



Finding joy at the end of life



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Welcome to Hospice News!

Thanks for taking the time to read Hospice News, where we bring you the latest updates, developments and events from Hospice in the Weald. Here, you can find out about the many ways to support us and see how the funds raised benefit adults and children in our community facing life-limiting and life-threatening illnesses, and their loved ones. Hearing first-hand about how the Hospice's specialist teams can make such a difference in people's lives is such an important way to help others understand our work. If you have a suggestion for an article or would like to share your own story, we would love to hear from you. Thank you for your support.

Sue Massey

Communications & PR Manager



Front Cover image: Ella and husband Stewart enjoy Ella Fest!

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For article or story suggestions, please contact sue.massey@hospiceintheweald.org.uk



Nick Farthing, Chief Executive at Hospice in the Weald

Welcome from our Chief Executive

Welcome to our latest edition of Hospice News. Consider this your insight into Hospice in the Weald, where we share the latest updates and inspiring stories that showcase the incredible work happening every day.

We are thrilled to highlight some significant milestones and developments in this issue. On **page 4**, we celebrate the expansion of our Children's Services team. With new specialists joining our dedicated staff, we are now able to extend our care to even more children and their families.

Trevor's story, on **page 6**, is a powerful reminder of the difference we can make, helping people live fully, even in their final days. He embodied the spirit of seizing life's opportunities. With support from our nurses and doctors, Trevor was able to make the most of important moments just days before he died.

We also take a look at planning for the future. Something we could all benefit

from. Planning ahead not only brings peace of mind but also ensures that your wishes are respected when it matters most. Learn more on **pages 8-9**.

You'll find words from Ella and her parents on **pages 10-11**. By helping to manage Ella's pain and symptoms, she was able to focus on the things that mattered most to her. Making memories with her family and loved ones that will be forever cherished.

Our gardens receive showstopping additions thanks to the generosity of Juliet Sargeant and her Lion-King-inspired Hampton Court Garden. Keep an eye out for the Savannah Solace next time you visit our Pembury Hospice.

Christmas doesn't seem so far away now. We've festive celebrations and fundraising events for you to pop into the calendar. From our Light Up a Life services to our marvellous Christmas market and Carol singing celebrations.

Rising costs have affected us all, and your unwavering support ensures that we can continue providing vital care to those who need it most. As we look ahead, I encourage you to explore the ways you can get involved with your local Hospice, whether through participating in our upcoming events, supporting our shops, or simply spreading the word about our services. Together, we can help make sure no one faces a terminal illness alone.

Thank you for your continued support.

Nick

Hospice updates



Visit inspires palliative care team from Paris

Staff from France's biggest palliative care centre have taken inspiration back to Paris following a visit to Hospice in the Weald. The team from Maison Médicale Jeanne Garnier came as part of a trip to learn more about palliative care in the UK. They toured the Hospice, learning about our in-patient care, outreach support offered to people in their own homes and our Living Well programme. Chief Executive Emmanuelle Quille (*pictured 5th from right*) said: "We wanted to come because we feel it's important to learn about and share palliative

care nursing and practices. In France, palliative care is more hospital-centred than in Great Britain. Community care is certainly more developed in your country and very interesting to us. What we have seen here is inspiring."

Hospice Chief Executive Nick Farthing (*pictured 3rd from left*) said: "It was a privilege to meet the Jeanne Garnier team and hear about their innovative work. Sharing knowledge helps us all to inform and improve the care we provide for those facing terminal illness and their families."



Introducing Helen, our newest Trustee

The Hospice's Trustees are pleased to welcome Helen Pullen. As Chief Product Officer at AA-X, the innovation arm of The Automobile Association, Helen has experience leading product development, digital transformation and customer experience. Helen lives in Kings Hill with her husband and children and looks forward to joining the Hospice's upcoming running events.

