



Florence  
Nightingale  
HOSPICE CHARITY

Autumn 2023

# News



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# Welcome to the Autumn issue of our newsletter.

I would like to start by thanking everyone who has supported our charity, in whatever way, over the past year.

You have helped us be there for over 1,300 patients and their loved ones in 2022/23, giving them the specialist and individual care they need to make the most of their time together. Your donations, fundraising and sponsorship have helped fund over £1,290,000 of hospice care all across Buckinghamshire and its borders.

This simply would not be possible without the continued support of individuals, groups, businesses and grant-making organisations. Your choice to support us has made a real difference to the lives of people all over our region, going through some of the hardest times.

It has been fantastic to see a full programme of events this summer, from the launch of our Walk of Light and The Wiz at Aylesbury Waterside Theatre to supporter events such as AVCO's Classical Concert, Buckinghamshire Freemason's Pilgrims' Walk and Winslow Lions' North Bucks Bike Ride to name just a few. We have had some great fun days at community events ourselves, competing in the Aylesbury Soapbox Derby with our partners at Kamtech and running our pop-up shop at Bucks County Show.

This October we will be celebrating 30 years of Florence shops, marking the opening of our very first shop on Market Square in Aylesbury in October 1993. With thirteen shops now, our retail operation has been growing quickly over the past couple of years to help us raise

the income we will need to meet the increased demand for care in the future. Read more about this on page 9.

Volunteers continue to be at the heart of our charity and we have been fortunate to see our volunteer numbers continue to grow over the past year, bucking the trend of many other charities. Earlier this year we asked our volunteers to give us their feedback on their experience and we were delighted and so proud of their responses with 90% saying they would recommend volunteering with us. You can read more about their feedback on page 15.

We are delighted to welcome a new Trustee to our board as an HR specialist. Tracey O'Hara headed up our HR and Volunteering Team and brings with her a wealth of knowledge and experience to help us as the charity continues to grow in order to meet our vision - to ensure the best hospice care is available for everyone in Buckinghamshire and borders who needs it.

Thank you again for your support – we could not do this without you.

Jo Turner, CEO



## FNH@Home Team pick up CARE award

We are delighted that our FNH@Home Team have recently received a CARE award from Buckinghamshire Healthcare NHS Trust.



Nominations are received from staff, patients and visitors and are given to individuals and teams who provide exceptional care and support, by living and breathing the Trust's values of collaboration, aspiring, respecting everyone and ensuring people take responsibility.

We were delighted to attend the presentation of the award and see the hard work of the team recognised.

Congratulations to the FNH@Home Team for their exceptional work in the community across Buckinghamshire and its borders.

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## Meet Laura, New Day Hospice Deputy Sister

Laura started in her role in July having spent the last twenty years working in Community Nursing as a District Nurse.

“This is honestly one of the most positive places I have ever worked, it really is the best job in the world, it is such a welcoming, supportive and warm setting for our patients.

It is wonderful that our patients can choose to take part in creative art projects, receive wellbeing therapies, get support and advice and also make friends and chat. It really does provide the opportunity to come along and do as the patients feels on that given day, there is no pressure on them, just support and advice in abundance if needed.”

We are delighted to welcome Laura to the

team and look forward to hearing more from her as she settles into the role.



October not only sees Hospice Care Week but also the anniversary of the first patient being admitted to Florence Nightingale Hospice. Over the years, thousands of patients and families have been supported by the Hospice team as our services have grown and extended, thanks to the generosity of our supporters.

Elaine's Nan, Maggie, was one of the first patients at the Hospice, and was very proud to present the flowers to the Duchess of Kent at its official opening on 16th October 1989. She was a regular visitor for respite care through her illness – and was happy to visit the Hospice to take some of the care burden away from the family and to receive the clinical care she needed.

*“She was a beautiful soul who never wanted anyone to have to help her. She was aware that her symptoms were distressing for others to witness, and I think that’s why she was always willing and happy to attend. I clearly remember the kindness and support that the newly-opened Hospice gave her.”*

Earlier this year Elaine's family needed to call on the support of the Hospice team again, when her mum, Rose's, cancer progressed. Elaine, her Dad, Tony, and her sisters Sandie and Kim, were caring for Rose at home by themselves until the GP suggested that they could benefit from some additional help and support from the FNH@Home team, a service launched in 2019 to care for patients in their final days and weeks at home.

“Mum and Dad had lived in the same house since 1968, where they had raised me, Sandie and Kim. It was Mum's wish to remain in the house during her illness and to finally die there. She loved her home, and the wonderful memories it held comforted her in her end. From her initial diagnosis she was adamant

that she did not want to die in hospital.

