



Midnight WALK 2024

Your Fundraising Pack

'Celebrate our Hospice services,
celebrate the life of your loved one'



Saturday 22nd June 2024
Roman Park Hall, Aylesbury





Welcome to team Florence!

Our team of specialist palliative care professionals are here to support patients with life-limiting illnesses.

We commit to treating patients with dignity and compassion, respecting their individual needs and wishes and helping them make the most of every day with their loved ones.

We offer support and care for their physical and mental wellbeing through clinical support, therapies and spiritual care here at Florence Nightingale Hospice in Aylesbury and in their homes.



Liz Monaghan
Matron, Florence Nightingale Hospice



Hospice Services

Our Hospice offers a variety of services including

Contact the Hospice:



bht.fnh.bereavement@nhs.net



01296 332 600

Inpatient Unit

Florence Nightingale Hospice is home to the only Inpatient Hospice Unit in Buckinghamshire, situated within the grounds of Stoke Mandeville Hospital in Aylesbury. Our Inpatient Unit offers the reassurance of round-the-clock expert care and support.

Care at Home

We know that many of our patients want to receive care in their own homes and our Community Nursing Teams are here to do just that, all across Buckinghamshire and its borders.

Day Services & Clinics

Our range of Day Hospice services and clinics are designed to support those patients who are living with a progressive life-limiting illness. Patients have access to our specialist team including Nurses, Doctors, Physiotherapists, Occupational Therapists, Complementary Therapists, Spiritual Care Team and Creative Therapist.

Lymphoedema Clinic

Our Lymphoedema Clinic offers treatments and advice to ease discomfort and improve quality of life, allowing patients to maintain their independence.

Therapies & Rehabilitation

Our Therapists are here to help improve quality of life and independence. As part of the wider Florence Nightingale Hospice team, our Therapist Team can support patients from diagnosis right up to the end of life.

Florrie's Children's Respite Care

Florrie's Children's Team offers respite care for children with life-limiting illnesses

.
Our specially qualified nurses and carers care for children in their own homes, giving families a much-needed break from their daily caring routine with the peace of mind that the child is being looked after by a caring team who understand their individual needs.

Jo's Story

Joanne Beardsmore-Dilks is taking part in The Midnight Walk in memory of someone special.

"I moved to Aylesbury around 2004, working in the management team at the Bugle Horn, which is where I made many new friends including Cog, a special soul who had time for everyone and a heart of gold!

"We all worked long hours, so had well-deserved "heart to hearts" most Saturday nights after closing time, sometimes over a glass of wine. Cog was the person who I spoke to when I knew I was ready for a career move.



Cog



"I then embarked on my adventure to become a franchisee for a fitness and health franchise, with a focus on making fitness fun. Shortly after this, my friend Cog passed away after spending her final days at Florence Nightingale Hospice, where her care was outstanding.

"One of my members, Kathy worked for the Charity. She suggested I lead the Midnight Walk warm-up to help with my grief and to give something back to the Charity and the community.

"Leading the warm-up is where my love of the Charity began. I have been lucky to lead every Midnight Walk warm-up, including the "Not the Midnight Walk," during the pandemic and I try to support the Charity in any way I can."

Your fundraising is so important...

Amount	Description
£5	<ul style="list-style-type: none">• 200 cups of tea for patients and their visitors – day or night• Shower gels for personal care
£15	<ul style="list-style-type: none">• An hour of a healthcare assistant (in IPU or at home) to sit with a family to reassure and answer any concerns• Help a bedbound patient to freshen up and feel like themselves.• Spend time with a family at home to reassure them of their ability to care for their loved one
£25	<ul style="list-style-type: none">• An hour of a nurse (in IPU, day hospice or at home)• Sorting out equipment to enable a patient to get to and stay at home comfortably and safely• Spend time with a patient to advise and reassure helping them to live well with their diagnosis

<p>£50</p>	<ul style="list-style-type: none">• A Florries (children) nurse visit• Offers respite to parents of very sick children allowing them to spend time with other children, leave the house or even just do their housework
<p>£100</p>	<ul style="list-style-type: none">• 4 hours of nursing care• To set up a syringe driver to relive pain
<p>£152</p>	<p>Runs the Day Hospice for an hour which includes</p> <ul style="list-style-type: none">• Time with a nurse offering help and advice on living well• Time with creative therapist• Time spent with a healthcare assistant offering some personalised care such as nail painting or clipping• Enjoying lunch and socialising with other patients living with life limiting conditions

Fundraising Ideas

JustGiving™

The quickest and easiest way to share your story and get those all-important sponsors coming in!

