

# Cransley Hospice Newsletter

Registered Charity No. 1151018

Spring/Summer 2020

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Sign the Charter to  
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**#HelpUsKeepItLocal**

# Hello and Welcome

**Hello and a very warm welcome to our Spring/Summer Cransley Hospice newsletter from the fundraising team!**

I know everyone always says how busy it is and how time flies, but it really has been one of our busiest years yet! The support from everyone has been humbling and so much appreciated – we thank you from the bottom of our hearts for supporting us and helping to raise the much-needed funds to support Cransley Hospice.

Recently the winds of change have been blowing in the fundraising team! We bid both Wendy and Amelia farewell and the very best of luck in their new roles as they set off to pastures new. We extend our congratulations to Louise on her promotion to Community Fundraising Manager, and extend a very warm welcome to Ash Davies who joins the fundraising team as Community Fundraiser.

2020 promises to be a very busy year with the calendar ram-packed with exciting events and promotions.

Do get in touch with any comments or stories, you know we would love to hear from you and we hope that you will join us at many of our events throughout the year. Happy reading - we hope you enjoy this edition of our newsletter!



 **@CransleyFundraising**

 **Cransley Hospice Trust**

 **@CransleyHospice**

 **@CransleyHospice**

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

**01536 452 423**  
**info@cransleyhospice.org.uk**

# Ch-ch-ch-ch-changes!

## Dear supporter

As I leave Cransley Hospice Trust after four years as Director of Income Generation & Marketing, I wanted to say a heartfelt thank you for the way in which you have supported the transformational change that we, as a fundraising team have been able to deliver. This has led to real growth in income, enabling us to continue to support the Hospice services in delivering outstanding care to patients and their families in North Northamptonshire, at a time when they need it most.

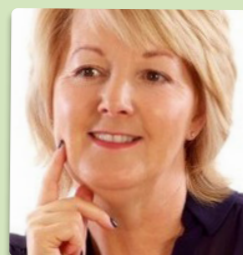
Whether you have participated at an event, signed up to regular giving or had coffee in our shop, you really have made a difference to what we have been able to achieve.

I would also like to say a special thank you to our wonderful volunteers, who work tirelessly on our behalf enabling us to save significant sums of money which can then be used to support Hospice care.

I know that with your support, the charity will continue to go from strength to strength.

With grateful thanks and very best wishes

**Wendy**



## Onwards and upwards!

**Congratulations to Louise for her promotion to Community Fundraising Manager!**

Louise has made a HUGE impact to the team - building our Challenge Events programme, launching new events such as Reindeer Run, working with schools and local youth groups.



**Hello and a very warm welcome to Ash Davies, our newly appointed Community Fundraiser!**



# Help us Keep it Local

**We're proud of the work we do and want it to continue. That's why we need to plan for our future.**

We have an exciting vision to build a new hospice for the 21st century. This is a fantastic opportunity to create something which safeguards our service, and which can expand to meet the needs of a growing population.

Achieving this is crucial, because the lease for our current inpatient unit in Kettering ends in 2023.

**Unless we find a new local home, our hospice beds will be lost – leaving none in North Northamptonshire.**

That would force people needing inpatient hospice care to travel to Northampton or beyond – including those without their own transport. It's vital we don't allow this to happen. We must continue to have a hospice building in the area.

Our plans are ambitious, but realistic. Building a new hospice will cost around £8.5m. The Cransley Hospice Trust has committed to raising at least £3m, and we're seeking support from our local health and care system to provide the balance.

To help us succeed, we need your support. You can help by pledging your backing by signing our Charter (available on the website or via forms in the Shop and Café) and encouraging others to do the same.

## The need for change

The lease for the Cransley Hospice building adjoining St Mary's Hospital is coming to an end and will not be renewed.

As it is currently, the Hospice is cramped, overcrowded, poorly laid out and lacking storage space. It does not offer the facilities for families and carers that other hospices can provide, such as private rooms for discussions with families.

The hospice urgently needs to find a new home, if people in the north of the county are to continue to have access to specialist end-of-life inpatient care close to home.

The best option is to build a new hospice (possibly as part of a larger health or social care development) – initially to replace our existing nine beds, but with the capacity to expand in future.

Population projections show that the number of specialist end-of-life care beds needed for North Northamptonshire (to support both cancer patients and those with other life-limiting conditions) will need to double to 18 by 2028.