“Hearing that outside help was needed made my dad sad and he felt that he'd let her down because in his words 'it was my responsibility to care for her'.” But when the FNH@Home team visits started, we could see that Mum was feeling relieved. The specialised bed and equipment that was supplied was perfect for her needs and Dad was also able to relax a little and at 85 years old he really needed it. Every day we were all comforted knowing that the FNH carers were always either on their way or had been and were coming back later on in the day.



“At times when Mum’s pain caused her to become agitated, the nurses were just a phone call away and they would come immediately to ensure she was settled. This level of support made a huge difference to us all as our anxiety levels were reduced a little by knowing they were always there. She was finally comfortable, relatively pain free and

she had everything and everyone around her to ensure her death was as dignified, and as comfortable as possible. She was 89 years young when she passed away, her mind was still as sharp as a pin and she knew that she was at home with her life’s belongings surrounding her.”

## Remembering loved ones with Forever Flowers

A display of 1,000 stunning, hand-crafted metal forget-me-nots set in the beautiful grounds of the Aviary Gardens at Waddesdon Manor in April formed our second Forever Flowers installation.

Each of the Forever Forget-Me-Nots was dedicated to the memory of a loved one. It was a really special project for us at the charity and we were thrilled to see the end result, with many visitors commenting on the contrast of the striking blue flowers against the yellow daffodils and green lawns.

Jacqueline attended on the opening day of the display, her sister had surprised her by dedicating a forget-me-

not to their mum, she said “I will never forget the colours and the sounds of the birdsong. Being able to touch mum’s name on the dedication board was an emotional moment, it is a memory that I will treasure for ever.”



We are planning a new Forever Flowers installation for 2024. Look out for more information early next year.

# It's time to get festive!

Calling all festive fun seekers! It's almost time to dust off your best Christmas jumper, step in to your festive fancy dress and join us for this year's Santa Dashes!

This year's Santa Dashes will be taking place in Buckingham and Haddenham. Both are being organised in partnership with local running clubs. They can either be 2.5K or 5K runs and will take place on the 3rd December (Haddenham) and 17th December (Buckingham).

Whether you run or walk, take part with friends, family or on your own, everyone is welcome! For full details of this year's Santa Dash and to register your place head to [fnhospice.org.uk/santadash](http://fnhospice.org.uk/santadash)



## TREE OF LIGHT 2023

Venue: Roman Park Hall, Aylesbury

Date: Sunday 10th December 5pm

Join us as we come together to remember and celebrate the memory of loved ones no longer with us. Everyone is welcome, whether or not you have had experience of our Hospice, as we join in music, readings and a moment of reflection, to take time out of the busy festive season to celebrate, honour and remember.

There will also be a chance to view our Books of Honour and enjoy some light festive refreshments.

If you would like to dedicate a light on our Hospice tree, which will be lit throughout the festive season and into New Year, to add a message to our Books of Honour, or to simply find out more visit [fnhospice.org.uk/treeoflight](http://fnhospice.org.uk/treeoflight)



## Santa Dash at school....

Last year our school Santa Dashes raised close to £5,000! Ask your child's school to get in touch to find out how we can help them hold their own Santa Dash this December. [fundraising@fnhospice.org.uk](mailto:fundraising@fnhospice.org.uk)

## Christmas Gift Wrapping

will take place from

**15th – 24th December at Friars Square Shopping Centre.**

For more details visit

[fnhospice.org.uk/christmasgiftwrapping](http://fnhospice.org.uk/christmasgiftwrapping)



## Hospice Lottery Partnership celebrates 25th anniversary

We are proud to have been part of [The Hospice Lottery](#) since it formed in 1997 and our role in its growth and development over the years.

To date we have received over £2,808,400 from our partnership – income which has played a vital role in our ability to confidently plan, develop and deliver new services and resources, such as the Day Hospice extension and FNH@Home.

So a huge thank you to everyone who supports us through the Lottery and happy anniversary to the Hospice Lottery Partnership team!



### Discover Barratt & David Wilson's RANGE OF NEW HOMES ACROSS THE HOME COUNTIES



#### KINGSBROOK, AYLESBURY

Kingsbrook is an award winning development in Aylesbury made up of 3 villages. Here, not only will you be surrounded by beautiful countryside but you will also have excellent transport links to London.



