared more about their work with the hospice: "Our partnership with Nightingale House Hospice has grown over many years through our shared values and a commitment to supporting the community.

"From fundraising and volunteering to sponsoring campaigns, we are incredibly proud to support this amazing charity."

Read Construction has taken part in various initiatives, including making Nightingale House its Charity of the Year multiple times, sponsoring events like the corporate 5-a-side tournament, and volunteering for activities such as the Christmas Tree Collection. Their work on the hospice's modernisation programme and sponsorship of the Build a Balloon campaign further demonstrates the tangible impact corporate partnerships can have.



For businesses, getting involved with Nightingale House is more than just corporate social responsibility (CSR), it's an opportunity to build team morale and connect with the local community.

Kasia said: "Engaging in CSR activities creates a sense of purpose beyond day-to-day work.

"Our fundraising efforts have fostered teamwork and a real sense of community."

There are many ways for businesses to support Nightingale House Hospice. Whether through making the hospice their Charity of the Year, hosting fundraising events, volunteering for us or sponsoring a hospice campaign, corporate support makes a real difference.

As Kasia puts it: "Supporting Nightingale House is not just about corporate responsibility, it's about joining a community of people who care."

To find out how your business can get involved, contact, [corporate@nightingalehouse.co.uk](mailto:corporate@nightingalehouse.co.uk)



## Thank you for 30 years of volunteering!

Jo Kearns, Volunteering Manager, said: "Volunteering has been a cornerstone of the hospice for the past 30 years, whether you support at fundraising events, in our community shops, in the cafe or in the hospice

itself, volunteers play an integral part in our success story."

We understand that everyday life is becoming increasingly challenging, making it difficult to balance life's demands. That is why we feel it is so important for us to extend our heartfelt gratitude to our volunteers for your incredible dedication and hard work. Volunteer's contributions make a significant difference to our

patients and their families, and we are truly grateful for the generous gift of time.

We are hosting a special event to formally recognise and celebrate our volunteer's incredible dedication and service over the past 30 years. The event will take place in May at National Trust, Erddig for an evening filled with joy.

This milestone event is our way of saying thank you for our volunteer's unwavering commitment and the positive impact they've made in our community.

Personal invitations will follow shortly.

If you would like to join our volunteering team, please call **01978 316800** or email **volunteer@nightingalehouse.co.uk**

## Step Together: Finding strength in walking

Losing a loved one can be an isolating experience, but at Nightingale House Hospice, support doesn't end when someone passes away. Our Family Support Team offer a whole host of support for families of patients, from information and advice, counselling and a safe space to talk.

One of the initiatives set up to help support families is the Step Together Group, run by Family Support Volunteers Barbara Cowell, Helen Paddock, and Mair Williams. The group provides a safe, welcoming space for those who have experienced bereavement, combining gentle exercise with companionship and conversation.

Discussing the launch of Step Together, Volunteer, Barbara said: "It was inspired by a similar programme in a Canadian hospice where I used to work."

“ I always think of it as a walk with companionship, in a caring, safe space. ”

Since then, it has grown from just a handful of participants to a thriving group of regular walkers.

The group meets once a month, usually at National Trust Erddig or Alyn Waters, offering a relaxed environment where people can talk as much or as little as they want.

Helen said: "We don't always talk about grief, it's only if it comes up.

"I always think of it as a walk with companionship, in a caring, safe space."

Volunteer Mair has seen the difference the group makes: "We've noticed a few people who hadn't been walking much on their own have started..."

"It almost gives them confidence to start walking independently."

The impact on those who attend is clear, Barbara explains: "It's cathartic for everyone involved.

"Everyone who attends really benefits from the companionship. It takes their mind off things for a few hours, and they can laugh without feeling like they shouldn't."

For those struggling with bereavement, Step Together provides more than just a walk, it offers connection, support, and the reassurance that no one has to face loss alone.

For more information, contact the Family Support Team at Nightingale House Hospice - **info@nightingalehouse.co.uk**

## Meet Colm and Ken: Bringing comfort and care to the hospice

At Nightingale House Hospice, volunteers play a vital role in supporting patients and their families. Among them are Colm McNelis and Ken Belton, who volunteer as Ward Hosts, ensuring that patients receive not just nourishment but also kindness, companionship, and a listening ear.

