

Spring 2024

# News



Florence  
Nightingale  
HOSPICE CHARITY  
1989-2024



### *In this issue...*

- Our 35th anniversary celebrations
- Growing Retail
- Hospice news
- Fundraising successes
- Upcoming events

# Welcome to the Spring Newsletter in our 35th Anniversary year.

Thank you to everyone who has supported us, in whatever way, over the last 35 years. We are all so proud of everything that the Hospice has achieved since opening its doors in October 1989 and have many special events taking place this year to mark the anniversary.

Every year you help us care for over 1,300 patients and their families, giving them the specialist and individual care they need, both in the Hospice and in their own homes. Your donations, fundraising, retail purchases and sponsorship have helped fund £1.3million of hospice care across Buckinghamshire and its borders over the last year.

We simply could not fund this care without the support of individuals, groups, businesses and grant-making organisations. Your choice to support us makes a real difference to the lives of people all over our region, helping them make the most of every day.

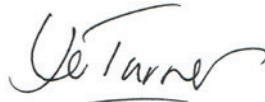
Thank you to our amazing volunteers, we couldn't do it without you and we wouldn't want to! There are numerous ways to volunteer in our shops, at the Hospice, in the community and within the Charity and your contribution is invaluable.

I'd like to highlight some of our recent key moments, such as celebrating the 30th anniversary of our first shop and our first production at the Wycombe Swan Theatre of Nativity! The Musical with children from the local area. Other ways in which we work with young people include talking about recycling during Sustainable Fashion Week and many

schools successfully raised money for us in Santa Dashes. Our first Day Hospice excursion saw patients enjoy a lovely treat with a day out at Hartwell House and Spa, including relaxing manicures and a delicious afternoon tea. We participated in the Angels Den competition to raise funds from the business community to buy an electric van. In December we also hosted an extremely moving remembrance service, the Tree of Light. Thank you also to the festive Christmas Wrappers and Santa Dashers.

This spring and summer we are looking forward to more On Stage fun with Charlie and the Chocolate Factory and Strictly Florence, as well as our first fete in Wendover and the return of the Midnight Walk in June. You will find full details within this newsletter and we have also launched a monthly e-newsletter to keep you up to date with all our activity, you can sign up at [fnhospice.org.uk](http://fnhospice.org.uk).

Thanks for reading and for supporting us.



Jo Turner, CEO



# Since Our Last Newsletter...

## September 2023

- Sustainable Fashion Week
- FNH@Home Wins Care Award
- Hospice Garden Wins Mayor's Cup
- FlorenceFest

## October 2023

- 30th Retail Anniversary
- Hospice Care Week
- Nativity! The Musical

## November 2023

- Christmas on the Cobbles
- Giving Tuesday
- Chiltern View Garden Centre Ice Skating
- Angels Den

## December 2023

- Volunteer Gift Wrapping
- Tree of Light
- Santa Dashes
- Buckingham Shop Wins Best Dressed Christmas Window

## January 2024

- Pantomime Collection

## February 2024

- Charity Shop Home Campaign
- Time to Talk Campaign
- Electric Van Sponsorship Campaign

## March 2024

- Sahara Trek
- Appassionata Classical Concert
- Eco Conference
- Lymphoedema Awareness Day



## Day Hospice trip to Hartwell House

We were delighted to help the Day Hospice team organise their very first day trip for five patients at the end of September. The patients were transported from the Hospice to Hartwell House and Spa by the amazing BARTS community bus. On arrival they received a wonderful welcome from the Hartwell House team.

Laura Griffiths, Day Hospice Deputy Sister, told us “We arrived with a feeling of **genuine happiness and excitement**. One of our patients said she ‘felt loved’ and, after having her nails painted, another patient came out proudly displaying her hands, with the biggest smile on her face. We then had the most delicious afternoon tea in an exclusive dining room, and we were looked after beautifully. It was during this tea that one of our patients declared she just ‘felt normal’.