#### CLIPSTONE PARK, LEIGHTON BUZZARD

Clipstone Park is a highly sought after thriving community in Leighton Buzzard. Living here, you'll be able to enjoy beautiful countryside on your doorstep and appreciate excellent travel links close by, reaching London within just 30 minutes by train.



#### LINMERE, HOUGHTON REGIS

Surrounded by 90 acres of open green space and landscaped parks, Linmere has something to offer everyone, whether you are a first-time buyer or a family looking to join a thriving new community.

# Celebrating 30 years of our shops

In October this year, we will be celebrating a brilliant three decades in the world of retail!



Since 1993, one of our main goals has been to expand our presence within the bustling high streets of Buckinghamshire and to become an integral part of local communities.

Our story began in Aylesbury, where our first shop was established, and while that particular location has since relocated, we are now proud to have a network of 13 thriving stores across Buckinghamshire and Oxfordshire.

We've loved our retail journey so far, and it would not have been possible without the unwavering support of an incredible amount of people across Buckinghamshire throughout the years. Whether through volunteering, purchasing items from our shops, or generously donating your preloved goods, countless people throughout the county have been incredible champions of our cause.

As we approach this brilliant milestone, we are filled with such gratitude and pride. We look forward to our continued growth and we will carry on with the same dedication and passion that we have had for the past 30 years. To all of you, thank you for being an integral part and for helping us make a real difference to local patients and their families.





## An exciting opening day for Hazlemere

We were delighted to open the doors to our new shop in Park Parade, Hazlemere during April. A crowd of customers were eagerly awaiting the opening of the doors for the first time. There was a real buzz throughout the day as the local community came to welcome us. It was lovely to meet all our new customers for the first time, and we're really pleased that so many have become our regular customers.

Jilly Davis, the new Shop Manager said "I am completely overwhelmed by the fantastic response from customers on our opening day, we have received such high-quality donations which have made the shop look spectacular.

We have a fantastic team of volunteers who have helped to make this possible and a wonderful local community who have welcomed us to the parade."



Follow Hazlemere on social media



FNHC.Hazlemere



fnhc\_shops

36 Park Parade, Hazlemere

Monday – Saturday 9.00am – 5.00pm

Sundays 10.00am – 4.00pm

## A warm welcome from Princes Risborough

Our newest shop opened its doors in Princes Risborough in August. It was a brilliant day where hundreds of people came through the doors from the bustling High Street on the towns market day.

We have received an outpouring of support from the local community and wonderful donations. Thank you, Princes Risborough for the very warm welcome. If you would like to volunteer in our newest shop, or any of our other shop's, please contact 01296 429975 or email [volunteering@fnhospice.org.uk](mailto:volunteering@fnhospice.org.uk).

57 High Street, Princes Risborough  
Monday – Saturday 9.00am – 5.00pm

Follow Hazlemere on social media



FNHC.PrincesRisborough



@fnhc\_shops



Did you know that we have private listening spaces at both our new shops?

Our wonderful team of trained listeners can be met face to face to offer a listening ear in a welcoming environment.

For more information call 01296 332600 or email [bht.fnh.bereavement@nhs.net](mailto:bht.fnh.bereavement@nhs.net)

# First Walk of Light a success!

Thank you to the 400 walkers who joined us on a very hot summer's day for our very first Walk of Light - covering over 3,000 miles between them!



The walk took place through the green and open spaces around Aylesbury throughout the afternoon and evening, and ended with some poignant words from our Hospice's Chaplain, Pete Griffith and a display of 'Lights of Love', covered with dedication messages to loved ones and thanks to the Hospice team against the backdrop of Watermead Lake.

Together the event raised over £35,000 to support local patients and families.

Kelly and her brother walked to commemorate their father, who was cared for in the Hospice.

"We thought the timing of this walk was

such a fitting way to commemorate the first anniversary of his passing. It was a beautiful way to raise money for an incredible charity whose care and compassion got us through the worst moments of our lives."

Thank you to our wonderful volunteers who helped on the day - we couldn't have done it without you!

**Thank you to our event sponsors**  
ASM Metal Recycling  
Aston Commerical Cleaning  
George David  
Slenderpane

## The Wiz raises over £75,000

Following twelve days of intensive rehearsals, 140 local school children took to the stage at Aylesbury Waterside Theatre for two very special performances of The Wiz in August.

“The show was just fabulous, the talent was incredible throughout, with such amazing voices, singing, dancing, acting and direction. The team made each and every one of the children feel like stars, and all whilst raising funds for such an important cause.”

