

YOUR HOSPICE NEWSLETTER

Summer Edition



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www.cransleyhospice.org.uk

SUMMER EDITION 2021

HOSPICE UPDATES

The official newsletter of Cransley Hospice Trust



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HELLO!

I'm very happy to be welcoming you to our Summer Newsletter and hope that you are enjoying this wonderful sunshine!

I am the Event Development Manager at Cransley Hospice Trust and I'm thrilled to be able to share the launch of our brand new spectacular event "Starlight Walk" which will be taking place in the grounds of the stunning Boughton House on Saturday 25th September.

Together with the fundraising team I have been working on some fabulously exciting projects for the remainder of this year and a jam packed programme of events is in the planning stages for 2022. There is certainly variety and something for everyone. I hope you get a chance to come along and enjoy!

Very best wishes and happy reading
Kate Ilott,

Event Development Manager, Cransley Hospice Trust



END OF AN ERA FOR CRANSLEY COFFEE SHOP

The Cransley Hospice Coffee Shop has been a much loved hub of our community for 10 years and so it was with great sadness that we took the difficult decision not to reopen the shop following the easing of the lockdown restrictions in May. We have to continually assess and raise essential income to support hospice care and this had become increasingly difficult for the coffee shop with rising food costs and then with the pandemic.

Sadly, this has meant we have had to say farewell to our wonderful hardworking and loyal staff, Suzanne, Clare and Lisa and the amazing team of volunteers that have contributed in so many ways to the shop, but we hope to remain in touch and see you all at our future events.



BECKIE JOINS THE TEAM

Beckie joined as Digital Marketing Coordinator in April and has already taken our social channels to new heights!

What single piece of advice would you give your teenage self? *Treasure time with your grandparents, celebrate and cherish them whilst you can.*

If a film was made of you, who would play you? *Natalie Portman, because I've been obsessed with her since she starred in Star Wars.*

City break or beach holiday? *City break!*

Where do you most want to travel to? *Russia, Saint Petersburg. I'd love to see the Palace where the Romanov family lived.*

What's one thing most people don't know about you? *I can touch my nose with my tongue, lol!*

What book has impacted you most? *Good Vibes, Good Life by Vex King. A real eye-opener.*

If you could only eat one thing for the rest of your life what would it be? *Easy one for me... pasta!*

If you had to live in another time period when would it be? *Probably the 80s. I love 80's pop culture and fashion. I can thank my mum for that.*





YOU WON'T WANT TO MISS IT!

Those who are part of our social media communities will have spotted last month's launch of a very special new event, the 'STARLIGHT WALK'. This is one not to be missed!

Held on Saturday 25th September in the breathtaking surroundings of Boughton House, this is a 5k walk with a difference. Starting after sunset, you'll boogie your way around our thrilling route by torchlight, with some sensational surprises en-route including our spectacular light show extravaganza!

In a night like no other, you'll enjoy a cocktail to get the party started along with our fun dance

warm-up, before you trek through spectacular illuminated woodlands, and finish by dancing the night away with our DJ under the stars.

Fancy dress is actively encouraged and a sense of FUN is a must. What are you waiting for? Dazzle in the Starlight and join us for a night to remember!

We simply can't wait to share this incredible evening with you – it's unlike anything we've hosted before! We want to keep some surprises up our sleeves... but by joining us for this very special event, you can expect to find...

COCKTAIL STATION

Set yourself up for the adventures ahead with an inclusive sunset cocktail at registration from our Cocktail Station!

LIGHTSHOW SPECTACULAR

If trekking through the stunning surroundings of Boughton House is not enough, we have sprinkled magic across the grounds and illuminated much of the 5k route with incredible light effects and lasers. It truly is a sight to behold and undoubtedly the highlight of the evening!

UV FUN

Become a Starlight VIP to receive your exciting UV pack with 'Starlight badge', face and body paint so that you are glowtastically ready to enter the UV Zone with your choice of neon dreadlocks, flashing bunny ears or crazy tinsel wig!

DJ UNDER THE STARS

You'll finish off the evening 'dancing in the moonlight' boogying away at our disco. Take some selfies with your friends and congratulate yourself on crossing the finish line!



START FUNDRAISING

Entry is just £15 per person and includes your sensational event experience!

We hope that you'll join us in supporting the incredible work of Cransley Hospice by raising sponsorship for this event and if you are able to raise an amazing £100 – you'll be rewarded with our extra special VIP package which includes:

- A super special UV Pack
- A glass of Bubbly
- Spectacular sweet treat at the finish line!



Any support you give is very much appreciated!