Our Children's team is growing

Two new members of staff have joined Hospice in the Weald for Children to help meet the growing need for care and support. Mirelle Cassidy has been welcomed as the new Associate Director of Children's and Young People Services, starting the new role in early September. An expert in children and young people's complex health, life-limiting conditions and end-of-life care, Mirelle is former Lead Nurse at Demelza hospice. Mirelle said: "I'm really enjoying my start here; the team has been so welcoming. With our service

continuing to grow and develop there's lots of opportunity to maximise choice for families. It's an exciting time." Tors Barwick joined earlier this year as Children's Clinical Nurse Specialist. Formerly of Great Ormond Street Hospital, Tors said: "I love being here. The team is skilled at what they do. Getting to know the children has been amazing. What I love about children's nursing is that it's holistic; it's for everybody. It's the family, it's the siblings, and at the forefront, it's the child."

Sustainable shopping starts here

At Hospice in the Weald, our 30 charity shops across Kent, East Sussex, and Surrey are more than just places to find great bargains. Each offers high-quality, pre-loved goods at sensible prices, with every donation made and every customer at the till playing a vital role in combating fast fashion, promoting eco-friendly practices, and supporting patients and loved ones.

Sharon Gills, Head of Retail, says: "Our charity shops generate more funds for the Hospice than the government provides, so your shopping makes a real difference. So, why not find hidden gems and give items a new lease of life? You'll also save money and help reduce thousands of tonnes of landfill waste."



On average, a bag of donations will help save 211kg of CO2 emissions – the equivalent of 107 trees absorbing CO2 in a day.

Scan the QR code to find your nearest shop and details of our newest shop in Tonbridge! →





Trevor shared happy memories from his bed on the Ward

Seizing life's opportunities: Trevor's story

Making the most of every opportunity was a lifelong principle for father-of-two Trevor Field. This led him to develop a successful career, travel the world and marry long-term partner Julia on the Ward in Pembury just days before he died. On the morning of his wedding, Trevor shared fond memories and how he was spending his last days continuing to make the most of life, thanks to help from the Hospice.

"I went from a pit village in Sheffield to working for the biggest professional services firms in the world. I'm not saying that to boast, it just shows what you can do if you give things a go.

I was the first person in my family to get a degree. When chances have sprung up, I've seized each opportunity. I grew up where people had difficulty putting

food on the table. I was lucky because I had a lovely family and a privileged upbringing. People often equate that with great money; I equate it with values, being humble and making sure everyone is looked after.

"Nobody had any qualifications in my family. I was only able to go to grammar school because my family deprived themselves to afford the uniform and things I needed so I had the chance to improve myself."

I had to leave school at 16 to earn some money. I trained as an accountant but tried to create a career as a footballer, playing with Sheffield Football Club.

After one season I broke my leg in a local cup final. Sadly, it was too serious an injury to continue. I worked for Bass the Brewers when I married my first wife and started a family. They recognised I had potential; I was able to continue my studies at college at the same time. Eventually, they made me the plant manager. It was brilliant.

Lucky breaks

I've had lucky breaks. The college where I was studying asked if I'd considered teaching. I took the opportunity and became senior lecturer. During my career, I studied for an MBA and worked in different parts of the country. I ended up working for KPMG, that's where Julia and I met.

"I'm marrying Julia this afternoon, it's something we should have done a long time ago but now time is of the essence. We are delighted the Hospice's team could do this for us at such short notice!"



The couple on safari in South Africa

Nothing is too much trouble

I knew nothing about the Hospice before. Such caring, supportive people looking after you.

I had a biopsy on my neck. It turns out there's cancer in the lymph nodes; that was a real shock. But they have my pain under control and are doing everything they possibly can, nothing is too much trouble.

"I was having a bad day and a young man who works here sat with me; holding my hand, listening, talking to me, making me feel better."



At the top of Mount Snowdon

This has been a real eye-opener, one I would have preferred not to have had, but I'd say to anyone, please help the Hospice and do all you can to give them support. They are just amazing.

