

Autumn/Winter 2018

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# Your Support Means Everything

**Welcome to the new-look Cransley Hospice Newsletter and a big HELLO from your friendly fundraising team!**

We're excited to welcome you to our Autumn-Winter update, to share with you all of the incredible activity that has taken place in our community since the start of the year – and to keep you updated with the exciting plans we have in-store for the rest of the year. We hope that the stories featured in this edition will inspire you to sign up to a fantastic fundraising event, or perhaps even to host one of your own?

We need to raise around £4,000 every day in order to provide our full range of services. That's around £166 an hour!

Thanks to your support, we've had a fantastic start to 2018 – but we are still reliant on YOU – our incredible supporters to help us reach this target, which will enable us to help more local people at the end of their lives in our community.

Remember, we are always here to help and you can get in touch with us at any time!

Don't forget, you can also sign up to our monthly e-newsletter to be the first to hear about the latest updates. Simply 'Sign up to our Newsletter' on the homepage of our website or contact us using the details below and we'll be happy to subscribe you. You can always opt-out at any time if you no longer wish to receive our updates.



## Celebrating our 20th Anniversary

We're incredibly proud to be celebrating our 20th Anniversary this November! It's a chance for us to look back and reflect on how far we have come, but also to anticipate the amazing developments we'll see in the next twenty-years!

The current Cransley Hospice opened in November 1998 on the ground floor of Sunley Court. Until then Dr John Smith had been caring for patients in a ward at St Mary's Hospital in Kettering. The ward was called Cransley (hence our name) and was then a 'care of the elderly' ward but John managed to 'appropriate' some beds starting from the early 1990s.

After many years of dedicated fundraising by a small NHS Charity team, Cransley Hospice Trust, an independent charity, was created in 2012 and started fundraising shortly afterwards.

2018 marks our 20th Anniversary year and with an ambitious £1.4 million target, we are incredibly grateful to the local people within our community for helping us to continue to thrive.

Our Summer Ball, held in June marked the occasion of this significant year, but we'd love for our supporters to celebrate with us by hosting their own 20th Anniversary events this November! Do get in touch to let us know what you have planned and for assistance from our fundraising team.

We look forward to a bright future with your valued on-going support.

**Web:**  
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**Email:**  
[info@cransleyhospice.org.uk](mailto:info@cransleyhospice.org.uk)

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**Cransley Hospice Trust,  
Fundraising Office,  
St Mary's Hospital,  
London Road,  
Kettering  
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# Brilliant Bubblers raise more than £25,000!

**It was a magical day of bubbly-fun in the sun at our first ever Bubble Rush 5k challenge at the glorious Wicksteed Park!**



## Cycle for Cransley a rolling-success!

A challenging but beautiful ride through the glorious Northamptonshire countryside, a Beer festival and a fantastic chance to support Cransley Hospice – what more could you ask for Father's Day?

Sunday 17th June 2018 saw our inaugural Cycle for Cransley event take place at the Kettering Rugby Club. We were incredibly excited to be responsible for bringing the first ever cycling sportive to Kettering and offered thrilling 10, 25 and 50-mile routes for cyclists to choose from.

Thanks to the unparalleled support offered by C&D Cycles, all of the routes were carefully planned out to provide a tough but picturesque ride for amateurs and the experienced cyclist alike. The weather was kind to us, with a temporary respite from the heat we've enjoyed this summer, but remaining largely dry throughout the day!

Over 200 people signed up for the challenge and between them managed to raise over £8,500, with ticket sales and sponsorship combined. This is especially exciting, because the event has incredible potential to grow year on year and become one of our most popular events in the annual calendar.

We were also blown away by the generosity of local businesses, including our event Sponsor KLM Taxis who helped us to get the event off the ground.

Feedback from everyone who took part was really positive and our post-event questionnaire revealed some glowing reviews; *"Well congratulations – a great event for a great cause!"*

Building on the success of this year's event, we're looking forward to holding an even bigger and better Cycle for Cransley next year on Sunday 23rd June, once more at Kettering Rugby Club. Make sure to keep checking our website and social media for further announcements, plus details of tickets and routes available!



The sun shone down on over 1,500 happy participants at our 2018 Bubble Rush on Sunday 20th May.