Even though the hospice's lease doesn't expire until 2023, the relocation process needs to start now. It will take time to find a site, get planning permission, secure all the funding and construct the building. The clock is ticking.

## Show your support

To make our vision a reality, we need to secure investment from Northamptonshire's health and social care system.

**There are several ways you can show your support:**

- Sign our Charter to pledge your backing by filling in the form on our website, or the forms available in the shop and cafe.
- Tell friends, family and colleagues about the challenge we face, and ask them to sign our Charter too.
- Follow us and share our posts on Twitter, LinkedIn, Facebook and Instagram – and encourage others to do the same.



# #GiftAFlower campaign

**We are very excited to announce our first ever advertising campaign!**

The campaign is called #GiftAFlower and will be launched in April. The campaign will lead with a highly emotive film which will be backed by a strong social presence across all of the Cransley Hospice marketing channels.



We give flowers for many reasons; love, remembrance, apologies, in support and simply as acts of kindness. We hope that the film will trigger an emotional response about the power of giving something so simple that it can spread joy and happiness. The viewer will recognise the symbolism of the life cycle of the Iris flower and how that transcends across every day life. We have chosen the Iris flower specifically because it represents hope. The film finishes with a prompt to donate to Cransley Hospice via the website or facebook page.



**A HUGE heartfelt THANK YOU to all of our corporate supporters; to those of you that have chosen us as your Charity of the Year for 2020, to those that continue to support us year after year, and to our event sponsors below:**



## An inspiration!

**Sam Strand, daughter of the incredible Linda Griffin, tells us of her mother's heroic battle with cancer and how seeing her strength right up until the end inspired her to support Cransley Hospice.**



"Mum had always been a fighter. She was first diagnosed with breast cancer in 2014, but with a combination of treatments – chemotherapy, radiotherapy and reconstruction surgeries she managed to win round one of her battle.

"However, in November 2017 she began suffering from excruciating back pain and no-one knew why. After countless diagnostics, she was referred for physiotherapy, but she was still in constant pain. By March 2018, we had to call an ambulance to have her taken to Kettering General Hospital and we were devastated when she subsequently received a diagnosis of widespread skeletal metastases and was admitted straight into palliative care.

"She still remained so strong and positive and for the first few months following her diagnosis, she still really felt like my mum – and could carry on with her day to day routine – but heartbreakingly, her health continued to deteriorate over the coming months and by Christmas she was in a wheelchair.

"Mum went away to Blackpool on the May Bank Holiday weekend, 2019 but she had to cut her trip short as she took a bad turn. She had a quick succession of mini-strokes, which doctors believed were caused by a potential brain tumour. I really believe it was around this time that I lost my mum, as it was very difficult then for the family to carry on as normal and mum's confusion got worse, often leaving her a little delusional which was so painful to watch.

"Dad still worked full time but he was also mum's carer and she now required 24/7 support. Mum had seen her own mother die

in a hospice in Wigan in 2017, so she knew that was not how she wanted to end her time with us, so she began to receive care and support from the Cransley Hospice 'Hospice at Home' service.

"Alice from 'Hospice at Home' was an incredible support to us all. From coming out in the night to sedate mum when she became agitated or upset, to providing our family with advice and comfort as to what would inevitably come as mum stopped treatment, we were very reliant on her support.

"Mum and Dad's 36th Wedding Anniversary would have been on the 16th July, so we wondered if Mum was trying to hold on for Dad but on the 1st July, Dad and I could see a change in Mum and we knew that something was wrong.

"Alice was at our family home and provided mum with comfort and pain-relief drugs to make her final hours with us more comfortable.

"Not many people can grant someone their dying wish, but Cransley really did that for my mum. My beloved mum passed away in her own home, with me and Dad by her side. She looked so peaceful after her death and Alice was an incredible comfort to us, providing our family with all the support and guidance we needed.

"Without Mum to care for, I didn't want to just sit around and feel sorry for myself – I wanted to get active and do something to support Cransley Hospice and most importantly, to make my mum proud.

"Mum had left notes and letters for me and Dad, one read: 'I have fought this the best I can – I am not afraid to die, I am just afraid of being forgotten.' – So Dad and I were more determined than ever to do some good in Mum's honour.

"As we both work for Unilever, we are able to support local charities



through the 'Unilever Volunteering Scheme' – where the company will allow all UK & Ireland employees a day's paid leave to support a good cause.