“For us as staff, we felt that we had been part of such an immensely special day, it left us with the most wonderful feeling of happiness and gratitude that the Charity allowed us to fulfil this day trip and create some wonderful memories for everyone. We hope to do more trips in the future as it’s so important for patients to have safe, worry-free experiences outside the home and hospital.”

Thank you to Hartwell House, BARTS and our wonderful Hospice staff and volunteers for making this special day trip possible. None of which could have happened without our community’s generous donations.



## Our Garden wins Mayor's Cup at Aylesbury in Bloom



Congratulations to our Hospice gardeners for winning the Mayor's Cup for 'Best Overall Community Garden' at the Aylesbury in Bloom Competition Awards arranged by Aylesbury Town Council.

Our Volunteer Gardeners work exceptionally hard year-round to make the garden a calm and restful haven for our patients, visitors, and staff.

One relative said "The Hospice garden became a place to breathe, reflect, cry, to sit and eat lunch and to share precious time together, it brought us peace and tranquility during a very difficult and sad time in our lives."

Thank you and well done to all our Gardeners for doing an amazing job! You should be proud of your achievements.



## Day Hospice Christmas

Our Day Hospice patients had a lovely day of festive celebrations at their Christmas Party. There was much laughter and fun with some festive games, a wonderful meal provided by The Bell, Stoke Mandeville and some beautiful singing from our On Stage performers.

Everyone got into the festive spirit by dressing in their best Christmas attire, with sparkly face painting and various hats and headbands!

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



## Choose How You Want to be Remembered

The next Dying Matters Awareness Week takes place from 6th – 12th May. The theme focuses on the language that we use around death, dying and grief.

It is so important that we feel comfortable to talk about death, how and where we want to die and how our lives are celebrated with loved ones as shown by Fiona's story. Fiona was cared for by our FNH@Home team last summer.

Fiona's husband, Neale, told us "With encouragement, Fiona had spoken about her wishes for her funeral. She wanted a service with a celebrant, a big party afterwards and she didn't want people to wear black. Fiona chose the music she wanted to be played and she loved flowers and wanted lots at her funeral, and afterwards she wanted these to be taken to the patients at Florence Nightingale Hospice. Everyone was in big bold colours which summed Fiona up," Neale said, adding "She got the funeral she wanted".

We will be marking Dying Matters Awareness Week on our social media channels and our website, keep following for more information and advice.

Dying  
Matters

# Welcome to our Hospice Team

## Welcome Hannah

Hannah joined in September, working as a Lymphoedema Practitioner. Based in the Lymphoedema Clinic, she meets patients to discuss individual treatment plans to help them understand and effectively manage their symptoms.

Treatments for Lymphoedema include skin care, exercises, compression therapy, kinesio taping and Manual Lymphatic Drainage.

The Lymphoedema Team run daily clinics at the Hospice and also spend time in the community supporting patients. Hannah's role, along with her team members, is funded by the Charity.

Hannah told us "I enjoy seeing the difference that treatment makes to our patients. With time, support and treatment they can see an improvement and their quality of life is greatly improved. It really is such a rewarding job."



## Welcome Maria

Maria joined in October as a Rehabilitation Assistant. Maria told us "My main role is to support the Therapy staff to provide high quality holistic person-centred care to palliative care patients to maximise their quality of life and sense of wellbeing.

"This is both within the Inpatient Unit at the Hospice and visiting patients in their own homes. I am also a point of contact for relatives and carers, ensuring continuity of care within the Therapy team and wider Hospice teams.

"I enjoy helping to enable and encourage patients to do the things that they want to do within their own limitations."

This new role is also funded by the Charity.



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)

# SeymourTaylor

Accountants and Tax Advisers

## Together on your journey

Our professional, friendly, and knowledgeable team is committed to partnering with you on your journey to success. Our services include:

- Accountancy Services
- Audit
- Personal and Business Taxation
- Outsourced Accounting Services
- Digital solutions
- Payroll Bureau
- Outsourced Finance Director
- Company Formation and Company Secretarial

### Start your journey with us?

Book a free initial consultation:

 [enquiries@stca.co.uk](mailto:enquiries@stca.co.uk)

 01494 552100

 [stca.co.uk](http://stca.co.uk)



Seymour Taylor is a practising name of Seymour Taylor Limited and is registered to carry on audit work and regulated for a range of investment business activities by the Institute of Chartered Accountants in England & Wales.