Ecstatic to get married

I'm ecstatic to get married because it acknowledges the relationship that Julia and I have. It has been a brilliant one in terms of the life we lead, the travelling we've done. America, China, Iceland, Costa Rica. All these places stick in our minds. I've been lucky, Julia is an incredible travel companion. Give us 10 minutes to pack, we will go!

I always say to people to take a chance to do something different, even if it is out of your comfort zone."

Advance care planning – three tips to get started

It's important to plan beyond tomorrow. At Hospice in the Weald, we believe that good planning helps ensure things go the way you want them to.

Planning for your end of life needn't be scary or something you only do when faced with it. By planning in advance, your family and loved ones know your wishes, are less anxious and can make the process easier, ensuring the things most important to you are followed and respected.



1 What matters to you?

When planning for the future, it's crucial you think about you. Ultimately, this is about your wants and needs.

Consider all things practical (legal documents and financial information, for example) and emotional, such as creating memories, having important conversations and leaving messages.

Also, think about health and welfare (for example your decisions around care and treatment) and what you deem important around things such as your funeral and how you want to be treated. Remember; the amount of detail you include is up to you.



2 Start early

The sooner you begin thinking beyond tomorrow, the easier it will be to gather everything you need. It will also allow you the time and headspace to consider what's important to you and how you really feel about each area. You may want to share the information as you go along with your family or loved ones.

Keeping those closest to you informed and aware of your wishes can be useful and might make difficult conversations less so. This is down to you and what you feel comfortable with, but we've seen how this can be a valuable tool when shared with friends, family, loved ones and health and social care professionals.

3 Keep organised

Throughout this process, you will likely gather a lot of information and thoughts. This makes organisation and structure when planning vital!

We've pulled together some information and guidance to help you plan beyond tomorrow and start thinking about advance care planning. From getting your affairs in order, thinking about what matters most to you, to planning your own funeral.

Discover more...

Find out how you could begin to prepare by searching 'It's never too early to' or scan this QR code.





Cherished memories: Ella and Stewart at Ella Fest

Finding joy: Ella's Story

Ella shared her story earlier this year when she was receiving care at the Hospice in Pembury for pain management and symptom control.

"The support of the Hospice has allowed me to do the things I enjoy doing again. I have always enjoyed exercise, I loved CrossFit and even though I am at the Hospice now, I can still do yoga.

"They understand what's important to me, and they help me to feel well enough to do things I enjoy, even in a small way."

I'm grateful that the Hospice aren't just supporting me, but my family too. They are happy coming here because they know I'm comfortable and safe, it's a relief knowing things are made that much easier for them. They know when they come to visit me here that we will be able to make the most of

our time together. The nurses can sort out my pain relief when it's needed so I'm not left in pain for a long period.



Ella with husband, Stewart

The team are so friendly and caring. My husband, Stewart, and I have been able to spend quality time together and do normal things that you take for granted. The Hospice brought a sofa into my room on the Ward so we could have a movie night together and we ate KFC. It's a memory we will both cherish."

Sadly, Ella died in July, aged just 39. We are grateful to her family for their support and allowing us to share her story in her memory.

Ella's parents Rita and Maurice share their memories of their lovely daughter and why they are supporting Hospice in the Weald in her memory.

"Ella lived life to the fullest and found value and joy in the smallest of things. She was passionate about plants and her garden and loved spending time with her family and friends. Music was another of her passions, she loved a party. When Ella received her diagnosis, she knew she wanted to make the most of her time. She was determined to live her life as she always had done despite the challenges she faced with her symptoms and pain.

"The team at the Hospice really listened to her and made time to understand what she liked, they knew her loved ones were important and that she wanted honesty."