The thrilling 5k course through the beautiful grounds of Wicksteed Park, had one big difference – the four colourful bubble stations on route, where the bubble cannons shot out fabulous coloured foam onto delighted Bubble Runners. Families of all ages enjoyed running, dancing, walking and toddling their way through the foamy-madness, with many baby-bubblers completing the route in their pushchairs.

This was the first year we have held a Bubble Rush event and it was a complete sell-out, we even had to open a waiting list for those that had left it too late but were desperate to take part.

The Bubble-Village had an electric atmosphere, with plenty of stalls to browse before the race began and delicious treats to enjoy afterwards. 'Finn the Bubble Fish' made a surprise appearance, enchanting young bubblers who got to meet him and participants also enjoyed a fantastic energy fuelled warm-up from Balance Health Club before embarking on the bubbly-challenge.

We had incredible support from local businesses Towergate, Wilson Browne Solicitors, e.surv Chartered Surveyors, The Furniture Centre, Little Birds Photography and Label 89 Productions who all played a

huge part in making the day a success, even bringing along their own teams to participate in the bubbly-fun!

What's more, it wasn't just a fantastic day out it was one of our most successful fundraisers ever. While there is still a bit of sponsorship money outstanding, to date we've raised almost £25,000 from the event!

Events Manager Shelley Green commented:

*"We're blown away by the success of the Bubble Rush event. Thank you so much to everyone who took part for your incredible enthusiasm and for your fabulous fundraising! We've had some brilliant feedback about how much families have enjoyed their day and we've managed to raise a phenomenal amount of money to continue providing an outstanding quality of hospice care to the local community."*

With demand for another bubbly-extravaganza so high, we're delighted to announce that next year's event has already been announced and will take place again at Wicksteed Park on Saturday 18th May 2019. We hope to see all of our bubbly-supporters there!

Get the full lowdown and buy your tickets now at [www.cransleyhospice.org.uk/event/cransley-hospice-bubble-rush](http://www.cransleyhospice.org.uk/event/cransley-hospice-bubble-rush)

# Keeneeeep dancin' at Strictly Kettering!

**This year's local 'celebrities' gathered to meet their professional dance partners and launch the 2018 Strictly Kettering competition!**



On Friday 17th August, we were excited to launch this year's 'Strictly Kettering' competition at Debbie's School of Dance.

Ten excited and slightly apprehensive participants gathered together and were put through their paces of a waltz and a cha cha cha for the very first time! After just a few minutes on the dancefloor, you could see the nerves melting away and our dancers already seemed comfortable getting their groove on!

In our 20th Anniversary year, we're really pushing this event to the maximum - and have benefited from a new partnership with

Debbie's School of Dance along with a change of venue to the spectacular Lighthouse Theatre! Our dancers will be busy rehearsing and fundraising over the next ten weeks before the finals on Friday 19th October.

Follow their progress on our Facebook page over the coming weeks and make sure you secure your tickets to the finals to cheer on your favourite duo!

Tickets are £15 each and can be purchased from the fundraising office on 01536 452 423 or from the Lighthouse Theatre Box Office.

## A Trek of a Lifetime

**For many people, trekking along the Great Wall of China is a true bucket-list trip - but why not tick off one of the Seven Wonders of the World whilst also raising money for Cransley Hospice?**

We've partnered with Skyline Events to offer this incredible fundraising challenge - running in both 2018 (from the 13th - 21st September) and 2019 (from the 12th - 20th September).

There are different options available, from funding the trip yourself and simply fundraising as much as you can on top of this or hitting a target so that the trip is funded out of your fundraising efforts.

This challenge is ideal for those with a passion for history and a sense of adventure. Lucie from Skyline has experienced the trip herself, she comments:

*"To visit one of the Seven Wonders of the World is an incredible experience and the Great Wall*

*truly exceeded all of my expectations! From picturesque water-towers, stunning forestry and delicious traditional Chinese food to picture-perfect views, trekking through rural farmland and visiting the Forbidden City - this trek is filled with culture, history and breathtaking scenery, it has it all! You really do make friends for life on these challenges and the memories I made will stay with me forever!"*

We've had a lot of interest in the 2019 challenge, with several people on the verge of signing up! If you'd like to join them visit [www.cransleyhospice.org.uk/event/great-wall-china-2019](http://www.cransleyhospice.org.uk/event/great-wall-china-2019) for more information or commit to this life-changing experience!