## Fiona & Neale

“I don’t know how they did it”

shared Neal when he discussed the FNH@Home team’s care for his wife, Fiona.

Fiona, aged 66, died on 10th June, 2023 at her home in Hillesden, Buckinghamshire. Diagnosed with breast cancer in 2018, Fiona began her treatment at Milton Keynes Hospital before transitioning to home care and the FNH@Home team.

Neale, Fiona’s partner of 35 years, expressed gratitude for the team’s dedication to providing personal care, offering choices, and spending unhurried time with Fiona. “I was in awe. I hadn’t even known that care at home existed. It gave us an element of choice. It was a sad time, but there was also a lot of laughter.”

Throughout Fiona’s illness, the Hospice team provided essential equipment, including a hospital



bed and wheelchair. Fiona was a lover of flowers and a keen gardener, Neale now has cherished memories of tending to Fiona’s garden as per her precise instructions.

After Fiona died, Neale used the bereavement listening service offered by the Charity. Regular conversations were a valuable outlet to express his thoughts and feelings. He recently stopped using the service and is now thinking about becoming a volunteer bereavement listener but not quite yet. Neale said that Fiona wanted him to talk about the care she received from the Hospice.

## Maggie & Jen



“The nurses dealt beautifully with any problems” said Jen, “Mum trusted them and felt she was in safe hands.”

Maggie was diagnosed with stage 4 endometrial cancer in September 2021. She received chemotherapy and was able to attend her granddaughter’s wedding in the summer of 2022. However, the chemo was damaging to her heart and early in 2023 she decided to stop.

“The nurses were fabulous”

Jen considers that she was very lucky as she was with her mum when the FNH@Home visited for the first time as it made her realise that care at home was possible with the support of the Hospice team. The Hospice provided a slide sheet to help manoeuvre her, a commode, catheter equipment and a hospital bed.

Jen stayed with Maggie for her last days and the Florence Nightingale Hospice nurses visited Maggie twice a day to wash her and make her feel comfortable. They advised Jen and her Dad how to support Maggie between their visits. Jen said the nurses took time to answer questions and offered plenty of support in distressing moments.

“The nurses were fabulous,” Jen said, “they were all lovely in different ways. They were very gentle, Maggie centred and remembered the things that mattered to my Mum.”



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



**Strictly  
Florence**



**SUNDAY 2ND JUNE  
WITH YOUR HOST**

**LA VOIX**

**Bucks  
radio**  
[www.bucks.radio](http://www.bucks.radio)

**AYLESBURY  
WATERSIDE  
THEATRE**

# A fantastic 2023 for Florence Nightingale Hospice Charity Retail



**In 2023, our shops...**

**Served 217,888 customers**



**Sold 429,306 donated items**



**Sold 3,504 items online**



**Sold 23,224 hospice lottery tickets**



**Were open for 32,466 hours**



**Kept 733 tonnes out of landfill by recycling or reselling**

**Thank you to everyone who has supported our shops by shopping, donating or volunteering.**

**[fnhospice.org.uk/our-shops](https://fnhospice.org.uk/our-shops)**

# Retail Anniversaries

## 30 Years in Retail

Last year we celebrated 30 years in retail as our first shop opened in Aylesbury in 1993. In the run-up to our 30th birthday, our shops created special window displays, sold limited-edition badges and bags featuring a commemorative retail logo and we produced 30 pieces of social media content all about our shops.

We talked about this milestone with our Head of Retail, Lily Caswell who shared

“We loved celebrating the 30th anniversary of Retail at FNHC! It’s a fantastic milestone to reach and great testament to how well the Charity is supported in the local community. By shopping, donating or volunteering, an incredible amount of people have helped us to grow our retail offer over the past three decades and raise vital funds to provide hospice care to thousands of people across Buckinghamshire and its borders.

