



New bladder scanners for the Hospice



A world record making a real difference.

Alex Preston and Michael Pearce from Intrepid raised over £11,000 whilst playing squash for over 40 hours!

They secured a Guinness World Record and the money raised has enabled us to purchase two mobile bladder scanners. The mobile scanners will be used at the Hospice and by the community nursing team, allowing them to quickly monitor and diagnose any issues with patients more easily.

Previously the Hospice had to borrow a scanner from the hospital or move the patient to where the scanner is located

within the hospital, causing stress and delays. The new, more discrete scanners will smooth this process, helping the team to improve the care they give to patients.

Alex was inspired to take on the fundraising challenge after his mum was cared for by the Hospice team. Alex said "We're so happy to have come together as a community and wonderful team of volunteers to break the world record for the longest squash marathon whilst simultaneously hitting our fundraising target and so gifting two bladder scanners to Florence Nightingale Hospice."

Welcome to our Spring update. This is a particularly busy issue as we put the impact of Covid-19 on our plans behind us and look ahead to the future.

Over the past year we have taken the opportunity to think about the future direction of the charity, and our role in ensuring that the right services are developed and delivered to meet the needs of all the patients and their families in our area. As an organisation we have defined our vision and, with your support, will **aspire to deliver the best hospice care for everyone in Buckinghamshire and borders who needs it - wherever and whenever they need it.**

We know that there will be challenges ahead - with an ageing and growing population in Buckinghamshire the demand for hospice care is going to increase. We already know that the need for more complex care over extended periods of time is going to increase. And we know that there are some sections of the population who might benefit from our specialist services who do not currently access hospice care.

So one of our priorities this year is to carry out a comprehensive review and evaluation of current services, to identify the needs of our local population and research best practice from other hospices across the UK to identify how we can improve and develop hospice care provision to meet the needs of all our patients, whatever their situation and

wherever they live in the region. We look forward to sharing the results and our plans with you once this is complete.

To deliver this vision, we will continue to rely on the support and generosity of our local communities who do so much to fund local hospice care. We have a busy year of events ahead of us, with the introduction of some exciting new ones to the calendar, as well as those events and challenges our supporters organise themselves. Our shops continue to go from strength to strength – this year we've already seen one new shop open, in Beaconsfield, with another due to open very soon in Hazlemere, and there are plans to open even more later in the year.

Thank you for your part in making our care possible – our patients and their families speak so highly and with such love about the important role the hospice team play in their lives, they really do make such a difference at a time of stress and anxiety.

Jo Turner, CEO



Day Hospice Christmas Party returns

One of our favourite occasions of the year – the Day Hospice Christmas Party finally returned in December after being postponed in recent years due to the pandemic.

Everyone got into the festive spirit by dressing in their best Christmas attire,

wearing hats, props and tinsel for a wonderful Christmas dinner, dancing and games. The fantastic Bedgrove Junior School choir helped to spread Christmas joy with their beautiful singing.

Thank you to the Day Hospice team for making it a day to remember.



More funding for specialist palliative care training

The Henderson Educational Foundation was set up in 2018 in memory of husband and wife, Jim and Karen Henderson. Karen was a former matron at the hospice and Jim a former Trustee of the charity.

The fund aims to provide grants and bursaries for ongoing professional development and specialist training for staff and volunteers working at Florence Nightingale Hospice. In turn this will improve the quality of care given and provide improved services to patients, their carers and families.

In November it was agreed to increase this fund from £4,000 per year to £10,000 per year. This will mean that in 2023 more nurses and other healthcare professionals will benefit from specialist training courses, helping them to increase their knowledge of palliative care and providing them with the latest pain management techniques.



“I trust the people here, it’s my only safe space to come out and be social”

Living with a life-limiting condition brings many challenges. One common issue is leaving the house and being social as patients find it becomes increasingly difficult to get out and about, due to stopping driving, mobility issues or the fear of picking up a virus and the complications this might bring.

We spoke to Linda, who recently joined our Day Hospice group, about how it has helped her. Although living in Wendover, she is under the care of the regional sarcoma unit at the John Radcliffe Hospital in Oxford and knew very little about the support available for Buckinghamshire patients.

“My condition makes breathing very difficult and I looked for a local exercise class which would help with this. It was there that I met a physio who suggested

I should attend an assessment at the Hospice.