Ken, a retired nurse, and Colm, a former police officer, both found their way to volunteering through personal experiences with hospice care.

Colm recalled: "I first met hospice volunteers when a family member passed away in London.

"Their kindness planted a seed, and years later, I wanted to give something back."

Their shifts involve serving meals and drinks, ensuring patients eat well, and offering comfort to visitors.

Ken said: "Sometimes patients don't feel like eating.

"We try to encourage them, offering alternatives to make mealtimes easier."



But their role goes beyond food. They provide companionship to patients and much-needed support to families.

Colm explained: "Relatives often need a break, even just a chat about everyday life.

"It helps them feel connected to the outside world."

Despite misconceptions, they stress the hospice isn't just a place for

end-of-life care. "We see patients come in for respite and go home feeling stronger," Ken explains. "It's not all doom and gloom—it's a warm and welcoming place."

Colm and Ken encourage others, to consider volunteering. Colm said: "If you're curious, come and have a chat. You might be surprised at how rewarding volunteering for Nightingale House is."





## Community team spotlight

Mike Jones, Vicky Cole and Charlotte Brown make up a dedicated and hard-working team of “grass-roots” community fundraisers who connect with supporters, volunteers, schools, community groups, and businesses across Wrexham, Flintshire, Denbighshire and Shropshire.

Each member of the team has a designated area they support, and they work together to promote hospice fundraising campaigns, including the Christmas Tree Collection, Rudolph Run, and Cuppa Club.

They head out to our communities every week to promote the services provided by the hospice as well as help people raise money towards our **£5.6 million** annual running costs.

The trio are relatively new to the hospice – all having joined the team



within the past 12 months. But they have all settled in extremely well.

Charlotte said: *“We make an amazing team. We all have very different skills, but that’s why we work so well together.”*

Mike added: *“I am constantly in awe of the lengths people will go to in order to support us. Our volunteers are amazing and are always eager to help, nothing is ever too much for them.”*

*“My mum passed away here, so I have a really close connection with the hospice. It feels good to be able to give something back. I am so proud to do what I do for the hospice.”*

Vicky added: *“Every day is different. I learn something new each day, and it is by far the most interesting and rewarding job I have ever had. I love*

*every aspect of it.*

*“We cannot thank the community enough for what they do for us every day.”*

Asked what they enjoyed most about their roles, the trio were in agreement that it was to play a huge part in helping to meet the costs of providing specialist care to those in the community who need our support.

Charlotte added: *“It’s a vital service for the community, and I am so proud to work here. I am so very grateful to those who make the effort to support us and raise money for the hospice.”*

The team is here to help you achieve your fundraising goals. Please call **01978 314292** to speak to a member of the team.

## Paddy McGuinness shines a light on child bereavement services

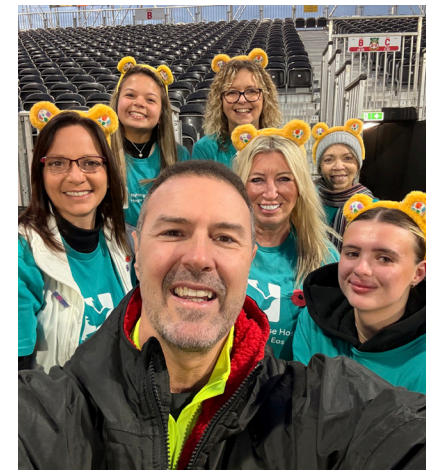
Top comedian and radio host, Paddy McGuinness highlighted the vital work of Nightingale House Hospice’s Child Bereavement Service as part of his recent Ultra Endurance Cycle Challenge for BBC Children in Need, back in November last year.

Cycling nearly 300 miles from Wrexham to Glasgow, Paddy’s challenge will help raise funds for projects like Nightingale House’s one-to-one and group support for grieving children.

Before setting off, Paddy spoke with Jackie Rowley, the hospice’s Family Support Team Leader, on BBC Radio 2’s Zoe Ball Breakfast Show.

He was moved to learn the service provided nearly 370 bereavement sessions last year. Jackie said: “It was great to tell Paddy about our work. His challenge is incredible, and we were behind him all the way.”