We couldn't put on the show without the dedication and support of our volunteers, chaperones, cast, parents and supporters. Thank you so much to everyone involved in making the event such a success.



### Thanks to our supporters:

Aylesbury Community Board  
Aylesbury Youth Action  
Buckinghamshire College Group  
Bucks Music Trust • Bucks Radio  
Kelly's Costume Design  
William Harding's Charity

### Thanks to our event sponsors:

APS Accountancy  
Barratt David Wilson Homes  
George David Estate Agents  
Lightfoots Solicitors

## Nativity! The Musical comes to Wycombe Swan Theatre



Tickets are now on sale for Nativity! The Musical, taking place at the Wycombe Swan Theatre on Saturday 28th October for both a matinee and evening performance.

Our cast of over 100 eager, local children are excited to begin rehearsals in a couple of weeks and bring this fun-filled festive classic to the main stage.

To book your tickets visit  
[fnhospice.org.uk/nativitytickets](https://fnhospice.org.uk/nativitytickets)

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.

# “The Hospice is a sanctuary of kindness”



Cornflowers symbolise love, tenderness, unity, and remembrance which felt particularly poignant to Debbie.

“Tracey was fantastic at helping me to engage in a creative activity whilst sitting with Graham. She provided me with the outline, board and mosaic tiles in then right colours and I sat quietly creating the mosaic, watching Graham while he slept in the chair.

Graham had Motor Neurone Disease and was admitted to the Hospice in July 2022 after a chest infection, to review his medication.

The family hadn't recognised how advanced his illness had become, however with the support, compassion, and care of the staff at the Hospice, they were able to start preparing for end-of-life care. Graham stayed at the Hospice for three weeks and found the garden a beautiful place to sit with his family and visitors.

“The Hospice Garden became a place to breathe, reflect, cry, to sit together and eat lunch and to share precious time with Graham, it brought us peace and tranquillity during a very difficult and sad time in our lives.”



Whilst Debbie spent up to 12 hours a day beside Graham, she was supported by Tracey, Ward Sister and created a mosaic of a cornflower.

It was an emotional time and I love the final result, I got a photo tile printed of it and that is now on my bedroom wall with a picture of us both in happier times.”

“Everyone who cared for Graham and supported us was so respectful, kind and compassionate. The Hospice is a sanctuary of kindness, and I can't thank the staff and volunteers enough for the care they showed us.”

As Graham moved in to end-of-life care, it was agreed that he would be cared for at home, supported by the FNH@Home Team and Sue, Palliative Care Specialist Physiotherapist. Debbie told us “Graham wanted to pass away at home with me and his children. The support we received from the whole team was incredible as it gave us the confidence to care for him at home in his final days.

When we came home, we knew that we had limited time together. Graham passed away on 11th December 2022 peacefully in my arms in his home. I am comforted knowing I was able to support his final wishes.”

# You made a difference

Debbie recently nominated our Palliative Care Specialist Physiotherapist, Sue for a 'You Made a Difference Award' at the Buckinghamshire NHS Trust Awards, and we were delighted when Sue was presented with the award.

*"Sue is an exceptional person, with so much care and compassion, going above and beyond to help us cope with the emotions around limited life expectancy.*

Sue is supportive, kind and educating. She quickly became someone that we relied upon to give us support and clear information about Graham's condition. Sue's impact on Graham's MND journey and the way she helped us made such a difference, her support gave us the confidence to fulfil Graham's wish to be cared

for at home in his dying days, supporting me emotionally when things got really tough and being here when Graham finally fell asleep forever.

It was a true honour to be asked to present the award to Sue at the awards evening, everyone should have Sue in their life."



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Florence Nightingale Hospice Charity

## Our Hospice Volunteers



Our Hospice Volunteers are an invaluable support to patients, visitors, and staff. We are so grateful to them for giving their time and compassion to our patients and their loved ones on a daily basis.

# Thank you

*"It is incredible that some of our volunteers work in their day jobs all day, then come here to help of an evening or weekend, their commitment and dedication is incredible!"*

*"We couldn't function without our volunteers, they spot things that we sometimes miss, Graham always keeps so busy in our Inpatient Unit, tidying, fixing things, making teas and coffees, we love having him around."*

*"I love seeing Margaret each week in Day Hospice, not only does she make us drinks and looks after us, but she also always goes that extra mile for us, remembering conversations we have shared, giving me useful tips and showing an interest in how I am."*

*"Everything the Day Hospice volunteers do for us is with love, they are truly appreciated."*

*"My Day Hospice Driver is fantastic, he gets me to and from each week and chats to me on our journeys, this part of going to Day Hospice has become equally as important to me".*



Sharon's husband Russ was cared for in the Hospice in his final weeks in 2021. Sharon and Russ were engaged and wanted to get married, the Hospice made it happen.