I was really reluctant to come to the Hospice, even just for the assessment – I really didn’t think it was for me, I wasn’t ready to come through these doors. But my oncologist advised me to stick with it, and they were right. I now look forward to coming here each week.

Because of my issues with breathing I’ve been advised by my doctors to not mix with the public due the risks that colds, flu and Covid present to me. I am now very careful about who I share space with and don’t really go out anywhere. I get my shopping delivered so now this is the main place that I go each week.

I trust the people here, it’s my only safe space to come out and be social.

There are so many benefits to coming to Day Hospice. I get to take part in the art therapies; there is such variety, I’ve done fabric painting, flowering arranging, mosaics and drawing. Karen, the creative therapist, is always there to help. The volunteer therapists are amazing – my



condition means I carry a lot of tension in my neck and shoulders and I can have a massage here each week to relax my muscles and reduce stress.

But the biggest benefit has been the access to professionals who know me and my condition. I can talk to them about any concerns I have, and they can signpost me to other services or find a doctor to look at my medication without any issues. I don't have to worry about getting an appointment with my GP. They've helped me find more support locally which was something that was really missing for me.

I found the word 'hospice' so off-putting but now I would tell anyone, 'don't be afraid'. **The Hospice is calming, reassuring and supportive and has helped open my world back up.**"

Day Hospice supports patients who are living independently with a progressive life-limiting illness.

The sessions offer individual care for patients through therapeutic treatments, pain and symptom relief and a range of psychological support.

Patients have access to a team of specialists including Nurses, Physiotherapists, Occupational Therapists, Doctors, Complementary Therapists, Spiritual Care Team and Creative Therapist.

There is no cost for patients to attend Day Hospice, which is a service commissioned by the charity and made possible thanks to the ongoing generosity of our supporters.

Hospice Hearts

We have been overwhelmed by the recent response to our appeal for our crafty supporters to make more 'Hospice Hearts'.

These hearts are offered to patients and families when a patient is admitted - one heart is given to a patient, and the other taken home with family.

"Having something to touch and hold, knowing that their loved one has the exact matching thing with them is very special and we know the hearts provide great comfort to our patients and their families," say Liz Monaghan, Lead Nurse for Palliative & End of Life Care at the Hospice.



If you would like to knit some 'Hospice Hearts' visit fnhospice.org.uk/hospice-news/hospice-hearts-appeal

Introducing the Walk of Light...

We are exciting to launch our new summer fundraising event! Join us on Saturday 24th June for our first ever Walk of Light, celebrating and remembering those we knew and loved.

- Choose your start time during the evening and enjoy our 5 or 10 mile routes around the beautiful Watermead Lake and peaceful green spaces of Meadowcroft.
- Dedicate a Light of Love to a loved one or write a message of thanks or support to our nurses
- Stay to cheer our walkers over the line and watch our closing ceremony at 9.30pm as the sun sets and we illuminate the lake with hundreds of Lights of Love and watch a beautiful low noise firework display.

Register now at: fnhospice.org.uk/walk-of-light to be part of this inaugural event which we hope will become a fixture in our annual fundraising calendar, seeing hundreds of walkers come together to raise funds and show their love for those they've lost and their thanks to those who were there to support them along the way.



WALK OF LIGHT

Saturday 24th June
Watermead, Aylesbury
£20 (£17 Early Bird)
includes T-shirt & medal
Under 11s FREE



Book your early bird place by 30th April



Forget-Me-Nots at Waddesdon Manor

Our Forever Flowers event will return for a second year, seeing loved ones remembered this spring with a beautiful display at Waddesdon Manor consisting of 1,000 metal Forget-Me-Nots – each one crafted by Travellers Finds, especially for Florence Nightingale Hospice Charity and dedicated to the life and memory of someone special.

Forget-Me-Nots have long been a symbol of remembrance but also an enduring connection with those we love. Our special 2023 flowers will represent the love and memories held dear which are carried in our hearts forever, and each

flower is crafted by hand making them as unique as the person they represent.

The display will be sited at the Manor's Aviary Gardens, those who have dedicated a flower will be invited to a private viewing on 17th April. The installation will then remain on display to the public during their visit to Waddesdon Manor from Wednesday 19th April for two weeks.



