

FRIENDS

of Willen

The Willen Hospice Newsletter
Autumn 2022



UNVEILING A LEGACY

We warmly welcome patients and families into our newly extended home

ALSO IN THIS ISSUE:

Historic documentary film released • Living Well • Your stories

Join us for
Festive
Fundraising
Fun!



**Take home your
limited edition
Willen Hospice
Swan***

**Give monthly
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difference all
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**Your regular donation helps us care for our patients and
their families into the future.**

£10 per month
could help us
to support a
bereaved child.

£20 per month
could help provide
pain relieving
physiotherapy.

£30 per month
could help provide
specialist care for
people at home.

Sign up below to receive your limited edition Willen Hospice Swan:



www.willen-hospice.org.uk/donate



01908 303050



supportercare@willen-hospice.org.uk



*Offer available whilst stock lasts.

Dear Friend,

As our newly released documentary film shows (p11), over the past four decades Willen Hospice has been an important part of the fabric of our local community, synonymous with delivering the highest standards in end of life care. We are all facing challenging times with soaring energy bills. Our costs for the year are anticipated to increase by an additional £600,000 due to current inflation levels. However, **we won't compromise our care**. We will continue prioritising our patients and their families, keeping them safe, warm, nourished and cared for around the clock at our newly expanded and refurbished Hospice (p12), as well as supported in their own homes with our complex and personalised care. We need to fundraise even more to be there to care for those who need us.

Our community has continued to stand by us and I'm in awe of the support and generosity shown over the past few months. Thank you so much.

We all need something to look forward to as the nights start drawing in and the weather becomes more uncertain. Our events calendar (p26) is packed with ways you can have fun fundraising with us. Perhaps I'll see you at the Santa Dash (p27) again this year? If you haven't taken part before, come and join us - it's lots of fun!

Very best wishes,



Peta Wilkinson,
Chief Executive

If you would prefer to receive this newsletter electronically and help us save a few pennies then please visit our website
www.willen-hospice.org.uk/paperless



Can you help us claim over £50k in Gift Aid?

By completing a Gift Aid declaration we can claim an extra 25p for every £1 you've donated over the past 4 years and going into the future. The extra support that comes with Gift Aid directly funds the specialist care we provide to patients and their families at the most difficult time of their lives.

**At the time of print more than
£50,000 in Gift Aid cannot be claimed
from the generous donations we've
received from our supporters.**

Read more and complete a declaration at www.willen-hospice.org.uk/giftaid or request a paper form by emailing supportercare@willen-hospice.org.uk or calling **01908 303050**.

HOSPICE NEWS

Patient care receives a lift from MK Community Foundation (MKCF)

MKCF generously awarded Willen Hospice a grant of **£52,055** specifically for the extension and reconfiguration of a Hoist and Tracking system for our newly built In-Patient Unit. This ensures our patients are transferred safely, and with dignity, from their beds into riser recliner chairs, wheelchairs, shower chairs, and en-suite facilities.



New gardening group for patients

We launched our first patient gardening group in August. This nature-based approach to wellbeing embraces the outdoors, encourages social interaction and promotes a range of physical, psychological, social and emotional benefits. Patients who attend the group will have goals specific to their abilities and our Therapeutic and Wellbeing Team will tailor the sessions to suit, so there will be something for everyone.



Placement success with Complementary Therapy

Congratulations to Andrea on completing her Complementary Therapy placement. Andrea wanted to gain practical experience of using her Reiki training to help people receiving end of life care.

"Every day I spent at Willen Hospice reminded me that we are not there to save people, we are there to offer comfort, support and provide an increase in wellbeing." Andrea is looking forward to continuing her work at Willen Hospice in the future.



The global impact of our Learning Disabilities project

In July, we were invited to receive our award from CHKS for *"Investing and Growing the Future Workforce"* for our Learning Disability project. Our Practice Development Lead, Caroline Loxton, presented to an international audience of CHKS surveyors, from places as far afield as Mauritius and Portugal and we are incredibly proud that the project has made such a positive impact.



Caring for those who care

In order to provide the best possible care for our patients and their families, we do everything we can to look after our people. We recently trained staff to become qualified Mental Health First Aiders (MHFA). Staff across the charity can now recognise the signs and symptoms of ill mental health and provide help on a first aid basis to all of our staff and volunteers. We are hugely grateful to Mercedes-Benz Financial Services for their support and generous donation which funded the MHFA course.



Memorial services resume

We are so pleased to offer our Memorial services again, after the pandemic put a stop to large gatherings. We were saddened that many people were unable to hold the funeral service their loved ones deserved over the last couple of years. In July, families joined us for a service at The Church of Christ the Cornerstone in Central Milton Keynes for those we lost in our care in May and June 2020 and May and June 2021. To find out more, call us on **01908 663636** or email **spiritual@willen-hospice.org.uk**.