Paddy described the hospice’s support as “invaluable,” helping children navigate grief and cherish memories of loved ones.



## Wrexham AFC players spread Christmas cheer at Nightingale House

Players from Wrexham AFC brought festive joy to the hospice with a special visit before Christmas.

Tom O’Connor and Eoghan O’Connell from the men’s team, along with Erin Lovett, Phoebe Davies, and Rosie Hughes from Wrexham AFC Women, spent the afternoon chatting with patients, signing autographs, and taking photos.

They also met young Wrexham fan, Bethan Williams, who is receiving bereavement support

at the hospice. Bethan, who lost her grandad in August, was gifted match tickets for her family.

Her mum, Katherine, said the visit was a huge boost, inspiring Bethan to give back by planning a charity netball tournament.

Sarah Povey, Corporate & Donor Relationship Manager, thanked the players for their time, saying: *“It was a fantastic afternoon, and we all thoroughly enjoyed it.”*



## Taking nursing to the next level

At Nightingale House Hospice, our dedicated nursing team plays a crucial role in providing expert, compassionate care for patients with life-limiting illnesses.

Lucy Edwards is currently in training to become a Clinical Nurse Specialist in Palliative Care.

Lucy’s role focuses on holistic, person-centred care, ensuring patients and their families receive the emotional, physical, and psychological support they need.

Lucy said: *“You get to build that bond, follow their journey, get to know their carers, and give them that whole holistic, person-centred care.”*

Unlike in a hospital setting, our nurses have the time to truly get to know each patient and tailor their care.

Lucy continued: *“Everyone is on time constraints now. They’ve all got a certain 10-minute time slot, whereas here, we’ve got more time,*

*where we can fully understand the situation, patients can massively offload, and we achieve so much.”*

At Nightingale House, we also believe in investing in our staff and supporting their career development. Lucy is currently studying for a Master’s Degree in Palliative Care at Edge Hill University, supported by the hospice.

Explaining how Nightingale House have helped her, Lucy said: *“I applied for my Masters, and I was supported in completing the application, with funding, study days, and placements.”*

*“I’ve been supported every step of the way. My training will help to enhance patient care moving forward.”*

Hospice nursing is not just about end-of-life care, it’s about helping patients live as well as possible. Lucy added: *“Hospice isn’t just for dying, it’s for living.”*

Through teamwork, training, and a compassionate approach, our nurses make a real difference every day.

Sharing what she gets out of working here, Lucy said: *“I feel I get pride and a massive sense of achievement working at Nightingale House.”*



## The Sun Trevor raises £30,000 and Dennis Taylor helped them celebrate

The Sun Trevor pub in Llangollen has reached an incredible fundraising milestone, raising **over £30,000** for Nightingale House Hospice through their weekly pub quiz.

To celebrate, former World Snooker Champion, Dennis Taylor joined them to present the cheque.

Owners Paul and Katy Jones, alongside Quiz Master, Maggie Smith, have run the quiz for 10 years, bringing the local community together for a fun-filled way to

support a great cause. Maggie chose to fundraise for the hospice after her sister-in-law, Sandra, was cared for here.

Their dedication was recognised in early 2024 at the House of Commons, where they received the Community Fundraising Hero Award for Wales.

Nightingale House Community Fundraiser, Mike Jones said:

*“This incredible donation helps us provide vital services like*



*hydrotherapy. We can’t thank The Sun Trevor team and their quiz players enough!”*



# SUMMER SUPER DRAW

100% OF PROFITS GO TO NIGHTINGALE HOUSE HOSPICE

To celebrate the hospice's **30th Anniversary year**, we are giving away 6 prizes in the Super Draw this summer.



Nightingale House Hospice  
Hospis Tŷ'r Eos

CLOSING DATE: 15<sup>TH</sup> JUNE 2025

DRAW DATE: 20<sup>TH</sup> JUNE 2025

**01978 313134**

[NIGHTINGALEHOUSE.CO.UK/SUMMERDRAW](https://NIGHTINGALEHOUSE.CO.UK/SUMMERDRAW)

**6 FANTASTIC  
PRIZES TO BE WON!**

**TOP PRIZE:  
£5000**

**+ 5 x £1000  
TO BE WON!**