UPCOMING EVENTS - 2021

Mudnificent 7 - 7th August

Trek Snowdon at Night
7th - 8th August

Cycle Wales End to End
12th - 15th August

Skydive
4th/5th September

Trek Fest - 18th September

Road Race
19th September

Starlight Walk
25th September

Virtual London Marathon
3rd October

FULL DETAILS

www.cransleyhospice.org.uk/events

THANK YOU!

Over £14,000 raised by Cransley Way Walkers

The Cransley Crew collectively walked over 5,800 miles in April and the comments received for the event were overwhelmingly positive.

'I was chuffed to bits, but utterly exhausted'

'I was really pleased to achieve my own personal challenge of walking every day of April & I walked with somebody different nearly every day, which was the best bit as I caught up with lots of friends'

NURSING PIONEER AWARD

Based at Cransley Hospice, Debbie Quinn, is one of 22 nurses from 15 countries to be nominated and taking part in a new programme that celebrates palliative nursing throughout the world.

The programme is being led by St Christopher's Hospice and brings together rich and diverse insights into what being a contemporary nurse leader demands, and the opportunities that they envisage.

Debbie was nominated by community Matron, Laura Clifford:

"Debbie is a Queen's Nurse and her day job is a Cancer Nurse Specialist in the community working very closely with me as a Community Matron and the district nursing teams. The support the patients and staff receive from her is amazing

and she goes above and beyond. Her knowledge base is massive, and she is happy to teach, share and be available in this capacity to staff and patients. Debbie is calm and passionate and a role model for everyone who knows her.

Debbie speaks at the regional Queen's Nursing Institute meetings and has a particular interest in CBD oil and its use in pain management challenging government decision and policy and its use earlier this year.

Debbie really is a lifeline to her patients and I often get feedback that her calls and visits to the patients makes not only their limited life more bearable but that the support that Debbie gives to family members is what helps them get through the days and weeks."

SKYDIVING MISSION FOR BELOVED SISTER BECKY

Two sisters, Lianne and Joanna joined together for a skydive to remember their beloved sister Becky. Joanna's wish was to celebrate Becky's life with fun and exhilaration, and Lianne's to be as close to Becky as she possibly could be on the 31st of May - the first anniversary.

Joanna recalls how Becky's illness was sudden and unexpected:

"Becky was at home one morning and knew that she didn't feel right so she called the ambulance herself. At first, they thought it was just a panic attack. That night at 11.00pm I had a call to say



Joanna and Lianne

that Becky was at Kettering General Hospital and she'd had an operation to put 2 stents in her heart. At the hospital, we later found out she had stage four heart failure which meant 75% of her heart was not working as it should. It was a shock to all of us – and little Millie was only 3 at the time.

"The Doctors gave her about a year, but she just took each day as it came. "At first she didn't want to go to the hospice as she thought she'd die in there and she was adamant she wanted to die at home.

"The more times she went the more she realised it was safe and they let Mum stay with her which made it easier for her. She knew all the nurses and they were so good with Millie. They put her completely at ease, letting her be "the Doctor" looking after her mum and taking her temperature. "The nurses were brilliant, they made everyone feel welcome. Nothing was ever too much trouble – going out of their way to make sure she always had ice in her drink! She loved her ice. They helped all of us and she trusted them knowing that they'd help her and then she'd go home again.

"At the end, she was at home, the palliative care team came out and she passed away on the Sunday."

Michelle, Becky's mum said "Becky was given 12 months and fought with all her strength to be here longer for Millie. Her strength and care from the nurses and doctors from Cransley helped her live for 4 years and for that I and all of the family will be forever grateful"



Debbie Quinn



Becky with Mum, Michelle

DO IT YOUR WAY Cransley Hospice

FUNDRAISING YOUR WAY

There are so many ways you can fundraise and help to support Cransley Hospice Trust in your own way, but if you need a little inspiration we've got it covered over on the website - whatever the season, whatever the weather! And, we'll be adding more ideas for you throughout the year!

kit with a selection of useful bits and bobs for you to download. There's social media banners and frames, various bunting, event posters, invitations and lots more to be added - just choose what you need and if you think there's something missing please let us know and we'll see if we can help!

To help your events make an even bigger splash we've put together a fundraising DIY tool

Thank you for your continued support and Happy Fundraising!



SINGLE LOTTERY TICKETS

Single tickets are a great way to play and you don't have to be an existing member to buy one! Why not send a little sparkle to a friend who needs cheering up, increase your chances of winning the jackpot, or just test your luck with a single play! Go to <https://bit.ly/3fYYFYD> and select Cransley Hospice.

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