The doctors were able to ensure Ella was comfortable and pain free, allowing her to focus on the things that mattered most to her. Ella knew she wouldn't get to celebrate her 40th birthday but she stayed positive and decided to celebrate her life in a way that truly reflected who she was. She planned a festival - "Ella Fest" - and gathered friends and family. It was a celebration of all the things that made Ella's life beautiful.



Ella with parents, Rita and Maurice

Ella had an amazing day surrounded by those she cherished most in her own garden. The team at the Hospice planned ahead with Ella to move her syringe driver times so she could be there that day, comfortable and pain free. She needed to return to the Hospice for further pain management during the event but we phoned ahead and everything was ready and waiting - before you knew it we were back in Ella's garden.

It's a cherished memory for us, seeing our daughter being celebrated in the way she deserved and knowing she was able to experience that with us."



Ella with friends at "Ella Fest"

This Christmas, Rita and Maurice are remembering Ella by dedicating a Light up a Life star in her memory. Stars will hang on Christmas trees at the Hospices in Pembury and Five Ashes throughout December. See p13 for more details.

Christmas with the Hospice

Add these dates to your diary and buy your tickets to ensure you don't miss our festive celebrations!



Christmas Market - Saturday 23rd November 10am - 4pm and Sunday 24th November 10am - 2pm

The whole family can enjoy the start of our festive celebrations at our Christmas Market within the Hospice grounds in Pembury. Support local small businesses and discover unique handmade items perfect for gifts. Visit Father Christmas in his grotto for a festive photo (book in advance), and try your luck with our exciting raffle and tombola. Indulge in delicious food and drinks, and participate in craft workshops including wreath making.



Wreath making and centrepiece workshops will also be held on evenings in November and December; keep an eye on our website for more details.

Christmas cards

This Christmas, choose from 18 beautiful card designs, including four exclusive winter scenes showcasing local towns and villages, created just for Hospice in the Weald. Every purchase helps us continue providing care and support, so no one has to face a terminal illness alone. Available in our shops and online.



Christmas tree recycling - 12th - 14th January

Our popular scheme offers hassle-free tree collection and raises money to support hospice care. Registration for January collections will be open on our website from November, sign up by 7th January. Thanks to all who supported the initiative last year, raising over £40,000. Chippings were donated for use in the local community.



Light up a Life - Saturday 7th December

Join us for the Light up a Life remembrance events at Cottage Hospice in Five Ashes or our Hospice in Pembury. Hang a star on our Christmas trees throughout December in dedication to your loved one and attend a remembrance event. The events are a warm and supportive environment to honour and cherish the memories of those we hold dear. Come together to light up a life and find comfort in shared remembrance.



Carols and celebration - Tuesday 17th December

Celebrate Christmas with the Hospice at the Chapel of St Augustine, Tonbridge School



Carols at Christmas

Join us for an enchanting evening of timeless carols and beautiful performances from local choirs and musicians, including The Royal Tunbridge Wells Orpheus Male Voice Choir and Tonbridge Community Singers. Guests are invited to indulge in a complimentary festive drink and mince pie following the concert. Tickets are £15 for children and £30 for adults.



Children's Christmas Celebration

Bring the whole family along for an afternoon of fun filled festivities, including games, songs and a special Christmas story. Tickets are £5 for children and £10 for adults.



Scan the QR code to book!

Visit the Fundraising and Events section at hospiceintheweald.org.uk, email fundraising@hospiceintheweald.org.uk or call 01892 820 533 to find out more about these or our other events.

Embrace the thrill!

Sometimes you just need to take that leap. Whether it's out of a plane or into a challenge you never thought you'd take on, there is so much reward in overcoming that fear and achieving your goal. Read on to find out more...

Sprint to success



Are you eyeing up any half marathons or full marathons? If so, the Hospice would greatly appreciate your support! Whether you have signed up to a race with us, or have decided to raise money for us, we will be there to support you along your journey.

If you want to take on an adventure in an amazing part of the world, and make a meaningful difference while doing so, this is for you. The three-day trek along this popular pilgrimage route takes place between **30th April - 4th May 2025**. Expect to see stunning sites, explore picturesque villages, and learn about local traditions!