"We contacted Cransley Hospice with our offer and it was discovered that their Retail Shop and Coffee Shop needed a bit of TLC. We asked our colleagues if they would be willing to support us and had 28 people say that they wanted to get involved!



"In the end, we had 14 people help us to paint and decorate the Coffee Shop and a further 9 people helped next door in the Retail Shop! One of our colleagues Claire said that she would try to source the materials we needed for free – but ultimately ended up in paying for them all herself, which we were so grateful for.



"Our team all pulled together and we did a fantastic job of freshening up the shops, not to mention enjoying giving something back through the process! One of our volunteers told me: 'That was one of the most rewarding days in my 40 years at Unilever. You and your Dad have done your Mum proud!'

"We're so happy that we were able to support Cransley Hospice in this way and honour my Mum by helping out in her memory. We'd encourage any one else considering doing the same to get in touch and show their support!"

**In loving memory of Linda Griffin:  
09.12.62 – 01.07.19**



## Walking the Walk!

**Keith is moving away from Kettering in a few weeks time, but before he leaves we want to say THANK YOU!**

Many of you will know Keith Ogley as a friend and fellow fundraiser and no doubt be aware that he is moving to begin a new chapter in his life. We couldn't let him go without a wee mention in the Newsletter to recognise his significant efforts over the years

which have raised over £20,000 for the Hospice.

Luckily for us, Keith loves a good long walk! He's trekked from Coast to Coast (twice) from John O'Groats to Lands End, celebrating his 72nd birthday with a cake, a massage and a short rest at half way. From Glasgow to Inverness, and the Great Wall of China, all the while raising funds to support Cransley Hospice. Over the 15 years that he's been raising money, Keith has also entered or been a marshal at many of

our local events – The Bubble Rush being his favourite! He's done more than a few bucket collections at local super markets! So, thank you Keith we wish you every happiness.

## Best of Friends!

**Emma Evans and Katie Summerfield are two of our happiest and most willing volunteers, we're delighted that the ladies have also found a lifelong friendship through their volunteering for Cransley Hospice!**

Emma has been volunteering for Cransley Hospice for several years as a Meet & Greet receptionist in the in-patient unit, and has participated in the Cransley Hospice Road Races. As a mother of three young children, she told us;

"I really wanted to do something more, to get outside of my comfort zone and to have another outlet so I was more than just Mummy!" This was when she decided to contact the fundraising team to see if there was more that she could do to help.

Meanwhile, after tragically losing her Mum when she was only 20-years old, Katie wanted to do something to support her Mum's favourite charity, Cransley Hospice. She also took part in the Road Races and helped to organise fundraising events, such as the Rothwell Gala Night and an annual sponsored swim event.

Because of her success and experience with swimming events, the fundraising team asked for her support with the 2018 Swim for Cransley event, which she was delighted to offer.

Both Emma and Katie independently decided to volunteer for the 'Strictly Kettering' event in 2018 and it was here they met for the very first time while they were busy counting votes on the night!

Since then, they have been best of friends – not only when they get together and volunteer their time at fundraising events – helping with everything from selling merchandise at the annual Tree of Lights, through to running a tombola at the Zumbathon, but also away from the Hospice as they now regularly go around to each other's houses and treat themselves to dinner together.

"It's so lovely to have met each other and found this friendship! Without volunteering, our paths may never have crossed and it's always fantastic to find new local friends.

"We love volunteering for the Fundraising team, it's such an amazing cause and we each know a lot of people that have been affected by the Hospice. We're also made to feel so appreciated, the fundraisers are always telling us how grateful they are for us giving up our time!

"It's so flexible too, we both have busy lives, but we never feel under pressure or tied down by volunteering at events – if we're free, we're happy to help but if we have plans already we're not afraid to say 'No' and that's okay too!

"We'd say to anyone considering volunteering for Cransley Hospice – just go for it!! You get to meet so many new people, everyone is super-friendly and you really feel like you're making a difference!"



## Guaranteed to make you Smile!

**Rod and Jessie bring a ray of sunshine!**

Every Friday a little ray of sunshine spreads through Cransley Hospice as Rod and Jessie, the pat dog come to visit the patients, families and nurses.



Jessie is no ordinary dog. She might only be small but the love and joy that she brings to everyone at the hospice is HUGE! She is incredibly gentle, loves people and likes nothing better than to be petted and snuggle up to someone, sitting on a lap or just resting her head to share her love and affection. She seems to know exactly what's going on and her little eyes beam brightly as she goes about her rounds, visiting everyone with her devoted owner Rod never more than a few feet from her side.