Dedicate a flower and find out more about the event at fnhospice.org.uk/foreverflowers

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2022 – A year of big numbers for our retail team



In the last year we have:



Kept **626 tonnes** of textiles out of landfill



Raised **£79,262** in Gift Aid



Recruited an additional **115 volunteers**



Sold **312,524 donated items**

Thank you to all our fantastic customers, volunteers and donors who helped our shops achieve a record-breaking year in 2022 – making more money, serving more customers and handling more donations than any previous year since our first shop opened in Aylesbury in 1993!

The shops raised over an amazing **£1.5million** during the year, thanks to your generous donations of clothes, bric-a-brac, media and furniture and the ongoing support of our customers, which will make a real difference to the care we can deliver to our patients and families.

If you're having a declutter, do think about bringing your unwanted clothes, household items and media to your local Florence shop, which can be found all across Buckinghamshire, and help us break even more records in 2023!



The retail team are hoping to break even more records this year, with the recent opening of our Beaconsfield shop, the upcoming opening of our Hazlemere shop and the expansion of our Online Sales Team.

Find your nearest FNHC shop at fnhospice.org.uk/shop



@fnhc_official



@fnhc_shops

ebay volunteers needed

As an eBay volunteer you can get involved with researching donations, photography, listing items, picking, packing or posting.

If you are a keen online shopper and know your way around eBay, Vinted or Facebook Marketplace this could be the role for you.

Register your interest by visiting:
fnhospice.org.uk/volunteering



Sustainable Fashion Style

Students are hitting the catwalk with Sustainable Fashion Shows this Spring, upcycling and upstyling outfits donated to our shops, and raising funds for the charity.

Aylesbury High School students have been repurposing some of our donated clothing donations into new outfits as part of their inter-school Art competition which will culminate in a fundraising Fashion Show in March. They will also be operating a donation station on the night, encouraging other students and parents to donate their preloved clothes and get involved with the sustainable fashion movement.



Eleven students from **Aylesbury College** have been volunteering in our shops all across the county as part of their Fashion, Beauty & Communications course, and collecting donated outfits to restyle and sell at their Fashion Show. The students will also be running a pop-up shop at the event to raise funds – last year's event raised over £1,000!



FNHC On Stage to make its return after huge Nativity! The Musical success



After the resounding success of Nativity! The Musical last year and the amazing £55,000 raised, we are delighted to announce that we will be bringing two more shows to the stage in 2023!



The Wiz, a musical take on The Wonderful Wizard of Oz, will take place on Sunday 27th August 2023 at Aylesbury Waterside Theatre. Once again we will be bringing together hundreds of local school children to take part in this amazing community project.

Auditions are currently in full-swing, with rehearsals taking place in the week leading up to the performance. Tickets will be on sale soon. For more information visit fnhospice.org.uk/thewiz

Nativity! Comes to Wycombe

We are delighted to be bringing our On Stage productions to High Wycombe this October and registration for auditions are open now!

This fun-filled classic will give local children the chance to spend a week rehearsing with experienced theatre professionals, culminating with a performance on the theatre's main stage.

Find out more at fnhospice.org.uk/nativity

Joshua took part in our 2022 production of Nativity! The Musical shortly after the death of his beloved Nan, who spent her final hours at the Hospice.

“Joshua’s Nan had suggested he tried performing arts to help with his anxiety, as he loves to dance and sing. He decided that auditioning for Nativity! The Musical in her honour would be a fitting tribute. The show was just amazing. His anxiety reached a record low, and he willingly read scripts and song lyrics, something we’d never have imagined. Not because he’s not capable, but because he became so overwhelmed. The stage makes this boy shine with a confidence which we never thought we’d see. His precious Nan is to thank, and we’re sure she was beaming with pride.”

Our performances are an amazing opportunity for children with a passion for performing, to shine on the big stage. All while raising money to help us to deliver the best possible hospice care for everyone who needs it across Buckinghamshire and its borders.

Santa Dashes a great success!

December saw lots of Santa Dashes taking place, both in schools and in the community. Thanks to the fundraising efforts of our supporters over £13,000 was raised from the events collectively.

The community Santa Dash took place in Aylesbury town centre, with over 200 eager participants braving Arctic conditions. The family-friendly fun run, kicked off the festive season in style with dashers sporting their most festive finery. Despite the freezing conditions, spirits were high with participants enjoying a performance from Bedgrove Junior School Choir and much needed warm-up session from local fitness duo Jonika Fitness.

Young dashers from nine local schools also took part in their own festive events and received a very special visit from Florrie Bear!



