

The Bubble Rush is coming to Kettering for Cransley Hospice

Bursting into Wicksteed Park, Kettering on Sunday 20th May is the Bubble Rush for Cransley Hospice. A 5k walk, run, hop, skip or jump through cannons pumping thousands of multicoloured bubbles!

With entry open to all (unfortunately dogs are not allowed), it's up to you whether you walk, run, hop, skip or jump along the family-friendly route. Whichever you choose, you'll burst through four bubble stations firing out brightly coloured bubbles and receive a medal when you cross the finish line!

You will collect a Bubble Rush tshirt to wear on the day, however, it's up to you how you accessorise it– fancy dress is encouraged! The bubbles are non-toxic, however, please be aware that they may stain clothing and sensible footwear is recommended.

Arrive early to soak up the atmosphere and visit the merchandise stalls so that you can put the finishing touches to your outfit and enjoy the catering stalls and other entertainment.

Tickets start from just £8.
Book your tickets now at
www.cransleyhospice.org.uk/events

Event partner:



Cransley Hospice Fundraising Team



Wendy Reason

Director of Income Generation and Marketing



Shelley Green

Community & Events Fundraising
Manager

Kirsty Nield

Assistant Manager
(coffee shop)



Kristina Robson

Trusts & Grants Officer

Sarah Platts

Assistant Manager
(coffee shop)



Karen Winstone

Charity Shop Manager

Julie Charter

Governance & Office
Manager



Lisa Mitchell

Assistant Manager
(charity shop)

Debbie Grant

Fundraising Assistant



Suzanne Grainger

Coffee Shop Manager

Rubi Hussain

Finance Assistant



Cransley Hospice's 20th Anniversary

2018 marks the 20th anniversary of the opening of Cransley Hospice which officially opened in November 1998 on the ground floor on Sunley Court, Kettering.

Until that point, Dr John Smith (pictured right with Sally Gunnell OBE) had been caring for patients on a ward in St Mary's Hospital, the Cransley ward, which at that point was a 'care of the elderly' ward. John Smith had managed to 'appropriate' some beds starting from the early 1990s for palliative care. This was still a service that needed John's drive to keep it going. He managed to negotiate a lease for the current building but recognised that more money was needed and so appointed a fundraiser to support this.



In 2005 John Smith retired from the medical profession but by then a hospice unit was well established with specialist palliative care consultants. John Smith continues to be involved in the hospice to this day and is currently one of the charity's trustees and is also the patron. A number of the staff still working in the hospice previously worked with John Smith including the ward sister who worked with him as a student nurse and the matron.

The first Cransley Hospice Road Race was held in 2001 and has been held annually ever since (this year's event takes place on 16th September in Cranford).

In 2010 the Cransley Hospice charity shop opened in the Horsemarket, Kettering and was followed by the charity's coffee shop in 2012. Cransley Hospice Trust (CHT), an independent charity, was created in 2012 and started fundraising shortly afterwards. CHT took over from the NHS

charity.

This year Cransley Hospice need to raise £1.4 million to enable us to continue to provide our services.

We'd love to hear your stories over the years of Cransley Hospice and see your photos. Why not share them on our Facebook page? www.facebook.com/cransleyfundraising



2018 Events

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-22nd & 28th-29th April | Swim for Cransley | Kettering Swimming Pool

May | Open Gardens Season Programme | Launching 17th May

A selection of gardens will be 'opened up' in support of Cransley Hospice starting in May.

20th May | Bubble Rush | Wicksteed Park, Kettering

A 5k walk, run, hop, skip or jump through cannons pumping thousands of multicoloured bubbles! Entry open to all; pushchairs and wheelchairs more than welcome.

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

Join us for an evening of glitz and glamour with live entertainment at our summer ball raising money for Cransley Hospice.



16th June | Cycle for Cransley | TBC



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

Form a team and try out the ancient art of dragon boat racing.



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 comprise a junior run, a 10k and a half marathon race. Now featuring shoe chip timing, offering instant results as you cross the finish line.



October | Strictly Kettering | TBC

We're looking for ten local residents to be Cransley's 'celebrity' dancers who will be paired up with a professional dancer who will teach them to dance. They will then perform two set ballroom dances and a show dance on the night in front of a packed audience raising funds for Cransley. Applications for dancers now open; contact the fundraising team on 01536 452423 or info@cransleyhospice.org.uk

December | Santa Saunter | Wicksteed Park

Join Cransley for a festive walk in Santa suits around Wicksteed Park with festive surprises.