For four years now, Rod and Jessie have been making the 8 mile journey from their home to visit and bring a smile to the faces of everyone at Cransley Hospice.

Rod had always worked long hours and after his retirement he wanted to put some purpose back into his life. Wanting to do something good, that would bring joy to others, he wanted to make a difference. He knew that he would feel fulfilled if he could give back instead of taking and his new companion Jessie provided the perfect solution.

The two go together like butter and jam – they are clearly devoted to each other. Rod says "she's such an affectionate dog!" When we see someone, and they smile, for me that's job done!"

"When we get home after our visits to Cransley she's exhausted and we have a little nap. She's my true companion. She sleeps in her little bed alongside me with her blanket over the top.

"I don't spoil her, I just see to her every need."

The love and affection that Jessie and Rod have for each other is clear to see and the smiles they bring to everyone in the Hospice are like a sprinkling of gold dust.



## Setting the Bar High!

**Bishop Stopford continue to support Cransley Hospice.**

Bishop Stopford has been supporting Cransley Hospice for over 12 years, taking part in mufti days, coffee mornings, cake sales and one of our Schools Accumulator Challenges – Flourishing Fivers.

It is the Flourishing Fivers that has proved a favourite activity for Bishop Stopford. Each student starts with £5 and challenged to turn that £5 into as much money as they can for the Hospice. They can either work individually or amalgamate their £5's to work in a group. They draw upon their entrepreneurial skills and creativity to plan how they can fundraise as much as possible. Previous activities include cake sales, car washes, tombola's, fancy dress days and sponsored silences to name a few.

**Quote from Wesley Lewis, Head of Year 8 (now in Year 9)**

*'Fundraising for Cransley Hospice has become a tradition at Bishop Stopford for students in Year 8 and it is such good news to hear that this large amount of money has been raised by students over the years that we have been involved.'*

**Quote from, Louise Preedy, Community Fundraising Manager.**

*"We are absolutely blown away by the incredible commitment of the students of Bishop Stopford School to their fundraising for Cransley Hospice."*

*"The fantastic total raised will enable us to continue providing outstanding care for local people in our community, including the provision of Clinical Nurse Specialists to visit patients in their own*

*homes to ensure their final wishes are met. We really can't thank everyone involved enough!"*

This year Bishop Stopford held a dress down day and a few students took part in the £10 challenge raising an amazing £1,105.33 this takes their total since 2007 to £35,529.74.



## Blooming Gorgeous!

**We are looking for blooming gorgeous gardens to feature in our Open Gardens programme 2020 between May and September**



If you would like to open your garden to support Cransley Hospice this summer or for more information, please get in touch with our fundraising team on 01536 452423.



## Sweet Memories

**Friends, family and pupils of Geddington School remember Jodie Carter.**

Fundraising is never easy, but family, friends and colleagues of mum of three, Jodie Carter have rallied together to raise an incredible £8,751.76 to support Cransley Hospice. Pupils at Geddington Primary School, where Jodie's three sons are pupils, and Rowan Gate Primary gave their full support to the campaign by holding a massive sweet sale in the summer which raised £1,457.76.

Pauline, Jodie's mum wanted to raise the money to show her appreciation to all the staff and nurses at Cransley Hospice, for the care and support they gave to Jodie and her family and friends.

To celebrate this wonderful achievement, Geddington Primary School held a special "Thank You" assembly to remember Jodie and to thank pupils, staff and colleagues

for their support and to present the cheque to Cransley Hospice representative, Louise Preedy.

Louise was able to share how important the money is and to pass on the heartfelt thanks from all the staff at the Hospice.



## Visit from the Mayor

**In December we were honoured to receive a visit from the Mayor of Kettering, Keli Watts, who came to witness first hand the incredible care that takes place in our Hospice.**

She said "I visited Cransley Hospice to see first-hand the sterling work they do for our community. The place was so peaceful and so happy. The staff are dedicated and experts in care in the widest sense. Big giant hug to Jo Rogers and the nurses, doctors and therapists working tirelessly to look after patients. And not forgetting, of course, Dr John Smith who started it all."



## Exclusive! – Cransley Hospice Shop Fashion Show

**NEW for 2020 is our EXCLUSIVE rail!**

We've got a host of fabulous dresses and outfits from high end retail shops like Phase Eight, Hobbs, Boden, Joules and Ghost – perfect for a special occasion!