The nurses took the time to understand what the couple wanted the day to look like and what they could do to help. The staff bought decorations and transformed the Day Hospice into a beautiful wedding venue. Finally the team formed a guard of honour as Sharon walked down the aisle.

After Russ had passed away, Sharon received support from our Bereavement Listening Team. Our specially trained Volunteer Listeners allow patients and their loved ones to say what they need in confidence and without judgement, and the help is there for as long as it needs to be.

"Alison was my Listener, she saw me through all my hardest times, she was just amazing! Slowly, I started to heal and I know that I wouldn't be where I am today without her help and support."

# Nightingale Country Crafts recognised at Proud of Bucks awards

We are thrilled that our Nightingale Country Crafts group was recognised at this year's Proud of Bucks awards, receiving Highly Commended in the Community Group Contribution category.

Nightingale Country Crafts is a group of dedicated volunteers who make baby clothes, toys, blankets, tea cosies and decorations which are sold in our shops. Since 2008, the group has raised well over an amazing £30,000 for the charity!

Thank you to everyone who has been involved in the group over the years, and a very special thank you to Jan who has been leading the group since 2011, welcoming new recruits, co-ordinating designs and goods and liaising with our shops to sell their products.

If you would like to find out more about joining the group please get in touch at [volunteering@fnhospice.org.uk](mailto:volunteering@fnhospice.org.uk)

We are on the lookout for Christmas Temps to help in our shops. Volunteering with us on a short-term basis is a great way to learn valuable new skills, meet new people and help people in your local community. We give full training and support – and you can choose how and when you volunteer.

For more information contact [volunteering@fnhospice.org.uk](mailto:volunteering@fnhospice.org.uk)



## Volunteers have their say...

### What I enjoy about volunteering

"Being able to connect and help out a charity close to my heart."

"Meeting people and feeling that I have made a difference to them in coming to terms with their grief."

"The camaraderie, love and care shown by all of our team, both staff and volunteers plus meeting lots of people when they bring their donations as I'm the first port of call. It's my respite place and I love every second I spend there."

"When someone donating items informed us they worked at the hospice and how by helping in the shops this was going towards paying her salary as a physio - it really made me understand that we are making a difference and helping."

"My best moment volunteering was hearing a client say after the first listening session that it had helped them and they felt a little bit stronger for talking."

"I found something that I thought was valuable and I gave it to the eBay team and it sold for £100! I found that satisfying."



### My best volunteering moment...

# Our 2023 Christmas Card Collection is now available to buy in-store and online at [fnhospice.org.uk](http://fnhospice.org.uk).



Nativity

£3.50



Robin

£3.50



The Santa Express

£3.50



Peace and Joy Dove

£3.50



Woodland Christmas

£3.50



Twelve Days Wreath

£3.95



Winter Hare

£3.50



Sledging Penguins

£3.50



Golden Wreath

£3.95





The collection includes a range of beautiful wintery scenes painted exclusively for Florence Nightingale Hospice Charity, as well as a selection of eye-catching festive designs to share with family and loved ones.



Buckingham in Snow £4.00



Chinnor Railway in Winter £4.00



Countryside Christmas £3.50



Winslow in Winter £4.00



Thame in Winter £4.00



Wendover in Winter £4.00



Claydon in Winter £4.00



Winter on Coombe Hill £4.00

Cards come in packs of 10, with all cards and packaging being fully recyclable through your usual card and paper collection.

All profits from the sale of these Christmas cards help to provide care and support for people with life-limiting illnesses and their families in Buckinghamshire.

Order online at [fnhospice.org.uk/shop](https://fnhospice.org.uk/shop) or pick up a pack in any of our shops.



# As part of Hospice Care Week we are recognising some of the many unsung heroes who work in the Hospice

## **Natalie Morton** – Ward Administrator

Natalie has worked as the Ward Administrator on the Inpatient Unit for eighteen years, her main roles include completing paperwork for admitting and discharging patients from the unit, answering phone calls to the unit from relatives, signposting and directing enquiries and supporting the clinical staff, patients and relatives.

“Having done this role for many years, I feel truly embedded into the team. My role is varied and we, as an admin team, have adapted to support the clinical staff in the best way possible, even through challenging times like Covid. I find the job very rewarding, in fact I don't even think of it as a job anymore! We all work together to provide the very best hospice care to our patients and their loved ones.