Corporate Challenge Events

As well as events for all of the family, Cransley Hospice also have corporate events which are perfect team building or business incentivisation. For more information please contact the fundraising team on info@cransleyhospice.org.uk or call 01536 452423

Bubble Rush

Bursting into Wicksteed Park, Kettering on 20th May this year is the Bubble Rush, a new 5k run with a difference - thousands of multi-coloured bubbles! The 5k course starts in a sea of bubbles and features four coloured 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!

A fantastic event for families or groups of colleagues. Entry: £20 per adult, £8 per child. Family discount available.



Dragon Boat Races

2nd September, Wicksteed Park

Try the ancient Chinese tradition of dragon boat racing with over 2000 years of history! Teams of 11, including one drummer, are guaranteed three races in one of the most popular water-based fundraising activities in Britain! The fastest teams will progress to the semi-final to be in with a chance of rowing in the final and ultimately taking the title.

Dragon boat racing is a great team-building exercise and can create healthy competition amongst local companies and organisations! Teams are encouraged to bring a gazebo and supporters and make a day of it! With stalls, refreshments and entertainment in the event village, there's fun for all the family. Entry: £350 per team.

Swim for Cransley Corporate Challenge

Sponsored by T James Electrical

1st—30th April | Kettering Swimming Pool

Does your company have the fastest swimmers in town? Six swimmers, one lane, one hour to complete as many relay lengths as possible. A medal for each team member plus a top prize for the winning team!

£100 entry fee per team



Summer Ball

Sponsored by Wilson Browne Solicitors

8th June | Harrowden Hall

The evening will begin with a drinks reception on the terrace overlooking the stunning gardens and with the 18th century hall as a backdrop. Then through to the summer marquee where you will enjoy a delicious three-course meal with entertainment from Nigel Adair and The Replica.

Tickets are £45 each. Charity auction kindly sponsored by BSH Home Appliances.



Joules Donation to Charity Shop



A generous donation of brand new baby and childrens clothes from Joules to the Cransley's charity shop in January saw hundreds of customers visiting the shop on Kettering's Horsemarket to purchase the beautiful stock whilst raising a difference for their local hospice through the sales.

As well as the donation of Joules stock, the charity shop regularly has donations from customers of new stock still with tags still on.

The charity shop will be celebrating Cransley Hospice's 20th anniversary throughout 2018 with a **series of promotions on, or around (the shop is not open on Sundays), the 20th of each month** such as buy one, get one free offers and 1/2 price sales on selected lines.

The friendly staff and volunteers look forward to seeing you in our charity shop which is open Monday—Saturday (9am—4pm). For book lovers, do pop into the coffee shop next door where a selection of good quality books are for sale raising funds for the hospice.

Playing the Lottery, Supporting Cransley

For more information on the Hospice Lottery, please visit: <http://www.yourhospicelottery.org.uk/hospices/cransley-hospice.aspx>

The perfect present...

Your Hospice Lottery
Supporting your hospice

Plus, rollover jackpot of up to **£10,000!**

... a gift membership to Your Hospice Lottery

It's a unique gift that not only gives the recipient a chance to **win over 130 weekly cash prizes** but keeps giving to hospice care too.

Buy a gift from as little as **£10 for 10 weeks in the draw.**

It's really easy to buy online by Direct Debit or card at yourhospicelottery.org.uk/gift or call **0800 285 1390**

Buy the gift that keeps on giving now!

gamblesupport.org.uk 18 You must be 16 or over to play Your Hospice Lottery. Please play responsibly. Responsible gambling support: www.gamblesupport.org.uk Your Hospice Lottery is wholly owned by St Helena Hospice and is working with other hospices to raise funds to support people in need of hospice services. Promoter: St Helena Hospice holding an Your Hospice Lottery. Licensed by the Gambling Commission Number 000-040481-1-100041-008. Players must be 16 or over. Please play responsibly.

Play the lottery in support of Cransley Hospice and you could win too!



How to play

It's easy to set up online at yourhospicelottery.org.uk

- Call 0800 285 1390
- Email lottery@yourhospicelottery.org.uk
- Players must be 16 or over

Cransley Hospice
Registered Charity Number 1151018

Your Hospice Lottery
Supporting Cransley Hospice

[yourhospicelottery](https://www.facebook.com/yourhospicelottery) [YHLhospices](https://www.youtube.com/channel/UCYHLhospices) yourhospicelottery.org.uk [yourhospicelottery](https://www.instagram.com/yourhospicelottery)

Collection Box Volunteers Needed **Harborough**

Volunteering can be extremely rewarding work and as a charity, saves us a considerable amount of money that can then be spent on supporting patients and families at a very difficult time in their lives. We are always in need of new volunteers to assist us and are currently looking for **volunteer box collectors** across our community.