Camino de Santiago

Go the distance



Sign up to one of our ultra events – or one through an organiser. Whether it's two wheels, on foot or through water, we want to help you take on that ultra-impressive challenge and meet your fundraising goal.

Considered climbing a mountain, completing five marathons in a row, or taking on a different personal challenge of your own? Kate Cooper and her husband independently took part in a Kilimanjaro trek earlier this year, donating funds raised to the Hospice. Kate said: **"The power of fundraising for a cause drives your sense of purpose and with the help of our team, I pushed to the top!"**



Own your adventure

Feeling inspired? Explore the Challenge events at hospiceintheweald.org.uk or get in touch about a personal challenge, via fundraising@hospiceintheweald.org.uk or call 01892 820533.



Juliet Sargeant with Hospice gardening volunteers

Show garden brings joy

The delights of a Lion-King-inspired Hampton Court Festival show garden are welcoming patients and visitors at the Hospice in Pembury thanks to designer Juliet Sargeant.

Juliet's drought-tolerant design won three medals at the RHS Hampton Court Flower Festival. She has ensured that the trees, shrubs, and perennials continue to turn heads by generously donating them to the Hospice. A regular on the BBC's Gardeners' World, Juliet designed a garden inspired by the theatre show and African savannah. She said:

"This garden is rooted in sustainability and my designs are all about improving the way people feel. So, it seems particularly fitting that the plants now take pride of place at the entrance of the Hospice."

Carole Marks leads the Hospice's gardening volunteers at Pembury who created beautiful beds with the show plants from How Green Nursery in Hever. Volunteers at Cottage Hospice have also made use of some of the plants.

The gardens are an important part of the Hospice's holistic approach. Carole said: "I call it the 'outdoor therapy room'. Patients and visitors can come out of the bubble where emotions can run high for a breath of fresh air. The gardens are important for us all who work and volunteer here."



Carole and gardening volunteers in front of the new bed

Susie Lowden, Therapies Manager, who took a course in Social and Therapeutic Horticulture to help patients continue to be able to enjoy gardening, said: "We look at what people living with the symptoms of a terminal illness can do. We invite them to help plant seeds in the greenhouse, tend to flowers in raised beds, or get involved from the comfort of the Ward. It gives a sense of purpose and brings joy."

Lottery



Join the Hospice Lottery for just £2 a chance, and be in with a shot at winning one of 43 prizes each week! Not only could you win big, but you'll also be making a meaningful difference in the lives of individuals with terminal illnesses and their loved ones. Every ticket purchased helps fund essential care and support, ensuring patients receive the compassionate care they need during difficult times. This is a chance for you to win and to give back. Play today and make a real impact!

1st Prize

£1500

2nd Prize

£200

3rd Prize

£100

40 Prizes

of £5



Scan the QR code to
become a member
or call 01892 820 533

Terms and Conditions

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In safe hands: Lola's story

Lola has fun painting nails with support worker Hayley



Lola loves the things many other eight-year-olds enjoy – headstands, arts and crafts and watching TV. However, her complex health needs, including chronic lung disease and brain damage, present greater challenges. Lola lives with parents Jade and Phil, and siblings Jack, George and Ava. Jade explains how the specialist team at Hospice in the Weald for Children is there for the whole family.

“Lola’s a whirlwind! She’s very active and inquisitive - she’s two steps ahead of us! Lola is caring and thoughtful. She likes to help. She loves the colour purple and watching the children’s series Bluey with her sister. She’s so friendly to everyone. She says ‘Morning’ to people we see in the street.

Happy and playful

The type of feeding tube she needs restricts her from doing a lot; she’s connected to her feed for 18 hours a day and is susceptible to infections.