## Making a Splash at Swim for Cransley!

**One month, fifty-nine swimmers, three corporate teams, two swimming clubs and a fantastic fundraising total!**

Another first for Cransley Hospice earlier this year was 'Swim for Cransley' an exciting swimming challenge that took place in April 2018 at Kettering Swimming Pool.

There were two exciting elements to this event - a 5k swim for anyone to tackle and a Corporate Challenge, which saw local businesses JPP Consulting, Marvel Software and Soil Technics battle it out to be crowned champions!

We also had to add an extra challenge last minute, as we had incredible enthusiasm from the Kettering Amateur Swimming Club's Bronze and Silver squads who fought hard for victory, both in the water and through their fundraising efforts.

The 5k challenge ran over two weekends, the 21st/22nd and 28th/29th April. 59 individuals took part, many bringing with them an army of fantastic supporters who cheered them on poolside! One of our youngest swimmers, ten-year-old Eleanor York managed to complete her 200 lengths in a heroic 3-hours and also raised over £400 for us - what an incredible achievement!

We were very grateful for our committed volunteers throughout the event, who kept count of each swimmer's lengths to ensure that the total number of lengths were conquered! Without their help, this event wouldn't have been possible and the inspiring total of £8,579 raised wouldn't have been generated.

We're currently in talks to launch Swim for Cransley plans for next year! We hope to bring this challenge back with a splash in March 2019. Make sure you keep an eye on our website and social media channels for further announcements.

# Do it for Cransley!

**Whether you fancy signing up to a tough physical challenge or are seeking a more reflective event, our busy events calendar has something for everyone! Visit our website for additional announcements.**

**Sept  
16**

## Road Races

Our popular road races return to the pretty village of Cranford! With a fantastic 10k or 1/2 marathon route to choose from as well as a 2.3K junior run. Tickets at [www.racesonline.uk/race-entry/cransley](http://www.racesonline.uk/race-entry/cransley)

## Strictly Kettering

A toe-tapping, hip-shaking, move-making night out! Our ten celebrity dancers have been rehearsing hard for weeks ready to perform for you at the Lighthouse Theatre. Tickets £15. Call 01536 452 423 or visit the Lighthouse Theatre Box Office

**Oct  
19**

**Dec  
02**

## Tree of Lights

A beautiful service full of poems, readings and carols to mark the lighting of the tree which will shine brightly throughout the festive season in memory of those who are no longer with us. Held at St Mary's Hospital site, Kettering. Free event.



## Santa Saunter

**Dec  
09**

Join us for our annual Santa Saunter - a delightful 3km stroll around the beautiful lake at Wicksteed Park.

There'll be plenty of entertainment for the whole family, including an Elf Trail for the kids and prizes for the best-dressed Dog, with plenty more to be revealed over the coming months!

Tickets £12.50 for Adults and £5 for Children - which includes your Santa suit and medal! Visit [www.cransleyhospice.org.uk/event/santa-saunter](http://www.cransleyhospice.org.uk/event/santa-saunter) or call 01536 452 423

## Lanterns on the Lakes

Join us for this brand new in-memory event for 2019! A peaceful and reflective walk around the picturesque Stanwick Lakes to celebrate the lives of those we have lost. See more details about this new event on page 9...

**Mar  
24**

**May  
18**

## Bubble Rush

The Bubble Rush is back for 2019! A bubble-tastic day out for the whole family at the fantastic Wicksteed Park. Act fast to secure your place, last year's event was quick to sell out! Tickets from [www.cransleyhospice.org.uk/event/cransley-hospice-bubble-rush](http://www.cransleyhospice.org.uk/event/cransley-hospice-bubble-rush)



## Cycle for Cransley

**June  
23**

Saddle up for the sportive event of the year! A fantastic choice of 10, 25, 50 and 75-mile options through the rolling Northamptonshire countryside.

Race village once again held at the Kettering Rugby Club with improved entertainment for 2019! Tickets coming soon. Keep checking our website and social media for further announcements.

# A summer of FUNdraising

**We value support from our local community so much that no 'THANK YOU' will ever be enough! This Summer, we've been blown away by the fabulous fundraising - and are excited by plans for the rest of the year.**



## Kimbolton School Superstars

The Devizes to Westminster International Canoe Race is one of the toughest kayaking challenges around!