Thank you to all the pupils who took part from: Aylesbury High School, Bedgrove Junior School, Bishop Wood CofE School, Dundale Primary School, Edlesborough Primary Academy, Goldfield Infant School, Kingsbrook Pre-School, Kingsbrook Primary, Kingsbrook Secondary School and Oak Green School.

YOUR STORY

We are dedicated to ensuring that hospice services are in place to support patients and their loved ones right from the point of diagnosis and help them live their life in the best way they can with their condition.

The team of consultants, nurses, healthcare assistants and allied health professionals are there to help maximise their quality of life, keep their independence and to give the information needed to make decisions along the way.

Vicki's Dad, Jed was diagnosed with stage 4 prostate cancer in April 2021, he was in pain and spent long periods in hospital. Jed was referred to the Hospice for palliative care and began to receive visits at home from Cleo, a Clinical Nurse Specialist in the community, who put in place a package of support measures to help manage his pain.

"Cleo's support was amazing, she built a brilliant relationship with Dad, he really respected her and listened to her. She was also a great support to the whole family, we knew we could always ring her, which was a great reassurance. She helped us to make those difficult decisions. It felt less stressful knowing a plan was in place that we all agreed on."

Jed regularly visited Sue and Sandy in the Lymphoedema Clinic who offered advice and treatment to help ease pain and manage swelling, which had been caused by Jed's illness. The nurses designed a personalised treatment plan for Jed so that he could manage his pain at home by completing daily exercises.

Jed also visited Kerry at the Hospice's physiotherapy clinic who created a plan for Jed to help him to stay mobile and keep his independence whilst living at home,



enabling him to do the simple things he loved like gardening and having BBQs with friends and family.

Vicki told us "We made the most of every minute. One thing I loved was that every morning he was grateful to be here, although he had times where he felt worried or was in pain, he was generally so upbeat and positive, it was amazing to watch and see".

Unfortunately, some months later, the spread of Jed's cancer progressed quickly, and it was decided that medically no more could be done. Jed's family focused on making him comfortable at home with the support of the FNH@Home team.

Reflecting on the level of care the family had received, Vicki told us "Until we lost Dad I didn't know much about hospice care. I didn't know about the huge package of care and support available at home, the clinics, the physio and the support given not just to Dad but to the whole family, we couldn't have done it without them".

Make a Will Month

Did you know that over 50% of people in the UK do not have a written Will? If you die without one there are rules which dictate how your money and possessions are distributed, and this may not be in the way you would wish. Therefore, it is important to have a Will in place to ensure your wishes are heard and carried out.

During the month of June, we are pleased to offer the opportunity to write a new Will, or update a current Will, free of charge, in return for a donation to Florence Nightingale Hospice Charity. It is simple and easy to do, just visit our website for details of our partnered solicitor, **BWK Solicitors** and they will make an

appointment and support you through the entire process.

By making a will, or updating it to reflect changes to your circumstances, you will not only be protecting your future, you will also be protecting the future of those needing hospice care.



Find out more by visiting: fnhospice.org.uk/make-a-will-month, or contact Michelle Merrison at michellemerrison@fnhospice.org.uk or call 01296 429975

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25 years of volunteering!

Congratulations to Vee & Geraldine who have each recently completed an amazing 25 years of voluntary service in our shops.

Vee told us “Although hard work, I’ve found 25 years volunteering in the Wendover shop such fun and so rewarding. The success of the shop is all down to the amazing donations from local residents. Regular customers and visitors from far afield compliment us on the excellent presentation and quality of goods displayed which contributes to raising much needed funds for such a worthwhile charity.

I would recommend to anyone with a day or even half a day spare to join us, you won’t regret it!”

Geraldine tells us “I became a volunteer the same year as I lost my late husband. Back then there were stalls at summer fetes, beer festivals and days standing outside our shops greeting our supporters and gratefully receiving their donations.

Now I volunteer at the Haddenham shop, we are a jolly group enjoying some friendly company, knowing we have a common cause and commitment to help this wonderful charity... and of course there is always coffee, tea and biscuits!”



Thank you

Volunteer awarded British Empire Medal



Through her outstanding efforts in the community, which include regular coffee mornings, cleaning, and ironing, Rosemary raised an incredible £6,485 for Florence Nightingale Hospice Charity last year, with hopes of beating that amount this year! As if that wasn't enough, Rosemary also regularly donates her time and services at the hospice inpatient unit.