“I remember one occasion where I sat with a relative in the Hospice Garden having our lunch together, he needed a change of scenery and someone to talk to and I was only too happy to be there, we support in any way we can to make a difference to our patients and their loved ones.”

## **Jayne Sullivan** – Front Desk Receptionist/Lymphoedema Clinic Secretary

Jayne has worked on the Front Desk at the Hospice for nine years, often as the first face our patients, relatives and visitors see as they enter. Jayne's main roles include answering and directing calls, answering questions and navigating people through the palliative care process. Jayne also acts as a secretary for our Lymphoedema Clinic where she manages the appointment diary and writes to patients.

“My role has evolved as the Hospice has grown, it is such a special place to work and the days really do fly by! As an admin team, across the Hospice we work so fluidly together to provide the best possible experience for our patients and their loved ones, I am just a small cog in a brilliant team of professionals, who strive to provide a seamless service.”



*Hospice Administration Team*

## Pete Griffith – Hospice Chaplain

Pete joined the Hospice team a year ago, having previously run a photographic studio for 22 years. In his role Pete helps to deliver pastoral, spiritual and religious care to patients, families and staff, also working with the hospital chaplaincy team.

Pete is also able to use his photographic skills, helping to record legacy films for some patients, creating a lasting visual and audio memory for their families as part of our Living Memory project.

“I absolutely love working at the Hospice, no two days are ever the same. I am passionate that everyone receives the best holistic, compassionate, empathetic care possible during their time at the Hospice. Having experienced bereavement in my own family I feel well equipped to help those who come through the Hospice doors.”



## Karen Ellis – Creative Therapist

Karen joined the Hospice seven years ago after a varied art career. Karen encourages creativity in many forms such as mosaics, drawing, painting and other crafts to encourage patients to feel relaxed enough to discuss any issues that are worrying them. Karen has met many people who feel they are not artistic however, the art they create often becomes a special keepsake or gift for their families.

Karen also works in the Inpatient Unit with patients and their families. She is guided by them as to what their needs are and the crafts that are important to them for remembrance.

“My role is very diverse, I could be supporting staff with well-being craft days, leading creative activities in the Day Hospice, decorating a room for a wedding, or supporting children and families whilst visiting the Hospice. I find the role so rewarding and love it when a patient or family member discovers a new hobby as a result.”



## CHALLENGE EVENTS

Every year, we are so humbled by those in the community who wish to take on great challenges to fundraise for us, and this year has been no different! We can't tell you about and thank everyone who has fundraised for us, however, we would like to highlight a couple of our recent fundraisers.

Earlier this summer, **James** took part in the impressive 'Race to the Stones' event which is an incredible 100km ultramarathon from Lewknor, Oxfordshire to Avebury, Wiltshire.

James' Grandfather was treated in a Hospice and this, combined with James training to be one of our volunteer bereavement listeners, was his motivation to raise money for the charity.

Having previously run the event over two days, he wanted to make it more challenging by going the full distance over one day and using the sleepover point as just a quick pit stop.

James completed the run in an amazing time of 12 hours, 48 minutes and raised over £900 for the charity. Well done James on your extraordinary efforts!



**Mia** recently completed a seven-mile ride across the Cotswolds with her beloved pony, Lizzie and raised a fantastic £524 for us.

Mia wanted to fundraise for the charity as she, and her brother, were able to visit their nan in

the Hospice as much as they wanted during the treatment of her life-limiting illness.

We couldn't be more thankful for their effort and wish Mia all the best in her future pony competitions.



## Nurses take on Sahara Trek

In March, some of our supporters will be taking part in the amazing opportunity to visit and trek some of the Sahara Desert. They will spend two full days and two half days trekking across ancient dried-up river beds, sand dunes and vast sun-baked plains. While at night they will be able to look up at the desert sky which will be flooded with hundreds of stunning stars.

Two of those going on the trip to raise money for the charity are Nurses from the Hospice – Catherine Levy and Rachel Barradas.

“Working in palliative care in the Inpatient Unit at Florence Nightingale Hospice is something we both feel privileged to do. Of course, some days can be incredibly difficult, but this is balanced out by the care and support shown by everyone who visits and works there.

We are always committed to giving patients and their families the best supportive care possible, and constantly see first-hand how the donations to the charity help our services



and the patients and loved ones during some of the most challenging times.

This is why we wanted to do this trip, to help with the fundraising efforts and to say thank you.”