At 125 miles long and taking place over four-days, the race also includes 77 portages – where paddlers have to get out of the boat, lift it out of the water and then run with it around the obstacle (such as a lock or low bridge) before returning to the water and paddling furiously on. The portages alone equate to running half a marathon whilst carrying the boat!

What's more, during each night of the challenge the competitors camp overnight and cook all of their own meals.

The 14 members of the School team (the "Purple Paddlers"), who are all members of the Kimbolton School Outdoor Pursuits Club, tackled training throughout the winter months in rain, snow, and ice with great enthusiasm. They competed in the challenge which took place over the Easter weekend, against 80 other junior teams from across the country.

Sadly, due to terrible weather the challenge was called off after just one and a half days on the water, as the water flow of the Thames was too dangerous to continue.

The team were incredibly disappointed, but when our Volunteer Pam Humphrey went to meet the team, she was incredibly impressed with the way the team had turned a negative experience into a really positive outcome – as despite not managing to complete the entire challenge, they managed to raise an inspiring £3,000 for their chosen charities - Cransley Hospice, the Teenage Cancer Trust and Magpas!

A huge thank you to the students for all their fabulous fundraising and for taking on such an immense challenge, as well as for remaining so positive throughout the experience.

We're thrilled that you thought of Cransley Hospice as one of your chosen charities and were really inspired by the determination you showed.



## A Fun-Filled Day at Crickfest

On Sunday 12th August, the 7th annual Crickfest fun day was held at Rushton Cricket Club, in memory of the son of the organisers.

For the first time this year, there was a large outdoor cinema along with various food and drink stalls, live bands and DJs, children's activities and a big raffle!

Donations are still trickling in, but the organisers hope to have smashed their target of over £50,000 raised for Cransley Hospice over the 7 years the festival has been running. Thank you!



## A Cuppa for Cransley

Let's face it, who doesn't love tea and cake? From the 9th – 15th July, we hosted our very first 'Cuppa for Cransley' week, where we invited our fabulous supporters to hold a coffee morning, a bake sale or challenge their colleagues to a bake-off all in aid of Cransley Hospice. We were delighted that so many people wanted to get involved!

Special thanks to Anstee & Co for being the first company to support us with this delicious campaign, we really value your efforts.



## A Blooming Success

This Summer saw a fabulous series of Open Gardens events that were thoroughly enjoyed by all.

The series kicked off in May, with the opening of Greywalls in Farndish. The evening was a huge success, with guests enjoying the two acres of mature gardens, live music and meeting the resident donkeys! It was the 10th time this garden has been opened for Cransley Hospice and we are incredibly grateful for all of the money raised throughout the years.

Next followed the Oundle Open Gardens in June, a selection of twelve innovative and varied gardens that could be enjoyed over an entire Sunday! The event was meticulously organised and gave an incredible boost to the fundraising totals.

The end of June saw a lovely trio of picturesque gardens open in Irthlingborough. Guests were treated to live entertainment and refreshments, as well as three unique gardens to explore.

Our final garden of the Summer was Briarwood in Kettering. This vast and varied garden had big appeal to the green fingered amongst us and the sunshine held out long enough to complete our Open Gardens Series in style!

A huge thank you to everyone involved and to the homeowners who opened their stunning gardens for us to explore. We're delighted that these events have raised over £11,500 this year alone, which will make an incredible difference to Cransley Hospice!



## A Summer of Music

We were blessed over the summer months with four spectacular musical events! We kicked off with 5th annual 'Music Barn' on the 23rd June. Then followed 'A Concert for Cransley' on the 30th June, with the next weekend - 6th July having 'Celebrate with Cransley' and 'The Cransley Hospice Community Choir Summer Concert' on offer for all to enjoy. Truly spoilt for choice!

Between them, these four fantastically popular events raised over £16,617 for Cransley Hospice! We can't thank organisers enough for all of the effort they put into planning their concerts.

**Apr**  
**28**

## Marathon Madness

We're incredibly excited this year to have been allocated a charity place for the London Marathon! There have been a lot of applicants for our place and will be working with those interested to reach a decision once the ballot places are allocated in October.

If anyone else has been lucky (or crazy) enough to sign up and has a place in the ballot, we'd be honoured if you'd consider running for Cransley Hospice! Our fundraising team can help you every step of the way, just get in touch to let us know you'd like to be part of **#TeamCransley**

**Nov**  
**03**



## Keep The Home Fires Burning

We're incredibly proud that the Cransley Hospice Community Choir will be performing in a brand-new musical 'Keep the Home

Fires Burning' at The Lighthouse Theatre as part of the national centenary commemoration of the end of World War One.