Sadly, she can’t do many of the things the rest of the family enjoys, such as going to theme parks, bouncy castles, and the beach. Despite this, she’s a happy girl and so playful. I’ve had to learn how to care for Lola. I’d never even seen a feeding tube before. At first I didn’t realise how much a hospice would help as, for six years, we had been the only ones caring for her. Lola has an extensive care plan so I’ve worried about leaving her with anyone else in the past.

Team makes such a difference

That’s why the visits from the Hospice’s team are so important - I know everything will be done the way that I would do it.

“Lola loves the ladies from the Hospice, she knows them all by name and enjoys arts and crafts, and messy play.”

Lola’s health affects everyone in the family. We had to return from our holiday in Cornwall as she became poorly and was admitted to hospital. I hadn’t left the hospital in a week, so the Hospice staff came to be with Lola so that I could get home to see the other children and refresh. It made such a difference.”



Inspirational support

However you choose to support Hospice in the Weald, every penny raised helps our specialist teams to make a vital difference to those facing terminal illness and their loved ones. Thanks to everyone mentioned here and all who support us through fundraising or by donating time and skills.



Thanks to the 17 adrenaline-seeking supporters who took to the skies for our first Skydiving Day at Headcorn Aerodrome. Everyone braved the jump, collectively raising over £15,000! Many said they'd do it again - check out our website for this and other daring challenges.

Thank you to Glen Goodall, Hospice ambassador, for organising a 10th anniversary concert in memory of his wife, Doreen, taking place on 23rd November. "When Doreen was ill she asked me to put on a concert as a 'thank you' to the Hospice, and that evolved into an annual event. Many families come to remember loved ones whilst raising money to support others. I'd like to thank the school choirs, soloists and businesses who have supported the event over the years," said Glen. Join us at 7.30pm at St Peter and St Paul's Church in Tonbridge. Tickets available on the door.



Dan and Niall took on the incredible challenge of trekking for six days up magnificent Kilimanjaro in Tanzania. At nearly 20,000 ft tall, the mountain boasts three volcanoes and an impressive four million-year history. Congratulations to them both for raising a phenomenal £10,792.50.

Phil Couchman, Peter Shipman, and Keith Southan took on the 'Run to the Sun' Benidorm Bangers Rally, raising an impressive £1,800. They set off from Dover on their 1400-mile adventure, arriving in Benidorm five days later. A special mention to trusty car, Whitney, now enjoying a new life in Spain outside the bar that sponsored them – Rock the Casbar!



Shout out to top fundraisers Amanda, Julia and Liz who completed the Moonlight Walk in June, raising an amazing £5,251. Thanks to sponsor Production Hub and all who took part raising a collective total of over £135,000 after matched funding from The Freddie Green and Family Foundation. The date for the diaries next year is 14th June.



From the family fun run to the half marathon, thanks to everyone who completed one of four routes through Tunbridge Wells as part of Hospice Run in September. Thanks also to Savills for their dedicated sponsorship and to everyone who volunteered or contributed to the event's success.



Ian Richardson walked over 3.5 miles for his Virtual Moonlight Walk along Studland Bay beach, despite challenges from a cystic nerve growth.

Joined by wife Sue and golden retrievers, Jonty and Charlie, Ian raised an impressive £937 which has been match funded by The Freddie Green and Family Foundation. Thank you, Ian!

Huge thanks to Caroline Sayle and the AXA Health team for their annual 12-mile trek around Bewl Water in memory of colleague Lisa Ashby. They raised £180 via JustGiving and along with AXA Health's match funding, this was doubled to a fantastic £360.

Scan the QR
code to book
your tickets



Carols at Christmas

Tuesday 17th December
at Tonbridge School

Celebrate the season with us at one
of these two Christmas events!

Carols at Christmas

An evening of carols and performances from local choirs
and musicians with mince pies and festive drinks.

Children's Christmas Celebration

An afternoon of fun filled festivities for the whole family.

Fundraising@hospiceintheweald.org.uk | 01892 820 533