In the last 12 months, collection boxes placed in shops and pubs have raised £8,832 (correct as of January 2018) for Cransley Hospice. Could you spare some time to look after our existing boxes and place some new ones out in the community?

If you are interested in the volunteer box collectors positions, please contact the fundraising office on: info@cransleyhospice.org.uk or call us on 01536 452423 Monday to Friday, 8.30 am—4.30pm.

The Hospice Lottery

Our fundraising lottery is going from strength to strength having raised over **£185,000** for Cransley Hospice so far and just under **5,000 plays** in the draw each week. We would like to thank the wonderful loyal members who have supported us by playing Your Hospice Lottery – you have really made a difference to people in need of hospice care.

Buy a gift of Lottery membership in support of Cransley Hospice

Are you forever stuck for unique gift ideas for that special someone? Why not surprise them with a Gift Membership to Your Hospice Lottery. Whatever the occasion, it's a great way to celebrate because not only will you be supporting your hospice but you'll be giving the recipient a chance to win too! That special someone will get to enjoy the excitement and anticipation every week they are in the draw that they might win a cash prize from £10 to £10,000! What's even better is that your generous gift will keep on giving to hospice care too, helping Cransley Hospice continue to provide expert palliative care for patients and support for loved ones.

From just £10 for 10 weeks play in the lottery draw you can buy a gift to remember or for £52 you can buy a year's membership

Did you know?

Your Hospice Lottery supports 9 other hospices through their weekly lottery draw and has raised in excess of £8 million for hospice care.

Not only was this massive fundraising milestone reached during 2017 but the biggest ever rollover prize of £10,000 was given away on 1st December. This is the first time the jackpot has reached this amount since the rollover draw was launched in December 2013. In fact, the highest it has ever reached previously, was £7,500 won by a lucky player in July 2016.

If you would like to join in the fun from just £1 per week, or for more information please visit www.yourhospicelottery.org.uk or call 0800 285 1390. Players must be 16 or over.

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...



Peter Crisp cheque presentation



ASDA Rushden store collection



Fundraising concert for Cransley Hospice



Cheque presentation to Cransley Hospice from The Business Club Northants



Oliver Patrick "shaved the mane" to raise money for Cransley in honour of his late mum.



Al Dixon shaved his beard off after having one for 10 years to raise funds for Cransley.

Quarterly fundraising efforts

Cheque presentation from Kettering Golf Club Ladies Members



Cheque presentation to Cransley Hospice for proceeds from the sale of the Poppies painting (left).



25% off profits from the sale of 'Lost Spirit of Rockingham Road' by Mr L. A Litchfield were donated to Cransley Hospice

Tree of Lights, Kettering 2017



CHRISTMAS CRANSLEY ADVENT CALENDAR

Contact Emily Kennedy - 07903539794 for tickets (available 1st November - 30th November)

£2 a strip or 3 strips for £5

TWO GREAT RAFFLE PRIZES EVERY DAY

ALL DONATED BY LOCAL BUSINESSES / PEOPLE

EMILY KENNEDY HAIRDRESSING VOUCHER X3, 6 CLASSIC COCKTAILS AT AURA, CHARLOTTE'S CREATIVE BAKES VOUCHER X2, SIAN WATSON PHOTOGRAPHY VOUCHER, CHRISTMAS WREATH BY DAN HAWKINS, WARNER EDWARDS SLOE GIN, LOLLIPOP BEAUTY £20 VOUCHER, KAREN JOHNSTONE BEAUTY SHELLAC VOUCHER, TRACEY GEE TANGLE ANGEL, PRETTY LITTLE FOLLS £10 VOUCHER X2, SOMETHING SPECIAL PERSONALISED FRAME, HAIR-UP BY HARRIET DARKER, NEALS YARD BEAUTY SLEEP GIFT SET, MINK TSHIRT, LIV LASHES BY LUCIE PITTAM, WEETABIX GOODIES, JAMES ROBERT PHOTOGRAPHY 60x40 CANVAS, 3 NIGHTS IN A LODGE IN WEYMOUTH, SHANI COLES DESIGN'S WOODEN PLAQUE, RAGZ AND TAGZ CHRISTMAS EVE BOX, FIONA AND MARK KENNEDY X6 BOTTLES OF WINE, DANIELLE REBECCA MAKE OVER, DAVID HEARN QUIRKY LOG REINDEER, BEAUTY BY BONNIE £20 VOUCHER X2, CHRISTMAS WREATH BY FLORAE FORAY, AIMES £50 VOUCHER, PAUL WILLIAMS HAIR DRYER, EMILY VARNFIELD BEAUTY VOUCHER, FREE MOT EJM MOTORS, GEMMA BYRON INDIAN HEAD MASSAGE, BOSWORTH VOUCHER, BROOKE SAVANNAH MAKE UP VOUCHER X2, ADAM HALE PERSONAL TRAINING VOUCHER X5, MEGAN CLAIRE MAKE UP LESSON, FREE MEAL AT STIRRUP CUP, TIGGYWINKLES TEAROOM VOUCHER, AMY KING STREETFIT CLASSES X3, BOTTLE OF CHAMPAGNE X2, CHOCOLATES