Taking place for one night only on Saturday 3rd November, this fantastic new show follows soldiers on their brave quest through the trenches and battlefields of France, as well as sharing stories of the loved ones they left behind.

The show features well known tunes including 'Pack Up Your Troubles' and 'Oh What A Lovely War', as well as forgotten melodies 'Bells of St Marys' and 'Roses of Picardy'; not to forget the title song itself: 'Keep The Home Fires Burning!'

The show's Creator and Director, Alan Bowles said, *"We are thrilled that the Cransley Hospice Community Choir are going to be appearing with us. They are an incredibly talented group of singers and we are having a lot of fun working together on some absolutely terrific music."*

Don't miss out on this fantastic show! Tickets are £15 and available exclusively from the Lighthouse Theatre Box Office, in person or by calling 01536 414141 or visiting [www.lighthouse theatre.co.uk](http://www.lighthouse theatre.co.uk)

# Festive Fundraisers

**Ho Ho Ho! It's that time of year when the weather turns colder and the nights draw in, meaning that our thoughts turn to Christmas festivities. As you're making plans for the holiday season, please think of Cransley Hospice and how you can help with some festive fundraising!**

## Raffle Magic

Hold a raffle at your Christmas party. You could ask everyone to donate last year's unwanted Christmas gifts as the prizes... Auntie Maud's knitted jumper has a purpose after all!

## Wrapping Station

Offer to wrap presents for people in exchange for a donation. You could even get crafty and make your own gift tags and gift wrap for an additional contribution!

## Office Antics

There's loads of easy fundraisers you can do with your colleagues! Have a decorate your desks competition, play guess the weight of the Christmas cake or crack out those Christmas jumpers!

## Decorate Our Hospice

This October, we'll be launching a new fundraising campaign on social media to help fund Christmas trees and decorations for our Hospice! It's a tough time of year to be in hospice care, but we hope to brighten patient's days by filling the halls with bells and holly!\* (\*Not literally, we'll need sanitary decorations to ensure compliance with our strict hygiene standards.) Watch out for more details coming soon!



## Reflect At The Tree of Lights

**Dec 02**

Remember loved ones at our beautiful service.

Find out more details in our event listings on page 5!

## Fa-la-la-la-laaaaa!

Gather a group and get carol singing in the busy shopping days pre-Christmas. We can provide collection buckets and t-shirts for your group to wear while you sing.



## Give Cransley Hospice Cards

We have a fantastic selection of cards this year - with all proceeds going to Cransley Hospice. There are five different designs available, with cards sold in packs of ten. Prices start from just £3.50 per pack!

Purchase your cards from the Cransley Hospice Shop or from the Fundraising Office on 01536 452 423

## Your Event Here...

**Dec ??**

Host a festive fundraiser for us. You could hold a Christmas movie night, a festive bake-off or a seasonal carol concert for your friends and family! Get in touch if you'd like our support.

## Donations in Lieu

Make an agreement with everyone you'd gift to that you'll make donations in lieu of cards and presents this year.

What better gift can you give than helping more local people in the last days of their life to receive fantastic, compassionate care?

We can provide you with a gift certificate if you'd like to present something on Christmas Day.



## Join Our Santa Saunter

**Dec 09**

Get into the festive spirit at this family-friendly fundraiser at Wicksteed Park. Join hundreds of other Santa's on this fun 3k event.

Find out more details in our event listings on page 5!

# Save the Date for 'Lanterns on the Lake'

**Sunday 24th March 2019 at Stanwick Lakes**



## Create a Scrapbook of Memories

**Everyone deals with grief differently, but the one thing that unites us all is the desire to remember the happy times with those we love.**

We are delighted to work alongside 'Much Loved' to create our online resource, a 'Scrapbook of Memories.'

This is a completely free website where you can celebrate the life of someone you've lost, by adding photos, videos, music, virtual candles, personal messages and much more!

You are in complete control of the page – so you can keep it private or invite friends and family from around the world to add their special memories to reflect and remember.

You can also use your 'Scrapbook of Memories' page to communicate funeral details and remembrance events, or to fundraise for Cransley Hospice in memory of your loved one. It is a really lovely way to be able to give something back to Cransley Hospice in honour of someone special.