**Don't forget** to book your TICKETS for our fabulous SPRING/SUMMER season fashion show on Thursday 26th March. Tickets available from the shop!



## The Coffee Shop

Kettering Rainbows and Brownies came to toss their pancakes at the Coffee Shop!



## We're singing their praises!



Gareth Malone had all come to an end and we were wondering what we could do to replace the focus that had become such a big part of our lives?

"Anybody want to continue as a choir?"

"OK" and so it began...



**We are celebrating! Our lovely Cransley Hospice Community Choir is 5 years old!**

It all began back in 2015 when 15 eager singers turned up at our Cransley Hospice Coffee Shop ready to sing and have fun. Now five years on, about 70 enthusiastic, vibrant voices turn up each week to sing at the Salvation Army.

Sandy Childs was one of the original choristers and takes us back to the very beginning....

*"It was after 6 weeks of intensive choir practice for a competition with*



*"Monday nights will never be the same. Making the effort to go out, even on those dark winter nights, is so beneficial for mental well-being, not to mention the friendships that spring up from it! From 15 nervous people in the Coffee Shop we've grown and grown into, dare I say it, a "proper" choir. It's all thanks to the brilliant musical direction of Ruth and the dedicated administration from the lovely Pam and the wonderful singers who turn up every week."*

*"I will never win the trophy for 'voice of the year' but when you are singing together it somehow makes you stronger. We don't always get it right but when we do it's a fantastic feeling!"*

*"If you've ever wanted to have a go, just come and join us. I highly recommend it."*

The choir has raised over £15,000 since it began in 2015 and continues to support our hospice with ever increasing donations due to sell out concerts and events. New friendships are born, and the choir is becoming well respected and acknowledged in our community!



**Summer Concert 11th July 2020**

at the Salvation Army, Kettering.

**Christmas Concert 7th December 2020** at the Salvation Army, Kettering.

SAVE THE DATE

## Jail & Bail

Our first ever Jail and Bail event took place on Friday 4th October. Eight local scoundrels were locked-up for committing fictitious crimes in police cell vans in the car park at Tesco Extra, Kettering. The convicts were targeted to raise £999 bail from the general public and their connections, including friends, family and colleagues to ensure their safe release!

All eight of the jailbirds raised most of their bail money prior to the 4th October and fun was had by all on event day as they roamed around Tesco Extra in an attempt to ensure their bail was met.

We were completely blown away by the determination of the convicts to raise their bail and the generosity of the local community which has enabled us to raise an incredible £8,000 from the event. A huge thank you to everyone who took part and donated to the event. Keep an eye out on our website and social media pages for information regarding Jail and Bail 2020, and if you would like to take part please do get in touch!



## Frosty 5k

Frosty 5k was newly introduced to the Events Programme in 2019, taking place on Sunday 8th December. Kindly sponsored by Wilson Browne Solicitors, this fabulously festive 5k family fun run saw over 400 participants jingling their way around 2 laps of

2.5km around Wicksteed Park. More rewarding than a trip to see Santa Claus himself, this inspiring new event allowed friends and families to get together and make memories whilst also raising vital funds for our Hospice.

Adults and children took home a fantastic 'Frosty 5k' medal for their magnificent efforts and we are beyond thrilled to announce that an incredible £5,750 was raised! Without the support of those signing up for the event and those who raised sponsorship money, this wouldn't have been possible and we hope that the event will be bigger and better this December.

The date for this year's Frosty 5k is yet to be released so make sure you keep an eye on our website [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) for more information.

## Tree of Lights

For the second year, our incredibly poignant 'Tree of Lights' ceremony took place on Sunday 1st December in front of the Cransley Hospice Fundraising Office on St Mary's Hospital site in Kettering where our Hospice is based. Once again, the feedback was overwhelmingly positive and we were delighted to welcome over 500 attendees who all came together in remembrance of those who are no longer with us, whether they received care from Cransley Hospice or not.

Rev Dr John Smith led the reflective service which included readings, carols and music allowing people to receive comfort at what can be an emotional time of year.

The Tree of Lights was an incredible success and we were completely blown away by the generosity of our wonderful community who helped us to raise a fantastic £19,000 which is £4,000 more compared to the 2018 service. This is a truly incredible total and will enable us to continue providing an outstanding quality of care to those at the end of their lives.