“The estimated turnover for our shops over the past 30 years is over £17 million, with 100% of the profits going to the Hospice. We currently have 13 shops and an online sales team with plans to get to 20 shops in the next three years. Our shops are there to provide sustainable profit to help fund vital local hospice care, and we look forward to being able to do this for decades to come.”



## Shop Milestones

Our Marlow, Beaconsfield and Hazlemere shops have all recently celebrated their one-year anniversaries and are some of the newest shops added to our family. We would like to thank each community for welcoming and supporting us by volunteering, donating and shopping. We spoke with some team members from these shops about being part of the wider Florence Nightingale Hospice Charity (FNHC) team:

“Being part of the FNHC family makes me feel proud in raising funds for those in need while working closely with the community.” Carla, Beaconsfield Shop Manager.

Our Beaconsfield shop enjoyed its one-year anniversary on 20th January, 2024.



“I’m so proud to work for FNHC. It’s heart-warming knowing that every sale and donation is going towards such a deserving cause. It’s great to meet the local community every day and I’m immensely proud of our team here at Hazlemere!” Naomi, Hazlemere Assistant Shop Manager.

Hazlemere reached the one-year milestone on 29th April, 2024



“It’s a great boutique with friendly volunteers and we get lots of compliments on the layout. It’s lovely to meet customers and make friends with the other volunteers.” Volunteer, Marlow.

Marlow completed its first year of business on 19th August, 2023.



## Celebrating Sustainable Fashion Week

For the second year in a row, we participated in the Charity Retail Association's 'Sustainable Fashion Week'. From 25th September to 8th October, we encouraged our local community to shop sustainably by choosing to buy second hand items from one of our 13 shops. Over the last year, our shops have kept over 733 tonnes of textiles out of landfill through reselling and recycling and we intend to see that number grow and grow.

We also worked with schools across Buckinghamshire on our 'Sustainable Fashion in Schools' initiative. Our Retail and Marketing teams have developed a package of educational materials to support assemblies, workshops and classroom activities to inform young people about the fashion industry and the role of charity shops in sustainability. We have loved seeing the energy and knowledge that students and staff have on the subject, with many already being proud charity shop shoppers and donors.



## Angels Den

The Clare Foundation hosted a wonderful fundraising evening called 'Angels Den'. It was a charity event not dissimilar to BBC's 'Dragons Den', held at beautiful Missenden Abbey and attended by an array of fabulous local charities. Ten charities were invited, and all had to pitch for Clare Foundation funding.

Head of Retail, Lily Caswell and Head of Fundraising, Lee Lloyd gave a very heart-felt presentation that impressed the judges and audience as they described the role of retail income in providing hospice care for local people.

We're thrilled that we were awarded £7,000, which will move us closer to achieving our goal of purchasing a new electric van to support our Retail operation.

Lily Caswell said "We were honoured to be one of the ten charities to be given the opportunity to take part in the first ever Angels Den event. It was a fantastic evening, and it was great learning more about other local charities from a range of different sectors. We are so grateful for the donation which the Clare Foundation granted us, which will help us towards our goal of purchasing an electric van to support our Retail department in an energy efficient way. Thank you to the Angels and well done to all the charities who were involved."



## Buckingham Shop Wins Best Dressed Window

Congratulations to our Buckingham shop which won the Best Dressed Window for retail in the Buckingham Town Christmas Parade for the second year in a row!

The shop's Christmas theme was "make something out of nothing this Christmas," using only donated cardboard and craft supplies. "Because in a time of austerity, it's not the money spent that makes Christmas, but what we ourselves make of it" Sybil Jane Edgar, Buckingham Shop Manager.



## Charity Retail Association's 'Charity Shop Home' Campaign



We were excited to take part in the Charity Retail Association's 'Charity Shop Home' campaign in February. The social media campaign celebrated the best in preloved furniture and homewares that can be found in charity shops. Our Showroom Manager, Rachel, styled some beautiful displays which were photographed by Derek (our Retail driver and professional photographer). The photos looked stunning and showcased the incredible furniture and homewares that can be found at our Furniture Showroom in Aylesbury.