What's more, the 'Much Loved' website provides incredibly comprehensive bereavement resources, including a free online counselling service, which can aid you in coming to terms with your loss.

We'd encourage you to explore our 'Scrapbook of Memories' website and consider setting up your own page - it's a beautiful way to make a lasting testimonial and help your healing.

Visit <https://cransleyhosp.muchloved.org> for more information.

If you need any help with setting up your page, or have questions about how to do so, please contact the fundraising team who would be happy to support you.

Gone is never forgotten.



**We're incredibly proud to be introducing a new 'In Memory' event in 2019.**

On Sunday 24th March, we will hold the first 'Lanterns on the Lake,' a peaceful and reflective one-mile walk around the picturesque surroundings of Stanwick Lakes.

'Lanterns on the Lake' will allow anyone who has been bereaved at any point, the opportunity to remember those they have

lost and to celebrate their lives. We hope to warmly welcome anyone from our community and not just those who have received care from Cransley Hospice. The walk will be fully accessible.

Further information about 'Lanterns on the Lakes' will be released in the coming months. Make sure you keep an eye on our website and Facebook pages for additional details.

## Legacies leave the future brighter for Cransley Hospice

Did you know that a large proportion of the income donated each year to Cransley Hospice Trust comes from those who remember us by leaving a gift in their Will?

Without the careful thought and consideration given by those leaving a legacy to us, we could be left unable to support more local people at the end of their lives because vital services, including our In-Patient facility, Hospice at Home and our specialist Lymphoedema service may not be funded sufficiently.

We understand that however much people want to help, sometimes it's just not financially possible to make a one-off donation or to sign up to our regular giving scheme due to existing commitments during their lifetime. However, leaving us just 1% of your will, after providing for family and friends, can make an incredible difference to our work and enable us to plan for the future knowing that our funding is secure.

It's so easy to set up too! To gift Cransley Hospice Trust in your will, you just need to instruct your solicitor with your wishes and mention our registered address and charity number (1151018) which you can find on our website. You can decide to leave us a percentage of your estate, known as a 'residuary legacy' or a fixed sum of money, known as a 'pecuniary legacy.' If you already have a will in place, your solicitor will be able to quickly and easily make an amendment using what's known as a codicil form.

For more information, please visit our 'Gifts in Wills' webpage at [www.cransleyhospice.org.uk/support-us/gifts-in-wills](http://www.cransleyhospice.org.uk/support-us/gifts-in-wills) or call us on 01536 452 423.

Whilst we always recommend you seek professional legal advice when writing your will, we are very happy to discuss how such a bequest would benefit our patients and families.

# Service Highlights

It's all very well talking about fundraising, but what does the money that you help us to raise each year actually go towards? Let's explore some of the highlights our incredible clinical team have developed and delivered over the past few months...



It's been a busy few months in the Hospice. In 2017, we treated 253 patients in their own homes, via our Hospice at Home service and admitted almost 200 patients into our In-Patient Unit here. We're proud to say that these figures are increasing year on year, meaning that we're able to positively impact on the lives – and deaths – of local people.

Our 2018 service priorities include providing extensive training to our Clinical Nurse Specialists to expand their knowledge on conditions other than cancer. Currently, 20% of patients cared for by our services have a non-cancer diagnosis – but we are aiming to increase this imminently. We are also working hard to expand our bereavement service, so that no-one in our county feels alone when they are grieving.

We are always thinking outside the box on how to deliver a better patient experience. Due to charitable funding, we were recently able to invest into the 'Experience VR' programme which allows our patients to explore the beautiful beaches of the Gower Peninsula or the stunning scenery at Bradgate Park from the comfort of their beds, using a virtual reality headset and accompanying headphones.

The feedback we receive from patients, as well as their friends and family, means the world to us and we're always honoured to hear how we have helped families through a very difficult time. Our nurses have recently been described as 'Angels,' which I'm sure you'll agree is true!

## Tackling Taboos With Tea!

We were delighted to host four 'Death Café' events between April and July this year to support the people of Northamptonshire in challenging their attitudes towards death and dying, as well as highlighting the importance of planning for your final days.