## Zumbathon

We kicked off the first event of 2020 with the Cransley Hospice Zumbathon which took place on Saturday 25th January at Grafton Underwood Village Hall, Kettering.

A whopping 51 participants joined us by busting a move in this challenging two-hour Zumba class led by Roberto Zumba.

Mouth-watering cakes provided a much needed sugar boost during the break and a magnificent tombola with fabulous prizes was too tempting to ignore.

All participants commented on how much they enjoyed the event and we are thrilled to have raised almost £600 from this hip shaking event.



## Challenge Events for 2020!

**Why not sign up for your bucket list event and raise money for Cransley?**

Our range of events is sure to tempt you – we've got everything from cycles to treks and skydives...

### Vitality London 10,000

New Year New Challenge! Put your running shoes on for this fabulous 10 kilometre run through the centre of London. Cheering from the crowds will lift you all the way to the finish line!

10th May

### Ben Nevis Challenge

Scale the highest mountain in the British Isles, all 1,345m of it! You'll need to bring your stamina and determination to get you to the top, once you get there you'll be rewarded with the most stunning views!

26th-28th June

### Mudnificent 7 2020

The seriously muddy course is split into 7 differently themed zones where you'll run (walk), swim, climb and push your way through the 7km course. Get your friends and colleagues to join you on this one!



8th Aug

### Trek Snowdon

You can't beat seeing the sunrise across Snowdonia National Park! Trekking the mountain by moonlight with torches – it'll be a memory you'll never forget.



8th-9th Aug

### Unite & Bike against Cancer

An exciting challenge of a lifetime! There are tough climbs and the chance to experience the magnificent scenery of Southern India.

25th Sep - 4th Oct

### Cransley Hospice Sky Dive (various dates on the website)

This is one to really get your adrenaline pumping! Leap out of an aeroplane at 13,000 feet before plummeting back to earth at speeds of up to 120mph.... it's extreme!



### Abseil the Northampton lift tower (various dates on the website)

Give yourself the thrill of abseiling the 418 feet from the tallest permanent abseil in the UK!

## Key Dates for 2020...

### Lanterns at the Lakes

Have you secured your tickets to our beautifully poignant 'Lanterns at the Lakes' event yet?

Following the wonderful feedback received about our 'Lanterns at the Lakes' event last year, we are delighted to be bringing back this very special memory walk for 2020 on Sunday 15th March.

Registration opens at 5:30pm with the walk commencing at 6:15pm as the night draws in.

Following a short reflective service by the Cransley Hospice Chaplain, guests will commence at their own pace, in a magical lantern-lit procession around the lake, allowing plenty of opportunity to cherish special memories of those who are no longer with us.

Tickets are just £10 for adults and £5 for children aged 3-15 and both ticket types are inclusive of a lantern. Under 3's are free of charge (with no lantern included). Fundraising for this event is actively encouraged and the money raised will enable us to provide compassionate care to more local people at the end of their lives.

To book your ticket please visit [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) or phone the Fundraising Office in 01536 452423.

15th Mar

### Bubble Rush

For the third year running, the happiest, bubbliest event of the year returns once again to Wicksteed Park on Sunday 10th May 2020!

Bubblers can walk, run, dance or slide their way through the thrilling 5k course as they are blasted with colourful foamy bubbles at each of the four 'bubble stations'. The course is pushchair and wheelchair friendly – and families with children of all ages will delight at this unique experience!

5k too much to handle? Don't worry – the flexible 2.5k lap means that participants can just tackle the half-distance and then enjoy everything the event-village has to offer! Every bubbler will leave with a medal, a t-shirt and a huge smile on their faces!

Tickets for this spectacular event can be purchased by visiting [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) – don't miss out!

10th May

### Cycle for Cransley

Cycle for Cransley – Kettering's only cycling sportive – is back for its third magnificent year!

With exhilarating and picturesque routes through the rolling Northamptonshire countryside, this incredible cycling challenge offers something for all ages and abilities.

By popular demand, we'll be bringing back the 'Cransley Family-Fun Spin', at a maximum of 10-miles, the 'Cransley Cruise' at a manageable 25-miles, the challenging 'Fun-Filled Fifty' (at 50 miles!) and for the elite amongst us, the thrilling 'Cransley Fondo', a 63 mile (100k) extravaganza.... What's more, BRAND NEW for 2020, we have a knuckle-biting 30 mile off-road route for the mountain bike fans!