**To find out more about our Furniture Showroom and our other shops, visit our website - [www.fnhospice.org.uk/our-shops](http://www.fnhospice.org.uk/our-shops)**



## Showroom Frontage Development

Last February, our Furniture Showroom was involved in an accident, causing significant damage to the front of the building. Thankfully, nobody was injured as a result. The front of the Showroom required a lot of work to rebuild and remained boarded up for most of the year.

Insurance claims took a long time to come through, but we're delighted that a year later the front of the Showroom has been rebuilt with the doors and window replaced. We were blown away by the community support after the accident and thank all our customers who continued to shop with us while we were boarded up.

Upcoming Events



Remember loved ones with

# Red Roses at Waddesdon Manor

Public viewing: Wednesday 17th April - Sunday 28th April

Dedicate a flower at:  
[fnhospice.org.uk/foreverflowers](https://fnhospice.org.uk/foreverflowers)



## Lightfoots SOLICITORS

### Proud supporters of Forever Flowers 2024



- Corporate & commercial
- Conveyancing
- Dispute resolution
- Employment law
- Family law
- Probate & estate administration
- Property finance
- Trust & tax planning
- Wills & power of attorney
- Legal services for business
- Legal services for lenders

enquiries@lightfoots.co.uk  
www.lightfoots.co.uk

01844 212 305  
Offices in Thame and Princes Risborough

# Celebrating 35 Years



1985	Aylesbury Vale Hospice Appeal launches aiming to raise £500,000 to build a Hospice.
1986	First Swimathon led by Appeal founder Barbara Lucas who swims 1km.
1988	Foundation stone laid at the Hospice site in the grounds of Stoke Mandeville Hospital.
1989	Hospice officially opened by the Duchess of Kent.
1993	Our first shop opens in Market Square, Aylesbury.
1996	Aylesbury Beer Festival raises £2,000.
1997	First draw of the Three-Hospice Lottery, with Iain Rennie Hospice at Home and the South Bucks Hospice, which has raised over £17 million.
2001	Day Hospice extension opens.
2006	Our first Charity Christmas cards launched.
2009	Hospice beds get new TVs thanks to 20th anniversary fundraising appeal.
2010	Hospice becomes part of Bucks NHS Healthcare Trust. First Midnight Walk raises £50,000.
2015	Florrie Bear becomes the new mascot for the Florrie's Children's Team.
2019	FNH@Home service launched to care for patients at home in their final weeks. Matron Liz Monaghan wins Best Nurse at The Sun's Who Cares Wins Awards.
2020	Covid leads to closure of all shops and suspension of fundraising activity.
2021	Service fully reintroduced as pandemic eases.
2024	Charity celebrates 35 years of providing the best hospice care for everyone who needs it in Buckinghamshire and borders.

That's a whole generation of hospice care. Gifts in Wills are critical to our funding of the Hospice, please help us fund the next generation and remember us in your Will: [fnhospice.org.uk/giftinwill](https://fnhospice.org.uk/giftinwill)

## Supporters Trek the Sahara

By the time you are reading this, four members of our community will have completed their immense challenge of trekking across the Moroccan Sahara Desert to fundraise for the Charity.

Donna (a long-time fundraiser for us), Trudie (Palliative Clinical Nurse Specialist at Stoke Mandeville Hospital), Catherine and Rachel (both Palliative Care Nurses at the Florence Nightingale Hospice) have taken on the challenge from the 9th-16th March.

They have trekked across the vast and diverse landscape in temperatures that can reach up to 35°C and been treated to fantastic night skies when camping in the unique wilderness. While on the trip, they have also helped underprivileged children in local communities.

Trudi shared this ahead of their trek

“It’s rapidly approaching! We’re all very much looking forward to embarking on the Sahara Trek. My dog is exhausted from all the long walks, as are my family and friends who I’ve dragged along for moral support! The warm temperatures will be welcome, however, the 0°C nights are not so appealing. We may have to resort to snuggling up with camels which are accompanying us on the trek to keep warm – it won’t be any worse than sleeping next to my snoring husband though!”