Visit our campaign page [here](#), click on the Start Fundraising button to create your online fundraising page.

giftaid it

One simple yet frequently neglected method to increase your fundraising amount is through Gift Aid. Encourage UK taxpayers donating to tick the Gift Aid box and share their name and address. This way, we can reclaim an additional 25p for every £1 they contribute!

Shout about it!



You're doing something incredibly worthwhile, let everyone know. Use social media to shout about your amazing fundraising, let all your family and friends know what you are doing and why, remember to include a link to your JustGiving page.

Boost your fundraising...

Cake Sale

Everyone loves cake! Why not host a cake sale or coffee morning at your place of work or at home? The money raised can go towards your Midnight Walk total.



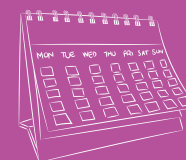
Quiz Night

Get your friends and family together and host a quiz night at your local pub or village hall. Not only will you give your local community a good night out, but they will also support you in raising those vital funds! You could also run a raffle on the night.



Monthly Challenge

Find something personal to you. You may choose to give up sweet treats, alcohol or go vegan. Or challenge yourself to 10,000 steps a day or a sponsored silence.



We can support your event by providing any of the following Charity items:

- branded balloons
- branded collecting tubs/buckets
- display banner
- promotional literature including our Newsletters
- sponsorship forms

To request fundraising materials or other support for your fundraising event, email fundraising@fnhospice.org.uk

Our Nurses stories....

“Working at Florence Nightingale Hospice is something we 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.”

Catherine Levy

Palliative Care Nurse



“To walk alongside someone with a life-limiting condition is a privilege. I am constantly inspired by the courage and resilience of my patients. To be with someone at the end of the life, to ensure this time is dignified and pain-free is something that I feel honoured to be part of.”

Tracy Batt

IPU Ware Sister & Day Hospice Manager



“I love being hands on, putting faces to names, going out into the community and seeing patients in their own homes. They’re so much more relaxed at home, we get the full picture of who they really are and get to know them and their lives, which is such a privilege.”

Fiona Mitchell

Team Lead FNH@Home



On the night!

Are you ready to take on the challenge of walking 5 or 10 miles around the streets of Aylesbury? We've got an unforgettable night planned to keep you motivated every step of the way!

Location: Roman Park Hall

Date & Time: 22nd June, starting from 10:00 PM onwards

What's in Store:

Entertainment: Hosted by Radley Windows, there will be a fantastic line up of entertainment to keep spirits high throughout the night.

Merchandise Stalls: Get 'Midnight ready' with our merchandise stalls, where you can deck yourself out and grab everything you need for the adventure ahead.

Lantern Decorating: Add your personal touch to the night by decorating lanterns before setting off on your journey.

Dance Warm-up: Join in on the pre-walk dance warm-up to get your energy flowing and your spirits lifted.

Midnight Countdown: Experience the thrill of the countdown to midnight as you prepare to embark on your walk.

On the Course:

Surprises: Keep an eye out for surprises along the route to keep the excitement running high

Pit Stops: Take a well-deserved break at our pit stops, where you can refuel with refreshments to keep you going.

Finish Line Celebration:

Medal: Cross the finish line and receive a medal to commemorate your incredible achievement

Hot Drink & Breakfast Pastry: Enjoy a hot drink and a delicious breakfast pastry as a reward for your hard work.

Get ready for a night of adventure, fun, and accomplishment! We'll be there every step of the way to cheer you on and celebrate.

See you at Roman Park Hall!



Sponsor's Full Name	Full HOME Address Required if you are Gift Aiding your donation	Postcode Required if you are Gift Aiding your donation	Sponsor Amount £	Date Paid	Gift Aid <input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
Total			£		
Date Donated to Charity					

Sponsors must provide their full name, home address, postcode, date paid & 'v' Gift Aid for the Florence Nightingale Hospice Charity to claim tax back on your donation.

Remember: Full Name + Home address + Postcode + Date Paid + Yes =

giftaid it





Midnight WALK 2024

We hope you are looking forward to the Midnight Walk to celebrate our 35th birthday, as much as we are and you ready to kick-start your fundraising campaign. Every £ raised will help us continue caring for families in Buckinghamshire.

Get in touch:



Fundraising@fnhospice.org.uk



01296 429 975



fnhospice.org.uk



www.facebook.com/fnhcofficial



www.instagram.com/fnhcofficial

