

Winter 2017

As we approach the festive period our thoughts turn to spending time with our loved ones. For some, however, it can be a difficult time due to the loss of a loved one recently or in years gone by.

That's why our annual Tree of Lights festival is so special. The lights on the tree are all lit in remembrance of a loved one and will shine brightly throughout the festive period until the Twelfth Night (5th January). The lights shine collectively to remember all those who have been lost from our local community.

The lights on the trees will be lit at ceremonies where there will be readings and music. This year's ceremonies will be:

Kettering

Sunday 3rd December

5.30pm

Jubilee Gardens (on the junction of St Mary's Road and London Road).

Wellingborough

Friday 8th December

6.00pm

Swanspool Gardens

The ceremonies will last approximately 30 minutes and be followed by tea and coffee and the chance to purchase small memorial gifts.

To light up a light of remembrance on one of our trees we ask that you make a donation to Cransley Hospice via our website. Please visit the Cransley Hospice website: www.cransleyhospice.org.uk or by calling our fundraising office on 01536 452423. Lights can also be sponsored in memory of a loved one who didn't receive care from Cransley Hospice; the lights will shine out collectively to remember all those who have been lost from our local community.



Cransley Hospice Fundraising Team



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Assistant Manager (coffee shop)



Sarah Platts

Assistant Manager (coffee shop)



Julie Charter

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Debbie Grant

Fundraising Assistant



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This Quarter's Events

Why not join us for one of our fundraising events over the festive season and beyond? As a charity, Cransley Hospice Trust raises much of its income from events and fundraising efforts from our supporters. Taking part in one of Cransley's events is a fantastic way to support your local hospice and to also experience some amazing events.



3rd December (Kettering) & 8th December (Wellingborough) Tree of Lights

The annual Tree of Lights ceremonies offer a moment to reflect and remember those who are no longer here with us. The lights on the trees are lit in remembrance of cherished family and friends and will shine brightly throughout the festive period until the Twelfth Night (5th January). To sponsor a light in memory of your loved one please contact the fundraising office on 01536 452423 or visit: <https://www.justgiving.com/campaigns/charity/cransleyhospicetrust/treeoflights>. Ceremonies will last approximately 30 minutes and will take place in Jubilee Gardens, Kettering at 5.30pm and Swanspool Gardens, Wellingborough at 6.00pm.

9th December | Christmas Jumpers

Skydive for Cransley! Our Christmas Jumpers event, at Sibson Airfield in Wansford, Peterborough, will see you completing a tandem skydive in a FREE Santa suit or bring along your favourite/ worst Christmas jumper to wear when you jump from a plane at 13,000 feet whilst raising money for Cransley.



Entries: £200 (£50 deposit payable when booking). Raise £300 and jump for FREE! Book your place: http://skydivesibson.co.uk/charity_event/cransley-hospice/

10th December | Santa Saunter

Join us for a festive walk around Wicksteed Park at 11.00am and get into the Christmas spirit. Tickets are £10 for adults and £5 per child (children are classed as 4 years of age – 14 years of age; three years and under are free). Ticket price includes a FREE Santa suit and a medal for everyone! There will be a prize for the best dressed dog!



This is a family event and is open to all ages and abilities; pushchairs and dogs on leads are welcome. Contact the fundraising office on 01536 452423 to book your places or visit: www.cransleyhospice.org.uk/event/santa-saunter.

The event is sponsored by The Furniture Centre. A big thank you to them for their support.

Visit our website: www.cransleyhospice.org.uk/events to find out about events coming up for the rest of 2018.

2018 Events

As well as this quarter's festive events, we have some exciting events coming up in 2018 from the Bubble Rush to the highly-anticipated Cransley Hospice Road Races. If you would like further information on any of our events please email info@cransleyhospice.org.uk or call the fundraising team on 01536 452423. We are always adding to our events portfolio, so please check our website: www.cransleyhospice.org.uk/events for the most up to date events listings.