At the time of writing, the group have raised an incredible £9,589!



## Tree of Light Service

A warm thank you to everyone who joined us for our Tree of Light service on Sunday 10th December. Your presence made this remembrance event truly special. We hope the service offered comfort and a chance to remember and share those treasured memories of your loved ones.

Thank you to all the Hospice staff and nurses who gave heartfelt speeches. We also thank the On Stage Choir, whose musical renditions moved all in the room. Finally, a big thank you to Into The South for all things technical and a lovely musical piece, and to Little Vintage Teacup for supplying beautiful vintage china tea sets for the event. The 2024 service will be held on Sunday 1st December.



# Nativity! The Musical at Wycombe Swan Theatre

Following a week of intensive rehearsals, 100 local school children took to the stage at Wycombe Swan Theatre for two very special performances of Nativity! The Musical in October, produced by the Charity's On Stage team.

One mum said "Taking part in this project has given my daughter so much, the acceptance that she is good enough, the realisation that hard work and teamwork can lead to achieving amazing things and that friendships can be made quickly and solidly. The team, who had multiple goals, with kindness at the forefront of everything they do makes this project one of a kind!

"What an amazing way to raise funds and awareness for such a worthy cause but also bring a community together and make kids feel that they are capable and more than enough just as they are. **The team is formidable and with unwavering support for everyone involved makes them quite simply heroes!**"

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 event sponsors:  
**Seymour Taylor Accountants**  
**3B Vehicle Hire**

Thanks to our supporters:  
**Buckinghamshire College Group**  
**Bucks Music Trust**  
**Kelly's Costume Design**

## FLORENCE FETE

Free  
entry!

Saturday 4th May  
12 - 4pm

Spring fun  
for ALL  
the family!



Cakes

Chiltern Way Academy



Games



Raffles

Wendover Campus



Ice Cream



Dancing



Bouncy castles

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

Would you love to  
perform on a  
professional stage?



Adults

Thursday 11th April

Children aged 6+

Sunday 28th April &  
Thursday 2nd May



Register to audition  
[fnhospice.org.uk/charlie](http://fnhospice.org.uk/charlie)



## Introducing Su, our new Volunteering Engagement Manager

"I've been working in Volunteer Management for four years. I started working at another local Hospice in September 2018 as a Volunteering and Training Administrator. This was a career change for me into the Charity Sector – I loved it straight away and quickly worked my way up to managing the Volunteering service.

"I first volunteered when I was 15 in my local Oxfam shop to gain new skills and work experience while at school, I absolutely loved it! I continued to volunteer in a range of roles and organisations over the years. Volunteering has such a huge positive impact on not only a community but on individuals as well.

"Florence Nightingale Hospice Charity has an amazingly strong and diverse volunteer base. From the volunteers that I have already met, I have been really touched by their stories and their experience of volunteering. **There is a huge sense of pride among our volunteers when talking about their connection to the organisation.** My aims and ambitions are to continue to strengthen the volunteering experience for current volunteers, and to attract new volunteers during our special 35th anniversary year."

Simply put, the Charity couldn't operate without so many dedicated volunteers. They not only give their time and share their skills with us, but they also act as ambassadors for us, sharing news from the Charity and the Hospice within their communities and networks. We are so grateful for everything they do.



**£3  
MILLION**  
contributed  
since 1998



### Win £1,000, play the The Hospice Lottery

Our weekly charity lottery draw, run by the Hospice Lottery Partnership, is a great way to support us. You'll get the chance to win cash prizes every week.

Your entry equals valuable, regular income to fund the care we provide to local families facing life-limiting illnesses.

There are 135 guaranteed prizes to be won every week in the weekly draw.

You can set up a direct debit subscription to take part in the draw every week or you can buy tickets for a single draw online, [hospicelottery.org.uk](http://hospicelottery.org.uk), or in any of our shops.