If you would like to find out more visit [fnhospice.org.uk/saharatrek](http://fnhospice.org.uk/saharatrek)

## £30,000 raised by Buckinghamshire Freemasons

Forty walkers, led by Buckinghamshire Freemasons, completed a fifty mile walk in torrential rain and strong winds in July to fundraise for the charity.

The walk covered North Buckinghamshire, starting in Newport Pagnell on Friday morning and passing through Winslow and Hardwick before finishing at the Bletchley Masonic Centre on Saturday afternoon.

The £30,000 raised by the walk will help fund the purchase of Cuddle Beds for the Hospice - a hospital-style double bed which will allow partners and children to sleep in the same bed next to their loved ones in their final days and hours.

We would like to thank the Buckinghamshire Freemasons and all of the walkers for their support with this wonderful event.



## SUPPORTER EVENTS

# North Bucks Ride a great success!

A big thank you to **Lions Club of Winslow**, **Winslow Wheelers Cycle Club** and everyone who took part in the **North Bucks Bike Ride**, which took place on a very windy day in July.

The route which covered up to 100 miles across the beautiful North Bucks countryside was a fantastic opportunity for both competitive cyclists and families who could stop off at local attractions throughout the day.

Despite the unseasonable conditions there was a great turnout with over 300 riders taking part - the event has raised £2,000 for the charity.

For photos from the event and details of next year's ride visit: [northbucksride.info](http://northbucksride.info)



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# A wonderful afternoon of classical music

On Sunday 25th June, **Aylesbury Vale Concert Orchestra** held a 'Classical Fantasia' concert at Aylesbury Waterside Theatre where the money raised was split between us and Thames Valley Air Ambulance.

From some of the greatest classical music such as Tchaikovsky's '1812 Overture' and Rimsky-Korsakov's 'Flight of the Bumblebee', to some of cinema's most beloved scores like Star Wars and Pirates of the Caribbean, a

multitude of world-famous instrumentals were played and thoroughly enjoyed by those in attendance.

It took plenty of hard work and dedication from the orchestra to pull off such a successful event, and to play the music so beautifully. Overall, they raised a fantastic £4,647 for us. We thank all the members of the orchestra and those who attended the event for making it such an enjoyable day.



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OFFICES IN THAME AND  
PRINCES RISBOROUGH

# 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](mailto:fundraising@fnhospice.org.uk)



A big thank you to **Lindsie and her family** who raised an amazing £16,444 through hosting “AngFest” in memory of Lindsie’s sister Angela.

Congratulations and thank you to **Nicholas** who took on the tough challenge to swim 5000m at Braywick Leisure Centre, he raised £963 in honour of his father, Anthony.

Thank you to **Sam and Vicki** who took part in the Turks Head 10km run. They raised £1,235 which was a tremendous achievement for them.



A big thank you to **Marlow pub, The Donkey**, for running a pub quiz raising £435.

Congratulations to **Danielle**, who took part in the gruelling 19.75k London West Tough Mudder in aid of the charity recently, raising £560!

Thank you to **Aces Bridge Club** for raising £815 at a recent competition.

Thank you to **Gwen Nicosia** for organising a plant sale in Great Kimble, raising £600.

A huge congratulations to **Tina, Donna and Bevan** who took on our skydive challenge in May, raising £1,718! Thank you to the customers of **Oven Loving** and **Offbeat** who have donated so generously.

A massive congratulations to **Lindsey, Ross and Scott** who raised £8,895 when they took on our skydive challenge in May.







Congratulations to **Daniel**, who ran the London Marathon in memory of his friend Daniel Pope, raising a fantastic £1,500!

A huge thank you to **Abbi and Align Therapy** in Tring for organising a Puppy Yoga session, raising an amazing £1,918.



A huge thank you to regular supporters, **Haddenham Community Support Group** who have raised £3959 since April through their fashion show, open gardens and village tombola.



Congratulations to **James**, who ran the Manchester Marathon, he finished in a fantastic 4hrs 28mins and raised £1,340!

A big thank you to everyone who has opened up their gardens over the past few months, raising £5,333 as part of our Summer



of **Open Gardens**, and to everyone who supported these events in Aylesbury, Haddenham, Hardwick, Whitchurch, Oving, Watermead and at Tyringham Hall.

A big thank you to **Halton Tennis Club** for their fundraising tournament, this raised an amazing £1,250.

A massive thank you to **The Red Lion**, Longwick who raised £400 from their recent quiz night.



Congratulations **JBD Fitness & Dance** who hosted their Danceathon in July. They raised an amazing £1,382!