21st-2nd & 28th-29th | April Swim for Cransley | Kettering Swimming Pool

28th April | Uventure Run | Cranford village

20th May | Bubble Rush | Wicksteed Park, Kettering

8th June | Summer Ball | Harrowden Hall, Wellingborough Golf Club

Join us for an evening of glitz and glamour at our summer ball raising money for Cransley Hospice. Tickets are not yet available, however, please register your interest at www.cransleyhospice.org.uk/events



14th July | Summer Skydive | Sibson Airfield, Wansford, Peterborough

Skydive for Cransley Hospice this summer! You will jump from a plane at 13,000 feet feeling a rush of adrenaline when you complete the jump raising vital funds for Cransley Hospice.

2nd September | Dragon Boat Races | Wicksteed Park, Kettering

16th September | Cransley Hospice Road Races | Cranford village

The popular road races take place in the picturesque village of Cranford before heading out into the surrounding countryside. The races compromise a junior run, a 10k and a half marathon race with exciting announcements about the races due to be released soon. Register your interest at: www.cransleyhospice.org.uk/events



2018 Events

To mark the 20th anniversary of Cransley Hospice, we are introducing three new events for 2018



Bubble Rush

The first ever Bubble Rush is coming to Kettering in 2018! The 5k course starts in a sea of bubbles and features four Bubble Stations along the route where cannons pump out coloured foam to create a 4ft deep bubble bath. The course is family friendly, so you can run, jog, walk, dance or toddle through the foam! Pushchairs and wheelchairs are more than welcome. Unfortunately, no dogs allowed.

The event's not timed so you're not racing anyone—the most important thing is that you enjoy your time in the bubbles and finish with a big smile on your face! Everyone gets a medal at the end!

Entries are not yet open for this event, however, register your interest by emailing info@cransleyhospice.org.uk and we'll notify you when registration is open.



Swim for Cransley

21st/22nd and 28th/29th April

Swim 5k (200 lengths) as an individual or invite your friends and family to form a team.

Kettering Swimming Pool | £15 per person

Bookings now being taken at www.cransleyhospice.org.uk/events



Cycle for Cransley

16th June

Get on your bikes for Cransley Hospice and join us for a fundraising cycle ride! More details to follow shortly.

Register your interest at www.cransleyhospice.org.uk/events



Virtual Reality Plan to Provide Patient Comfort

Patients will soon be able to take a 'stroll' along Gower Peninsula in Wales enjoying the moors and limestone cliffs as well as the golden, sandy beaches. Patients will also be able to 'walk' through Bradgate Park, Leicestershire coming close to the red deer that call the 830 acre park home and enjoying woodlands walk.

The two walks will be able to be enjoyed remotely by patients from their beds in the hospice thanks to the power of virtual reality. The films will last approximately five minutes each and will provide patients with a 360 degree experience allowing them to look around at the scenery during the walks. It is hoped that if the two virtual reality sets, which will be purchased by Cransley Hospice Trust, are available at the same time that a patient and their loved one can simultaneously enjoy the films allowing them to share a special memory together.



Keep it Social with Cransley Hospice



Keep up to date with the latest from Cransley Hospice by liking us on Facebook...
www.facebook.com/cransleyfundraising



...Following us on Twitter:
www.twitter.com/cransleyhospice

Cransley Hospice Merchandise

We have a wide range of merchandise that you can purchase to support Cransley Hospice. As we approach the festive season, you may want to consider purchasing new Christmas tree decorations or Christmas cards from our charity shop on the Horsemarket, Kettering. Merchandise is also available from the coffee shop which is also on the Horsemarket, the hospice reception and the fundraising office on the St Mary's Hospital site. All profits from the sale of merchandise support the work of Cransley Hospice.



You've Got to Be in it to Win it



Your **Hospice** Lottery

Supporting **your** hospice

By playing Your Hospice Lottery in support of Cransley Hospice you're making a huge difference by supporting local people with life limiting illnesses.

Joining the weekly draw for only £1 a week is an easy and fun way to support us. Not only do you get the chance to win a top prize of £1000 every week, but you will also be directly contributing to the many services we offer.

It's just £1 per week to play = £4.34 monthly by direct debit. There are 136 guaranteed prizes to be won each week: 1 x £1,000, 1 x £100, 4 x £25 and 130 x £10 prizes, plus the rollover prize! Weekly prizes range from £10 to £1,000, plus a rollover prize that goes up by £250 each week if not won to a maximum of £10,000.

You choose to support Cransley Hospice with your lottery membership, so rest assured that your membership is going directly to support Cransley Hospice.