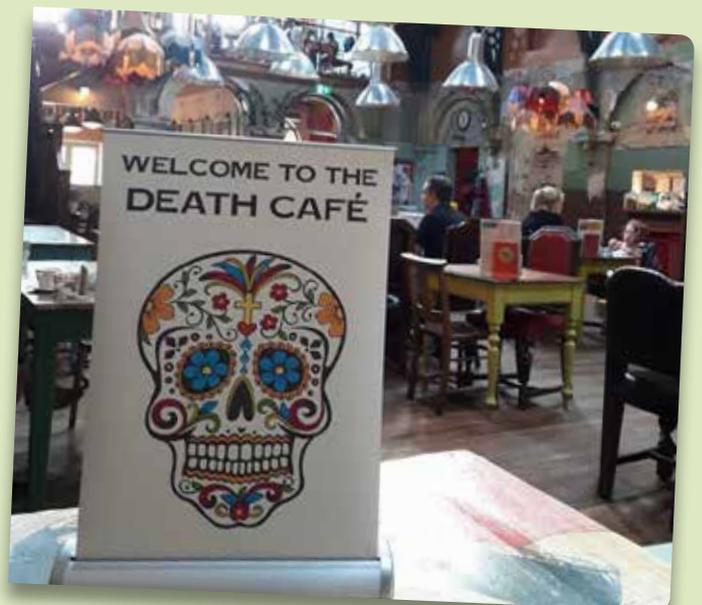
Supported by freelance chartered psychologist, Dr Jane Youell, the Cransley Hospice Death Cafés aimed to 'increase awareness of death with a view to helping people make the most of their (finite) lives.'

A Death Café is an opportunity for people at all stages of their lives to come together and take part in a group-directed informal discussion about death and dying. There is no agenda, or formal themes and it is not a bereavement support group. It's simply a chance for those who are curious to take part in discussions, ask questions and identify their end-of-life wishes without judgement.

They may not be giving Starbucks a run for their money just yet, but Death Cafes are a growing trend worldwide. The movement was initiated by the Swiss sociologist and anthropologist Bernard Cretazz, who wanted to break what he termed as 'the tyrannical secrecy about death.' Death Cafes have spread very quickly across Europe, North America and Australia, with the first UK Death Café taking place in 2011.

Angela Howe, Head of Service Development at Cransley Hospice commented: *"We are proud to have hosted such progressive events for our local community. Death is such a taboo subject in society and we hope that we have helped people to break down these barriers and address their concerns in a sensitive and supportive environment."*

A survey by the national charity, 'Dying Matters,' reveals that 70 percent of people are uncomfortable talking about death – and that less than a third of us have spoken to family members about end-of-life wishes. Attending a Death Café gives people an outlet to address these



otherwise untouched issues and can bring comfort and understanding to people about end-of-life care and experiences.

Whilst we have not confirmed any additional dates for further Death Cafés, anyone interested in attending future sessions should email us at [info@cransleyhospice.org.uk](mailto:info@cransleyhospice.org.uk) to register their interest.

# Simple Ways To Support Us

**You don't have to host a spectacular community event or sign up to run in the Road Race to show your support! There are many different ways you can help, here are just a few...**

## Regular Giving For The Future

We're so proud to have 106 incredible supporters who are signed up to donate to Cransley Hospice on a regular basis. Donating in this way is incredibly valuable to the charity, as it allows us to plan for the future with the reassurance of continuing funds. We're grateful for donations of any size, on a monthly, quarterly or annual basis.

It's really easy to sign up for Regular Giving on our website and some employers will even help you to facilitate this through your monthly payroll. Of course, if your situation changes you can cancel your donations at any time.

Please consider helping us to make a lasting difference by signing up today via [www.cransleyhospice.org.uk/support-us/individual-giving](http://www.cransleyhospice.org.uk/support-us/individual-giving) or by calling the team on 01536 452 423 who will be happy to help you.



## Got To Be In It To Win It

Have you considered signing up to the Cransley Hospice Lottery, in association with Your Hospice Lottery? The draw is only £1 per week and is a fun way to support us, while being in with a chance of winning some fantastic cash prizes!

Each week, there are 136 guaranteed prizes, including a £1,000 top prize! There is also a rollover prize, which goes up by £250 per week if it's not won.

We've had some incredible good luck recently, with Cransley Hospice supporters scooping the top prizes throughout August and there's not a week that goes by when our supporters don't take home a prize or two.