"I've always felt the need to put back into life what I have had from it. Having started my nursing career at Stoke Mandeville Hospital in 1964, to now be back in my retirement volunteering at the Hospice is something very special." Rosemary said.

We would all like to extend a huge congratulations to Rosemary for her award, and a huge thank you for the ongoing support shown to our charity.

We love to see our volunteers receive the recognition they deserve, so we were over the moon to learn that our hospice volunteer Rosemary recently received a British Empire Medal for her services to charity and the local community.

Volunteer with us

We have a variety of roles available....

Retail

- Charity Shop Volunteer • Retail Social Media Volunteer
- eBay Volunteer • Driver's Mate

Hospice

- Evening & Weekend Reception
- In-House Helper • Hospice Therapist
- Hospice Driver Helper • Hospice Gardener
- Bereavement Listener • Day Hospice Helper

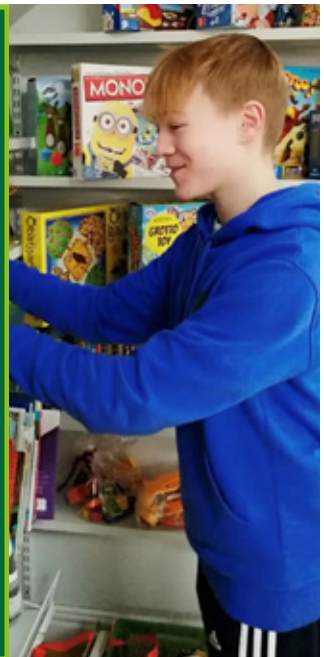
Community

- Florrie Bear Volunteer • Collection Tub Community-Volunteer • Sustainable Fashion Ambassador
- Event Volunteer

Head Office

- Reception Cover • Marketing Volunteer • Administration

Register to be a volunteer by visiting
fnhospice.org.uk/volunteer



A warm welcome from Beaconsfield

We were very excited to finally open the doors of our new shop in Beaconsfield during January, with Mayor Alastair Pike cutting the ceremonial ribbon. We have received an outpouring of support from local residents and businesses and were thrilled to see customers queuing to see what our shop had to offer.

Carla Merola, the new shop's Manager said: "Thank you to everyone who attended our shop opening and made it such a success. We've received a very warm welcome from the local community so far, with some sharing their own experiences of our Hospice. I look forward to meeting many more Beaconsfield residents over the coming weeks and months."



We are seeking some fabulous volunteers to join the team and help to make the shop a success. Di, has recently volunteered and says "I love to be busy and enjoy the company of other people - I love being on the shop floor, especially in such a fantastic shop, it's like a boutique! I'd encourage anyone to try volunteering here."

14 The Broadway, Penn Road, HP9 2PD
Monday – Saturday: 9.00am – 5.00pm

Follow Beaconsfield on social media



@FNHC.Beaconsfield



@fnhc_shops

Another new shop, coming very soon....

We are thrilled to announce that a new shop will be opening late spring in Hazlemere. Our shop will bring the best of preloved fashion, accessories, toys and much more to Park Parade.

Lily Caswell, Head of Retail says “We are delighted to become part of the community of Hazlemere and look forward to welcoming you to our shop. As an increasing number of people will need hospice care locally, we are opening more shops across our communities to generate sustainable funding to ensure the best hospice care is available for everyone who needs it in Buckinghamshire and its borders”.



If you would like to volunteer at our Hazlemere shop, register your interest by visiting fnhospice.org.uk/volunteer

36 Park Parade, Hazlemere
Opening Spring 2023
Monday – Saturday 9.00am – 5.00pm
Sundays: 10.00am - 4.00pm

Outreach services at Hazlemere shop

We are also very pleased to announce that specialist bereavement support and outreach services will run out of a dedicated room in the Hazlemere shop.

Our wonderful team of Bereavement Listeners will be able to meet with relatives face to face offering a listening ear to the people of Hazlemere and those nearby.

For more information visit

fnhospice.org.uk/hospice-care/diagnosis-and-bereavement-support call 01296 332600 or email bht.fnh.bereavement@nhs.net

Sustainable shops

By keeping so much out of landfill, our shops are already helping the planet, but we want to do more. This spring, we are doing a ‘green audit’ on our shops to see how we can do things better. We will be working with our shop teams, suppliers and landlords to make changes to our shops so they are as run as sustainably as possible. We’ll update you about what changes we’ve made in the autumn edition of our newsletter.