Emily Kennedy organised a Christmas advent calendar raffle for Cransley Hospice



Cheque presentation from the Flying Fish, Burton Latimer

Strictly Sequins at the Ready

Last year's Strictly Kettering was a hotly-contested competition with local baker Ross Santoro and his professional dance partner Maria Pegg crowned the champions of Strictly Kettering 2017. The event was a huge success for the hospice, raising £24,000.

The search is now on to find contestants for Strictly Kettering 2018! It doesn't matter if you have "two left feet" as you will be paired up with a professional dance partner and given approximately 8 weeks of training and instruction. On the night you and your partner will perform two set ballroom dances and a show dance in front of a packed audience who along with the judges will be voting.

As well as the dancing, you will be expected to fundraise £1,000 each for the hospice with the total money raised by each dancer contributing towards their position in the final where their dancing prowess will be combined with the money raised.

To apply for Strictly 2018, please email info@cransleyhospice.org.uk or alternatively call the fundraising office on 01536 452432.

Photos from Strictly Kettering 2017 by Roger Hyslop photograph.



Cransley Hospice Pivotal in GP Training

Identifying when a patient can be reaching the end of life can be a challenging task, however, after a jointly-funded training initiative it is hoped that identifying such patients will be less problematic for GPs in Northamptonshire.

Cransley Hospice Trust have jointly funded, alongside Cynthia Spencer Hospice, four training sessions aimed at GPs with the first session having taken place on 8th November 2017. The next session is due to take place in March 2018 to a new cohort of GPs.



The broad aim of this End of Life Care Masterclass was to develop the knowledge and skills of GPs regarding the identification of people coming towards the end of life, care planning in advance, symptom management and end of life services that are available for patients and their families.

The training was provided by Consultants in Palliative Care Medicine as well as the End of Life Practice Development Team. The masterclass aimed to create more awareness of end of life care and share best practice amongst GPs. The feedback from the 112 participants has been very positive and the workshops attracted lively discussions. Many participants have already identified ways in which this training will influence their future practice.

Angela Howe, Cransley Hospice's Head of Service Development, said:

"Education is hugely important in helping healthcare professionals to identify when patients are coming toward the end of life. Patients are then able to consider choices that they otherwise may not have been aware of or involved in"

Cransley Hospice also provides ongoing education for hospice staff. A dedicated practice development nurse coordinates training on topics such as pharmacology, communication skills training and the delivery of care that is individualised for to a patient's needs.



Day in the life of...

Cransley Hospice's Gerard O'Flaherty, chaplaincy coordinator for palliative care in Northamptonshire.

Gerard has been at Cransley Hospice for six years.

“The best part of my job is helping patients to be able to regain a sense of self and a sense of their own journey. I am able to be an unconditional presence of support and comfort for them.

The religious role is a small role in what I do. I'm supporting somebody whilst their body is poorly and becoming more poorly.

I fulfil appointments in the hospice first, meeting people who are grieving and meeting patients in the ward. I listen to staff and support them if needed. I speak with relatives and befriend them as well so that there is someone here that they can open up to. I will then be out and about visiting people in the community. My days are long but they are not tiring, they are energising.

We are privileged to be able to get to know people in the hospice; we meet the person, we remember their name and remember whether they like strawberry or vanilla ice cream. That sort of information is important for us to know and remember. Sometimes in other places, like hospitals, there isn't the time to get to know people and find out whether they prefer strawberry ice cream, however, we can do this and it is a privilege.

Our doctors have a lot contend with, the patients have been referred to them as they need specialist care, yet I've seen doctors go back, spend more time with them. Hold their hands, demystify the conversation as many times as the patients need. Our doctors and consultants are incredibly available and patient. They go the extra mile all the time.”



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