It's simple to sign up online by visiting www.cransleyhospice.org.uk/support-us/lottery or by calling 0800 285 1390

Quarterly fundraising efforts

Thank you to everybody who has fundraised for Cransley Hospice and those who have supported them. Here are just a few of the fundraising efforts we've had this quarter...





Could you volunteer for Cransley?

A team of over 50 dedicated volunteers provide a wide range of services which, though not essential for patients' medical care can make an enormous difference to their stay at Cransley Hospice. They also help raise vital funds which enable us to continue to provide our service.

Our volunteers complement the staff by enhancing the caring atmosphere in the hospice in a practical and helpful way and also by helping raise the vital funds needed to maintain and develop our End of Life services in north Northamptonshire and the surrounding area.

As a charity we are exceedingly grateful to our volunteers for all that they do, as this saves us a significant amount of money that can then be spent on vital services.

“I decided to join the Cransley Hospice Support Group as a fundraising volunteer immediately after the sad loss of my husband in 2001. This, I believed, was my way of giving something back, but in reality I still get more back than I give.” - Pamela Humphrey



We are always looking for new volunteers to join us. From working in one of our shops to helping at events, cash counting to representing Cransley at events we have many volunteering opportunities.

Frequently Asked Questions can be found on the Cransley Hospice website: <https://www.cransleyhospice.org.uk/volunteering/volunteer-faqs/> or contact us on 01536 452423 or email us on info@cransleyhospice.org.uk



Hospice Care Week 2017

Hospice Care Week, an annual awareness week, ran from 9th - 15th October with the aim of raising awareness of hospices and their care.

This year's theme was "We are Hospice Care" and Cransley Hospice used the awareness week to showcase the many faces of hospice care from volunteers to nurses, chaplains to consultants and everyone else in between. As well as being an awareness week, it was also an opportunity to recognise the efforts of the staff in Cransley Hospice.



Hospice staff and volunteers spoke to journalists from *BBC Radio Northampton* and the *Northamptonshire Telegraph* about life in the hospice sharing the positive stories that come from hospice care.

Cransley's two shops, on the Horsemarket in Kettering, got involved in Hospice Care Week by adopting a green theme - from green dresses to green cakes! A campaign was also run across Cransley Hospice's Facebook and Twitter to dispel myths and share stories from the hospice staff.

Read the *Northants Telegraph* article here: <http://bit.ly/2hlfvFm>

NEWS

Inside Cransley Hospice: Patients are our priority

Health We mark National Hospice Care Week by spending time with staff at the Kettering health facility

50% The percentage of Cransley Hospice's income that comes from fundraising activities

1,100 The number of patients cared for in the hospice during 2016/17

230 The number of patients cared for in the hospice during 2015/16

£1.4m The amount of funding Cransley Hospice raised to continue funding its services

20 The number of paid staff employed by Cransley Hospice in 2016

£5 The average cost per patient day at Cransley Hospice

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Day in the life of...

Cransley Hospice's Family and Liaison Officer - Heather Cook

Heather has been at Cransley hospice for 2 and a half years and has a background as a nurse.

I am part of the handover in the morning. I prioritise my workload following this; I may then spend time attending to discharge planning work, phone calls and liaison with other agencies for safe and smooth transfer of care.

Following this I will go into the inpatient unit and visit patients and their families providing emotional and practical support or possibly discussing discharge options. Some of my work is communicating difficult aspects of care such as moving from Cransley to another care facility. I would meet with families to arrange a controlled discharge ensuring each team member, including the patient and family is involved in those plans.

The flexibility of my diary allows me to be able to assist families with choosing, or visiting, nursing homes with patients if their family is not available to take them.

I will often spend time discussing fears and anxieties as I represent someone removed from the emotional situation people find themselves in—"a safe place". As adults we can be concerned about showing our emotions, worrying that once we start crying we won't stop or may be considered "weak. Having space and time to allow people to share their emotions is vital—it allows patients and their families to be open and honest with one another and have significant quality time together. These discussions have led us to have weddings, organising outings for patients and meeting last wishes.



Photo of Heather courtesy of *Northants Telegraph*

Cransley Hospice Trust
Fundraising Office
St Mary's Hospital site
London Road
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NN15 7PW



Registered charity number: 1151018