Follow Hazlemere on social media



@FNHC.Hazlemere



@fnhc_shops

FNH@Home

Last year we were thrilled to be able to grow our FNH@Home team, who offer patients and families the care and support they need to be able to spend their final weeks and days at home. New nurses and healthcare assistants have joined the team enabling them to provide care to more patients, and over a longer period of time offering continuity of care and familiar faces during the toughest of times.

We spent some time with **Fiona Mitchell**, FNH@Team Lead, to learn more about the service.

“I moved into palliative care five years ago, after being a Ward Sister of a surgical ward. I was inspired to make the switch after seeing at first-hand the experience of seeing a loved one being cared for in a busy hospital – I knew that hospice care could offer so much more continuity of care and dignity for patients.

“We often find that family members are worried that their loved one won’t get the same support and care if they stay at home and are surprised that our At Home service exists. We bring the hospice to the patient, giving them the independence to choose to spend their final days at home, cared for with dignity, surrounded with their family and familiar things. Our priority is always the patient and ensuring they get all the care they need.

“We are there to support all those around the patient, to spend time with them addressing their fears and answering their questions. We know and understand how alone and overwhelmed they might feel and will do all we can to support them, and allow their loved one to fulfil their wish to stay at home as long as they can.



“It is a privilege to spend time with patients and see them through their journey, it is more than a job, it is doing something that I love.”

FNH@Home is a service commissioned by the charity and made possible thanks to the ongoing generosity of our supporters.

“The staff are beyond amazing, they care and make caring look easy.”



Linda was diagnosed with pancreatic cancer in 2020, just a few months into the pandemic. She received treatment with the hope of giving her a little more time with her husband of over 50 years, Alan, and her five grown-up children and ten grandchildren who she loved dearly.

Unfortunately, minimal time was gained and when she was told there was no more that could be done, she was introduced to the Hospice team.

Linda was keen to remain at home, but her family were unsure if they could make this possible. Then the FNH@Home team arrived, offering guidance and support. Linda's daughter Anna told us,

“On our own we couldn't have supported her as well as we did. The help and guidance of the hospice 'at home team' was amazing and helped her maintain

her dignity. The support we were given meant we could keep Mum at home and give her the care she needed, surrounded by her own things and feeling more secure during each step.”

As Linda's health deteriorated the FNH@Home Team spent more time with Linda and the family offering advice and empowering the family to make decisions. The team promised to give Linda dignity in her own home and individual care, with the familiarity of her family close by. Together, they were able to deliver Linda's final wish.

“Sitting downstairs and listening to the team talk to Mum upstairs in her room explaining what they were doing and why they were doing it was so empowering. They treated her with dignity and as an individual even in her most sick moments. This made us feel that they really cared and wanted to make a difference to Mum's life.”

“As a Pastor at Aylesbury Vale Community Church, she loved people and God. She touched many people's lives with her generous, caring and compassionate approach. And we saw that in the care of the hospice team.

We cannot thank them enough for their kindness, support and care. They are all amazing, from the nurses, to the carers to the admin staff. They truly are special, they understand grief and make painful, life-changing moments a little more bearable.”

CHALLENGE

Complete a challenge for charity – we will be with you every step, pedal and jump of the way!



So many supporters take on challenges each year for us, between them raising thousands of pounds to help us provide local hospice care. We've seen people run many different distances, cycle all over the country, walk miles and miles, and even jump out of planes and abseil down buildings!

Our challenge events calendar is full of ideas and events to inspire you and is updated throughout the year. Take a look at fnhospice.org.uk/challenge-events



Skydive with us!

For those seeking an adrenaline-charged challenge, to mark a milestone occasion, to raise money for local hospice care or to celebrate the life of a loved one, why not consider taking on a skydive or tandem parachute jump for us?

We have two dates planned especially for Florence supporters at Hinton Airfield in Brackley on 12th May and 7th October.