You can now add your own fundraising events to our website, visit [fnhospice.org.uk/add-your-event](http://fnhospice.org.uk/add-your-event)



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

**Pure Offices** have been amazing during 2023 announcing that we have been named as their choice for Charity of the Year. They have been busy organising several events raising money from all their business residents and then matched by Pure Office HQ. With a goal of £2,000 the Team at Pure Office are well on their way to blowing the target! They raised funds on Valentines Share the Love Day in February with bakes galore, and more recently with Summer Solstice Market. Thank you to Dawn & Livia for being such great supporters.



On Sunday 18th June, at Whitehill Park Aylesbury, Florence & The Mechanics entered the Aylesbury Soap Box Challenge. With the fabulous remake of our Showroom Van, **Kamtech** did the Charity proud, designing and building a vehicle that came second in class! Thank you so much to Kamtech for building, driving and pushing our entry on to the podium.



**Henderson Scott** ran a bake day in August, selling ALL their delicious offerings, raising more than £300 on the day, all helping towards their £1,000 target. With cookies, rocky road, lemon drizzle and cupcakes on offer, how could it not succeed! Through 2023 they have been raising funds through team activities in support of our charity. Thank you so much to Aimee and the team for all your support.



If you would like to support us at work get in touch with Tony White, our Corporate Fundraising Manager by emailing [tonywhite@fnhospice.org.uk](mailto:tonywhite@fnhospice.org.uk) or call 01296 429975

# “I cannot think how I would have coped without the Hospice”

*Our amazing supporter Kate shares why she supports us with a monthly gift.*

“My husband, Paul Heslop was 76 when he died in the Hospice in December 2020. We had both been married before and were together for 15 wonderful years. Paul had first been diagnosed with prostate cancer in 2008; at the end of 2020 following a string of procedures, he deteriorated and came to the Hospice for end of life care. And thank goodness he did.

The last ten days of Paul’s life in the Hospice was during Covid restrictions and I was unable to visit him. On Christmas Day I had gone to visit a family member for the day. The Hospice staff helped Paul to call me – I missed the first call, but luckily for me they kept trying and I

was able to speak to him for the last time.

For a person approaching end of life as Paul was, the Hospice is a calm and peaceful environment giving dedicated, specialised care in a way that is impossible in a hospital. I cannot think how I would have coped without the Hospice and that is why I support the charity with a regular gift – I want to make sure that Hospice care is always available for everyone in our community.”



*Kate and Paul*

If you would like to support the charity with a regular gift please fill in our detachable donation form and send it back to us in the pre-paid envelope.

There are so many ways that you can support us to develop and deliver services which make such a difference to our patients’ lives. Please support us in any way you can.

## Donate

Donate today



[fnhospice.org.uk/donate](https://fnhospice.org.uk/donate)

## Fundraise



Organise your own event or challenge or join one of our events. Find out more at [fnhospice.org.uk/events](https://fnhospice.org.uk/events)

## Volunteer



There are so many volunteering opportunities available, find out more by visiting [fnhospice.org.uk/volunteering](https://fnhospice.org.uk/volunteering)

## The benefits of having a Will

**Thinking about your death and what would happen to your estate is something most of us avoid. But there is a great deal of benefit in making a Will.**

A Will is a document that specifies how your estate is distributed on your death. If you die without a Will, then your estate will be distributed in accordance with the intestacy provisions. Broadly speaking the intestacy provisions follow your closest blood relatives, but that may not necessarily be what you want.

Even with a simple Will that does benefit your

closest relatives, you have the opportunity to name executors (the people responsible for administering your estate) and guardians of any minor children. You can also leave legacies to individuals and / or charities. Having a Will can also make your estate much easier to administer.

Whilst we will always try and make a Will which accommodates changes to your family structure, we advise that you review your Will every 5-8 years, and especially when your circumstances change. A Will is revoked on marriage and a divorce can alter how a Will is interpreted.

Any Will review should include a consideration of your assets and how you hold them, especially if any assets are jointly owned. It should also take into account the latest tax advice.

We can often offer fixed fees for Wills, and an initial free half hour meeting. We aim to make the process as easy and straightforward as possible, and once you have made plans you can rest easy knowing you have done your best for your loved ones.

## Professional Service, Personal Touch



To make an initial appointment with Rachel, please call her on **01296 747151** or email her at [RachelW@BWKsolicitors.co.uk](mailto:RachelW@BWKsolicitors.co.uk)

**Rachel Wos**  
**Head of Private Client**

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