#### PLAY THE HOSPICE LOTTERY

Each week, the Hospice Lottery gives you a chance to win:

**First prize £1,000**

**4 x £25 prizes**

**100 x £10 prizes**

**Plus the bonus Rollover prize which can reach as much as £10,000!**

**And a Bonus Draw twice a year with additional prizes.**



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



“ I love the buzz around volunteering for FNHC. It makes me feel happy and valued. I look forward to my shifts every week! ”



“ I enjoy volunteering for FNHC as it enables me to contribute to fundraising and allows me to work with some amazing people. ”



“ It's great to be part of a team and we feel such achievement when we see the funds we raise and how it benefits the Hospice. ”



“ I thoroughly enjoy being a volunteer as it allows me to interact with people while helping the community. I love it! ”

## Join Our Fantastic Volunteering Team

Make new friends, learn new skills and give back to your community

Visit [fnhospice.org.uk/volunteer](https://fnhospice.org.uk/volunteer)

# Community Fundraisers... You're Amazing!

To those who have fundraised for us, we're so grateful and appreciate everything you do. We love hearing about your challenges and events. Let us know what you have planned, we'd be very happy to support you: [fundraising@fnhospice.org.uk](mailto:fundraising@fnhospice.org.uk)



Well done to Buckingham and Stowe Running Club, Clarendon House and the runners who took part in the Buckingham Santa Dash on Sunday 17th December. It was the first time the Charity had run an event in Buckingham and it was supported very well. Overall, the event raised £4,420.



Congratulations and thank you to all the volunteers who were a part of our 2023 Christmas wrapping station in Aylesbury's Friars Square Shopping Centre. It ran from 15th December to Christmas Eve and raised £2,473.



A big thank you to the 15 schools across Buckinghamshire who took part in our school Santa Dash programme throughout December. Overall they raised an incredible £11,462.



A huge congratulations to Isabella and Laura who designed, made and sold tie-dye tops, bags and hair accessories with all proceeds going to Florence Nightingale Hospice Charity. They raised over £200 and we couldn't be more grateful for their support.



Thank you to Haddenham Community Support Group and all those who participated in our Haddenham Santa Dash on Sunday 3rd December. Despite the weather, over 100 people took part in the 3km event in festive fancy dress, raising £5,180.



A massive thank you to the runners from QinetiQ Supply Chain and Procurement who took part in the Farnborough Half Marathon, raising £1,043.

## Thank you, Local Businesses

**Henderson Scott** named us as their Charity of the Year 2023 and organised several events to raise money, including a Bake Day where cakes and pastries were sold across their office complex. The Ops team, led and driven by Aimee, set themselves a goal of £1,000 and kept pushing all through 2023 reaching a total of £1,003. Having met the team on a few occasions, it was great to be invited to their new office in Hemel Hempstead for a cheque presentation and hear about all their efforts.



**Pure Offices** in Aylesbury set their sights on reaching £2,500 for us by December 2023 and organised many events for their business community to help raise funds. Notably "Sharing the Love" in February, a Summer Solstice Market Day in June and ending 2023 with Christmas Mini Market Day, to name but a few! Dawn and Livia worked tirelessly to help raise awareness and funds for the Charity and it was an absolute pleasure connecting with such a focussed team. The goal was reached with an HQ matching contribution and we met for a cheque presentation late in December for £2,500 at our Walton Lodge Office.



**ASM Auto Recycling** have been a regular supporter and named our Charity as the fundraising focus for their Christmas party in December. Donating via Christmas Jumper Day, bucket collections during the party and pay as you go activities. They not only had a fantastic party, but with the collection and company match they raised an amazing £1,538. The HR team of Sally and Debbie played a significant role in collecting for our Hospice and it was an absolute pleasure attending a cheque presentation in early January.