Visit fnhospice.org.uk/challenge-events for more information



“My promise to my Dad”

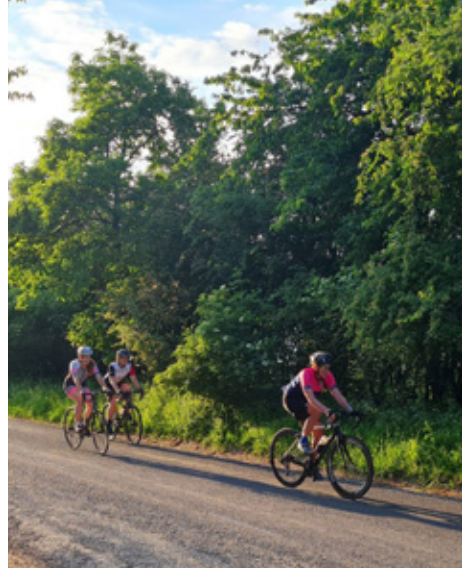
“I am excited to take part in the MK Half Marathon this year on 1st May, it's the furthest I have ever run so a big challenge. I promised my Dad, who was cared for by the FNH@Home team, that I would continue to fundraise for the charity and spread the word of the brilliant work they do. Every run I do keeps me close to my Dad” *Vicki French, supporter*

North Bucks Bike Ride

We are pleased to announce that the **Lions Club of Winslow** and **Winslow Wheelers Cycle Club** have chosen to raise funds for us as one of the three charities they are supporting from their North Bucks Bike Ride this year.

This will take place on Sunday 16th July, local attractions at the Buckinghamshire Railway Centre, Claydon House and Estate, Hogshaw Farm and Quainton Windmill will be opening their doors to welcome leisure cyclists and families to enjoy the opportunities to stop off at these venues along the 20k and 30k routes with free entry on the day.

The longer, competitive courses will range from 60km, 100km or 100-mile rides. Chip timing will be in place and mechanics from Blue Horse Bikes and Corley Cycles will be on hand to assist throughout the course.



Registration is now open, sign up here:
www.northbucksbikeride.info

Raising funds through challenges makes all the difference to our ability to be there for patients, now and in the future.

£50

could pay for a respite visit for a sick child and their family

£290

could fund a nurse's shift for FNH@Home

£800

could fund a session of our Day Hospice

Last year our challenge fundraisers raised over
 £100,000 for local hospice care!

Classical concert returns for a second year

Aylesbury Vale Concert Orchestra will be returning to the Waterside Theatre in June in support of our FNH@Home team. The concert was a resounding success last year, raising £8,546 for local hospice care.

Concert organiser, **Sue Hirst** tells us “The work these nurses do is priceless and it’s so important to help continue this work and we’re using music as a way of bringing people together for such a good cause”.



The concert will take place on Sunday 25th June from 4pm. To book tickets visit atgtickets.com/aylesbury or call 0844 871 7615

Pilgrim’s Way Walk

We are delighted that our long-standing supporters, **Buckinghamshire Freemasons** are organising a walking challenge through the beautiful North Buckinghamshire countryside this summer.

On Friday 14th and Saturday 15th July choose your distance from 5 miles to 50 miles, walking off-road along the

designated paths and stopping off at various Masonic Lodges for rest and refreshment.

Mark Duncan who is organising the challenge says “Buckinghamshire Freemasons have supported the Hospice for the last twelve years by amongst many other things, marshalling the Midnight Walk and being the event’s main sponsors for the last three years. We have organised this event in aid of our Hospice as a part of our Freemasonry in the Community programme and hope that the charity’s supporters will join us to raise much needed funds.”

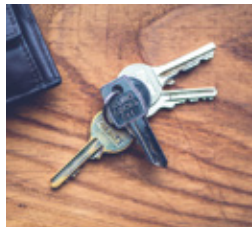


It’s FREE to sign up, you must register in advance. Visit: fnhospice.org.uk/pilgrims-way-walk

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A big thank you to...

Everyone who has done any fundraising to support us – we really appreciate everything you do, and love hearing about your activities and events so do let us know what you have planned and if we can help at fundraising@fnhospice.org.uk



A massive thank you to the **Bierton Events** team who raised £1,800 from their 5k run and village santa float.



Thank to **Haddenham Community Support Group** who raised over £3,700 for the charity last year from many different fundraising events.

A big thank you to **The Watermead Inn** and its patrons who raised £600 at a Christmas Quiz night.

Thank you to **Molly's Community Café in Steeple Claydon** for donating your tips November and December to us in memory of Emma-Jayne Shudell– raising a total of £137.