All rides will begin from the 'Kettering Rugby Club'. Make sure you stay and make a day of it - soak up the atmosphere, enjoy and have fun at the new and improved Event Village following your ride! Thanks to generous support from our headline sponsors 'Tollers Solicitors' and 'KLM Taxis' the event will be bigger and better than ever before.

There'll be entertainment, food and drink, fantastic stalls and cycling experiences for the whole family to enjoy.

Don't delay. Secure your tickets by visiting [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) – enter now!

28th June

### And not forgetting...

Road Race – 20th September

Tree of Lights – 6th December

Jail and Bail – 2nd October

Frosty 5k – TBC

## Shining Star

### Jackie Phillips awarded Cavell Star Award, 1952 – 2019

Jackie Phillips, former nurse manager of palliative care for Northamptonshire, responsible for managing care at Cransley Hospice, the Macmillan nurses and Hospice at Home care was awarded the Cavell Star Award. Jackie was praised for going above and beyond for her patients throughout her thirty-year career.

Jackie began her nursing career at the Northampton School of Nursing in 1970 where she met Krystyna Grey who remained her close friend and colleague until she passed away in April last year. Krystyna was keen that her friends dedication and commitment to generations of patients in Northamptonshire was formally recognised and nominated Jackie for a Cavell Star Award.

Nurse Phillips 30-year career included working as a senior sister on Northampton General's Talbot Butler Ward, senior clinical nurse at Cynthia Spencer Hospice and the manager for palliative care for Northamptonshire. In 1981, Jackie was nominated and awarded Nurse of the Year by the people of Northampton, something that made her immensely proud.

Jackie's husband Roger and her sister Joan received the Cavell Star Award in her memory.

Roger said: "Jackie would have been thrilled to receive a Cavell Star Award but she would have insisted that her whole team be recognised, not just her. Jackie's team meant everything to her and if you were a friend of Jackie's then you stayed a friend."



## Hospice at Home

### What to call the new integrated Specialist Palliative Care community team?

In 2019 CHT and CSHC jointly commissioned some research to find an appropriate name for the newly integrated community team. The purpose of the research was to find out how individuals react to certain words associated with end of life care and therefore be able to find a name for the new team that would represent the service and all that it does in a way that is warm and not too clinical.

The findings of the research were that; Words including palliative and specialist were not clearly understood. The terms Hospice without Walls produced a strong negative response, whilst Hospice at Home was viewed positively by the groups and hospice had a positive association of caring.

And so, this is how "Hospice at Home" came to be the name for our integrated community team.



## Our very own Award Winning Garden!

In July 2019 we were incredibly fortunate to be able to rehome one of the beautiful gardens shown at the Hampton Court Flower Show.

The special garden, called the 'Urban Pollinator Garden', was designed by Former RHS Designer of the Year, Caitlin McLaughlin of Thrift Landscapes.

The contemporary garden fuses design, function and wildlife-friendly values while also being low maintenance to allow it to look spectacular all year round for the enjoyment of patients and their families.

With a strong biodiversity message, the garden will be a magnet for bees and other insects using on-trend yet practical features. The space is designed to offer a place for people to relax, connect with nature, and surround themselves with pollinators, without the pressure of keeping bees themselves.

The fundraising team would like to say a huge **THANK YOU** to Caitlin for this incredible gift that will bring so much enjoyment to patients and their families, and to local distillers, Warner's Gin who made it possible by arranging the transportation of the garden to Cransley Hospice.



## In-Memory Giving

**Losing a loved one is always a very difficult time and we know that doing something in memory of someone you have loved and lost can help with the healing process and ensure that although they may no longer be with us, they will never be forgotten.**

We're only able to continue providing outstanding care to the people of North Northamptonshire at the end of their lives, thanks to money raised and donations gathered by people like you.

To help you keep the memory of your loved ones alive and to help others in their time of need we have published the Cransley Hospice Giving leaflet to explain the many different ways in which you can show your support, so whichever way you think would best honour your loved one, there is always something that you can do to help;

**Funeral Donations** – Suggesting donations in lieu of flowers at your loved one's funeral is a very simple way to make a difference to all of those who receive support from Cransley Hospice.

**Celebration Donations** – The first family celebration after losing a loved one will always be a struggle. Keep their memory alive by suggesting donations in lieu of gifts and cards at your next event.

**The Cransley Hospice Rose** – available from Ise Garden Centre in Kettering. What a beautiful way to remember your loved one when they bloom each year!