**If you would like to support us at work, get in touch with Tony White, our Corporate Fundraising Manager. Email [tonywhite@fnhospice.org.uk](mailto:tonywhite@fnhospice.org.uk), phone 01296 429 975.**



**VEHICLE HIRE**

**3BHIRE.CO.UK**

**CAR & VAN RENTAL IN**

Buckinghamshire

01296 823017

**PROUD TO SPONSOR**

Florence Nightingale Hospice Charity

# Looking Forward



**Thursday 11th:** Charlie and the Chocolate Factory Adult Auditions

**Monday 15th:** Buckingham Shop Birthday

**Wednesday 17th – Sunday 28th:** Forever Flowers

**Sunday 28th:** Charlie and the Chocolate Factory Child Auditions



**Thursday 2nd:** Charlie and the Chocolate Factory Child Auditions

**Saturday 4th:** Florence Fete

**Monday 6th – Sunday 12th:** Dying Matters Week

**Thursday 23rd:** Hospice Briefing



**Saturday 1st – Friday 7th:** Volunteers Week

**Sunday 2nd:** Strictly Florence

**Saturday 22nd:** Midnight Walk / Mini Walk / 'Not the Midnight Walk'



**Friday 19th:** Thame Shop Birthday



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





**Saturday 3rd:** Charlie and the Chocolate Factory

**Monday 12th:** Furniture Showroom Birthday

**Monday 19th:** Aylesbury High Street Shop Birthday

**Monday 19th:** Marlow Boutique Birthday

**Thursday 29th:** Bucks County Show



**Friday 20th – Sunday 29th:** Sustainable Fashion Week



**Florence  
Nightingale**  
HOSPICE CHARITY  
1989-2024

**35th Anniversary Month**

**Monday 14th – Sunday 20th:** Hospice Care Week

**Friday 18th:** Gala Dinner



**Friday 1st:** Wendover Shop Birthday

**Saturday 2nd:** Wycombe On Stage Performance

**Wednesday 6th:** Walton Court Shop Birthday

**Tuesday 26th:** Giving Tuesday

**Sunday 1st:** Tree of Light

**Saturday 14th – Tuesday 24th:** Christmas Gift Wrapping, Friars Square Shopping Centre

**Date tbc:** Reindeer Runs



# Did you know...

gifts in Wills have funded new Hospice services including our FNH@Home community nursing programme?

No matter the size, a gift in your Will helps us provide hospice care in Buckinghamshire for generations to come.



To leave a gift in your Will,  
contact Katie on

 01296 826288

 [katieblair@fnhospice.org.uk](mailto:katieblair@fnhospice.org.uk)

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

# “Colourful clothes, no drab black”

wrote Fiona Paine to her family in November 2021.

Fiona’s husband Ed said that Fiona gave him plenty of instructions about her funeral plans: “I’ve decided I am OK with being cremated and that you should have a big party to celebrate how much I love you all.”

Fiona died from Lymphoma on 3rd August 2023, a couple of weeks after her daughter’s wedding; she was 62. Fiona was able to attend the wedding at the church near her house. It was the last time she got out of bed.

Fiona was cared for in the last three weeks of her life by the Florence Nightingale nurses who form the FNH@Home team. This team cares for patients at the end of their lives in their own homes across Buckinghamshire and its borders.

“She loved it when they walked through the door,” Ed said, as they immediately put her at ease. “She loved her home, looking out over the garden she



had created, and the care she received from the Florence Nightingale Team was priceless.”

The team came twice a day and then three times, to look after Fiona, wash her and make her comfortable as she soon became bed bound. Over the three weeks her ability to talk tailed off but she could still smile, and they carried on talking to her and making her smile, “they took a great load off of us” Ed said.

Ed is fundraising for FNH@Home as he plays trumpet in the Aylesbury Vale Concert Orchestra which regularly donates all proceeds from its concerts to FNH@Home.

If you would like to support the Charity with a one-off or 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)



Midnight  
**WALK**  
2024



**Saturday 22nd June**

**Celebrate, cherish and remember loved ones.  
Show your appreciation for our Hospice.  
Take part on your own or in a group.**

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

Midnight Walk  
Mini Walk for children  
'Not The Midnight Walk' virtual event