Thank you to the **Quaintwood Players** for their wonderful production of Calendar Girls – raising £865 for our charity!

Thank you also to **Warren Iqbal** who match funded **Quaintwood Players** – donating a further £865!



Thank you to the **The Seven Stars**, Dinton for raising £300 at your Christmas light switch on.

A massive thank you to our volunteers who set up their annual Christmas gift wrapping stand in Friars Square Shopping Centre your efforts raised £1,800.

A massive thank you to **Aylesbury Aces Bridge Club** for raising £770 at their charity tea bridge event in October.



Thank you to **ASM Auto Recycling** for raising £1,156 on the run up to Christmas through their corporate fundraising.

A big thank you to **Great Kingshill CofE Combined School** who raised £870 in donations from staff, pupils and their families.

A massive thank you to **Vicki French** for organising a Rock Night at the Aristocrat Pub in October raising £910. Vicki also took part in our Santa Dash and is currently training for the MK Marathon in memory of her Dad, Jed who was cared for by the FNH@Home team last year. Thank you for all your fundraising efforts.

A huge thank you to **Aylesbury Malayali Samajam** who raised £750 at their New Year's Eve bash.

Thank you to **J Brown Funeral Services** for arranging Halloween trails in Wendover & Amersham – raising a combined £1,028.



A big thank you to **Pure Offices** and their resident businesses, who helped to raised £400 for “Share The Love” Day on Valentines Day.

You can now add your own fundraising events to our website, visit fnhospice.org.uk/add-your-event



Thank you to all the local businesses who choose to support our charity in lots of different ways...



In recent years **Aston Commercial Cleaning** have been working closely with us raising funds though their excellent cleaning services: but over the coming months Steve Bryant (Director) has offered to clean our showroom carpets and our retail stores as a complimentary service. This is vital in keeping our shops and showroom facilities clean, fresh and beautifully presented. If you see Steve and his team at any of our locations doing his wonderful work, give him a wave from us!



Thanks to **Radley Windows and Doors** for providing the staging and audio for our Tree of Light service.

Thanks to **Alcom IT** and **Lightfoots Solicitors** for supporting and sponsoring our Forever Flowers event which is due to take place at Waddesdon Manor in April.



A huge thank you to **Aylesbury Waterside Theatre** and their panto audiences for their continued and generous support – the theatre has held a bucket collection for our charity at the end of every panto performance since 2010!

Thank you to **Alcom IT, APS Accountancy Ltd, Dell Motor Services Ltd, George David Estate Agents** and **Kidd Rapinet Solicitors** for sponsoring our Santa Dash in December.

Introducing.. Tony White



"It's a privilege to be able to work for such an amazing hospice charity and I look forward to building and expanding the partnerships we

need to be able to support patients who would benefit from our care." If you know anyone in business that would like to see how they could help support the charity, I would love to hear from you."

Tony White, Corporate Fundraising Manager
tonywhite@fnhospice.org.uk
or call 01296 429975

In your words

Every day our hospice staff care for and support patients and their families through the most difficult times. And this is only possible thanks to the support of so many people – donating money, goods and time, taking part in events,

sponsoring others, legacy donations, corporate support and so much more. We appreciate every effort that is put in to raising money for local hospice care – here are just some of the reasons why so many people support our work.

The staff were a truly delightful and sympathetic group of professionals that did their best in what was possibly one of the worst weeks of my life.



They took such incredible care of my dad towards the end of his life - they made things for him as comfortable as possible and were such kind and caring people. They were not only there for my dad, but they were also there for my family too.



We as a family were supported throughout the toughest days in our lives. The staff were special people and their kindness will never be forgotten. They make a difference to so many lives every single day.



When you are facing the fact that you will be losing a loved one, the one thing you need is time with that person, the Hospice gave us this chance. I will cherish the time I had with my sister at the end of her life.

It's a truly special place full of extremely caring people who made the hardest time of our lives as easy as possible to deal with.



Photo credits in this issue to Derek Pelling Photography, Neil Hannam Photography, Phil Richards Photography and Damon Mitchell Photography.



TOTALLY TRIBUTE

FRIDAY 7TH JULY 2023

ROB LAMBERTI

GEORGE MICHAEL

TRIBUTE

ULTIMATE ELTON NOASIS

THE FREDDIE & QUEEN EXPERIENCE THE DOLLY SHOW



SATURDAY 8TH JULY 2023

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