**Sharing Memories Page** – Our online dedication page can be a very special, permanent online space to gather memories of your loved one. Quick and easy to set up at [www.cransleyhospice.muchloved.org](http://www.cransleyhospice.muchloved.org) it can be set to public or private so you can upload photos, music and messages to share with friends and family all over the world.

**The Sky of Memories** – Dedicate a special star in our 'Sky of Memories'. Leave a picture, message or simply their name and their star will shine brightly in our 'Sky of Memories' for all to see for years to come. <https://cransleyhospice.dedicationpage.org/skyofmemories>



**In Memory Events** – We are privileged to hold two very special 'In Memory' events every year; Lanterns at the Lakes (March 15th 2020) and Tree of Lights (December) Each gives us the opportunity to remember and celebrate life in a positive way.



**Make a Regular Gift** – Making a regular donation to Cransley Hospice is one of the most important ways in which you can support us. Donating to us in this way allows us to plan for the future, while safe in the knowledge our funding is secure.

**Volunteer** – Not everyone can offer financial support, but you can show you care by volunteering for us to help our Fundraising Team!



**Take on a Challenge!** – What better way to celebrate someone's life than by challenging yourself to something a little outside of your comfort zone in their memory? Whether you fancy taking on a sky dive, a mud-run or even a once-in-a-lifetime international challenge, we have a host of options to suit you whatever your ability. Or you might consider one of the Cransley Hospice events that the whole family can get involved in; Bubble Rush, Cransley Cycle or the Road Races.



**The difference a day can make...** It costs a phenomenal £4,000 every single day to run our hospice and other specialist services in our community.

Without raising this incredible total, we would be unable to provide outstanding quality care to almost 200 patients in our inpatient unit, visit over 743 patients to provide care in their own homes, or to care for 5,437 patients and families through our specialist clinics and support services each year.

By fundraising one day at a time, you can truly see the difference you can make to the care of more local people at the end of their lives.

Take a day to make a difference, what you do with your day is up to you! We hope that the ideas in this leaflet will have inspired you to support us – but feel free to get in touch with our team to discuss any other ideas you may have. We look forward to hearing from you!

**Thank you for your support!**

## Legacies

**No one likes to think about making a Will and it can be hard to have a conversation with your family regarding your wishes.**

The consequences of not having a Will can cause unnecessary stress and upset to your loved ones and it is the only way of making sure that your estate passes to those that you want to benefit.

**Gifts in Wills** provide a large proportion of our income and we genuinely couldn't fund vital services that support our patients and their families without them.

**There are several ways that you can leave a gift in your Will and it is quite simple:**

- You can leave a sum of money, of any amount, which suits your circumstances.
- You can leave a percentage of what you are worth – this is called a residuary gift.

It can be 1% to 100% of your "estate" – again whatever suits your own circumstances. Just a 1% legacy donation can make a vital difference to those affected by cancer and other life limiting illness in the future and help ensure that we are able to provide ongoing care.

If you already have a Will and would like to change it, you can use a codicil, or we recommend that you contact your solicitor to adapt your existing one. (A codicil is a form that gives you a simple way to make small changes to your existing Will)

We fully recognise this is a private gift and that your circumstances might change in the future.

To reassure you that we value highly the private method of this way of supporting out work we have developed the following **promises:**

- We will not put pressure on you to give a gift in your Will – it is your decision.
- We will never ask you the size or type of gift if you decide to support our work this way.

- We absolutely recognise your loved ones come first in your Will.
- You never have to tell us your intentions – we respect your right to privacy.
- We fully understand that personal circumstances change and there might be a time when you must take Cransley Hospice Trust out of your Will.
- We promise to use your gift wisely.

If you want to tell us about your gift it does **enable us to say thank you** which we like to do! **It is so easy to do and there can be tax benefits too.**

Cransley Hospice Trust is unable to give legal advice on making your Will, and would always encourage you to seek professional legal advice when doing so. If you would like to discuss any gift you are considering pledging, you are very welcome to **contact our fundraising office on 01536 452423.**

# Record Breakers



1st advertising campaign  
**#GiftAFlower**

Sponsorship for  
our events raised  
a magnificent  
**£39,041**



2020 – **5th Anniversary** of  
Cransley Hospice Community Choir



A  
**gargantuan**  
**£35,740**  
was Gift  
Aided

2020 – **20th Anniversary**  
of Cransley Road Races



Bubble  
Rush raised  
a record  
breaking

**£30,000**