There's never been a better time to join the draw, as if the rollover jackpot is not won by the 7th August – a £10,000 winner will be guaranteed on this date!

Visit [www.cransleyhospice.org.uk/support-us/lottery](http://www.cransleyhospice.org.uk/support-us/lottery) to find out more or to sign up!



## #SortOutSaturday

Our Charity Shop on the Horsemarket in Kettering town centre is a fantastic source of income for us – as well as the perfect place for our supporters to grab a bargain!

We're always in need of donations of quality clothing, shoes and accessories – in any size or gender, to sell in our charity shop, so if you're having a sort out this weekend please consider dropping off your unwanted items to us.

If you have a local business or community group and would consider having a 'drop off point' for donations – just get in touch, as we can help to arrange a collection.

And if you're in need of somewhere to re-fuel while you're in town, the Coffee Shop next door is always a welcoming place to enjoy a slice of delicious homemade cake!

We host regular events at the Coffee Shop too – August's 'Pudding Evening' was a huge success, with tickets selling out fast! Keep an eye on our Facebook page for further event announcements later in the year!

## Opt In To Keep In Touch

As most of our supporters are aware, we are required to comply with new government legislation that came into effect on the 25th May 2018. The new General Data Protection Regulations (GDPR) affect how we can communicate with our loyal supporters.

If you've not already let us know the ways in which you would prefer to be contacted, whether that's by email, post, phone or text message and the types of updates you want to receive please confirm your preferences via the 'Sign Up' link at [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) or by calling the team on 01536 452423.

Without your consent, we may not be able to keep in touch with you and we really want to be able to keep you up to date with the amazing work that we are doing to support end of life care in North Northamptonshire – so please do let us know that you still want to receive information from us.

# Volunteer for Cransley

**We owe a lot to our army of volunteers who give up their time every week to support Cransley Hospice. Without their valued support, we wouldn't be able to raise the £1.4 million needed every year to keep our Hospice running, but we are always in need of new faces to join the team!**

Research by 'Dying Matters' shows that 37% of people would be willing to volunteer for a local hospice. This means that if we looked only at the population of Kettering - let alone the surrounding areas that we also serve - we'd have almost 35,000 volunteers! Can you imagine the impact that would have on Cransley Hospice?

Whether you're able to help us as an occasional event volunteer, helping with marshalling and set-up at fantastic fundraisers such as the Bubble Rush or Cycle for Cransley, or if you can volunteer your time on a more regular basis and become a member of our retail or coffee shop teams, there is an opportunity for you!

People volunteer for different reasons, it could be to help you build your CV for future employment, to make lifelong friends as part of our friendly and sociable team, or just to give something back to Cransley Hospice if you or your loved ones have been cared for by our services.

No experience is necessary and full training will be given to support you in your new position. Several times a year, we invite our volunteers to induction sessions, thank you events and role-specific training, so there is always the opportunity to try something new and to find out how your input has helped the charity to progress.

You'll be joining an award-winning team! Pamela Humphrey, a fundraising volunteer, was recognised for her dedication and commitment by winning the prestigious Volunteer of the Year Award at The Towergate Care Awards event hosted at The Dorchester Hotel in London. Pam's award was presented by TV and West End star Denise Van Outen.

Pam began volunteering for us after the loss of her husband in 2001 and is a well-loved member of the team, helping out regularly in the fundraising office - as well as assisting at events when needed and she is a confident member of our volunteer speaker team too!

Pam comments: *"I believed [volunteering] was my way of giving something back, but in reality, I get back more than I give. As a volunteer I hope that I have been able to support and make a small difference to the needs of our Hospice. I also look forward to continuing to work alongside a great team of people!"*

Our current volunteering vacancies are listed below, but if you think you have a special set of skills that would be valuable to Cransley Hospice, please do get in touch as we'd love to hear from you! Whether you're a photographer willing to donate your expertise to re-fresh our website imagery or a stay at home mum with mouth-watering baking skills - we'd really value your support!

Give us a call on 01536 452 423 or email [info@cransleyhospice.org.uk](mailto:info@cransleyhospice.org.uk) to speak to our friendly team about how you can help.



## We're currently seeking:

- Events support
- Retail shop support
- Coffee shop support
- Volunteer speakers
- Volunteer drivers
- Bucket collectors
- Bucket co-ordinator
- Digital marketing support
- Photographers