Volunteer Bereavement Listeners complete comprehensive training programme

Our Psychology and Counselling team are pleased to share that their team of Volunteer Bereavement Listeners recently completed a comprehensive training programme. This amazing group are donating their time to support our families who feel they would benefit from a confidential and non-judgemental listening ear. Although not counsellors, they are able to offer support sessions and in doing so, help us offer more ways to care.

5 MINS WITH...

Jenni Marks

Therapeutic & Wellbeing Operational Lead



Tell us about yourself...

I qualified as an occupational therapist in 2010, after working within various roles in the Northampton Oncology Centre. I always knew I wanted to work in palliative care. I worked in the acute setting covering general medicine, stroke and rehabilitation, as well as oncology and haematology. I was also part of the Macmillan team at Northampton General Hospital, setting up and providing proactive support to patients receiving palliative care.

What does “therapeutic and wellbeing” mean?

Wellbeing is often referred to as being ‘healthy and happy’. Health in palliative care is more than just absence of illness, it’s about being able to engage in the things that mean the most to people; the things that give them a purpose and identity. The Therapeutic & Wellbeing service at Willen Hospice consists of a wide range of professionals including counsellors, social workers, art therapists, physiotherapy, complementary therapists, spiritual care and occupational therapy. The service work together with patients, carers and families to support and enable them to achieve and/or maintain their individual sense of ‘health’ and ‘happiness’. This may be through therapy groups or one to one interventions, led by one or more speciality.

Why is this so important in palliative care?

Living with a life limiting condition has a huge impact on people’s lives; not only physically, but psychologically, emotionally, financially, spiritually and socially. This also affects those nearest to them. Managing constant change and uncertainty can be like riding a roller-coaster, and by offering patients and carers the tools and support to deal with these circumstances, a better quality of life can be achieved. Maximising someone’s quality of life, when time is short, has the most profound impact.

What makes Willen Hospice’s approach to Therapeutic & Wellbeing so special?

We take a holistic approach. This enables us to identify strengths and what they are able to achieve, rather than just the things they find difficult. From this we are able to tailor services to meet the individual’s needs. The team at Willen Hospice have a wealth of experience within palliative care, and by working closely together we can provide a truly individualised care plan, from diagnosis to post bereavement support. We work with patients, carers and their families, including young children, and often link closely with other services to improve service user experience and offer seamless care.



Living Well

at Willen Hospice



What is the Living Well Programme?

The programme is a collection of different sessions and groups that are designed to provide the support and skills needed to manage a patient's condition and maintain a good quality of life. It is tailored to meet individual needs and goals.

What does it involve?

The programme begins with a short assessment with an Allied Health Professional and/or Nurse which then identifies priorities, goals and suitable sessions or groups that could be of benefit or refer to an alternative service. The aim is to offer a variety of support and activities within which we hope everyone will find something right for them.

Living Well Education

Living Well Education is a 6 week rolling course; each week focusing on a different symptom of life limiting conditions. The group based sessions focus on education and techniques that could help these symptoms in day to day life.

Each week will include face-to-face education and either gentle exercise or relaxation, as well as a chance for socialising and peer support. Topics include; managing feelings & emotions, managing change & uncertainty, fatigue, breathlessness, sleep, eating & nutrition.

Living Well Activity Groups

Engaging in activities that are meaningful brings many benefits- from physical exercise, social support, developing skills, and promoting psychological wellbeing. Activities may include; walking, horticulture / gardening, sewing / craft, seated / standing exercise, balance and falls, yoga, relaxation.

Therapy Review

After 6 weeks, patients meet with a member of the team to review their goals and discuss the next steps, which might include further sessions, referral to other services or discharge, depending on the patient's circumstances.

For more information, please visit www.willen-hospice.org.uk/livingwell



MARTA'S STORY

Marta shares her story of how Willen Hospice helped fulfil her husband's wish of dying at home, as well as supporting her, and her four young children.

"Steve and I had been together for nearly five years. When we first met in 2015, I was going to my best friend's wedding in Poland and he just said 'Right, I'm going to go with you', the weekend before. My Nan used to say that whenever a man is ready to do everything for you, then he's the right man to be with.

"After a year together we had our first daughter, Annie, and in October 2018 we found out that I was pregnant with triplets. But just a few months later, Steve was diagnosed with cancer.

"Three weeks after the triplets were born Steve had surgery to remove his tumour, and it was sent to the biopsy lab. The results came back and it was confirmed



that it was stage three sarcoma. Because he had newborn triplets Steve was being very positive about treatments, but eventually the hospital said they couldn't help him anymore.

"On 23rd December 2020 Steve was admitted to Willen Hospice, and the whole support kicked in straight away. Whenever I asked a question, I always got the answer. I could even go sit and cry and no one would ask me, 'why am I crying?'; instead they would be supporting me saying 'you will be okay'.

"Steve wanted to die at home and the Hospice organised absolutely everything. It was just a few days of him being at home, but his last wish was granted. As well as this, the Hospice helped me with sharing information, making wills, and providing support for the family. This is when I was introduced to Jackie McLeod, the Willen Hospice Children and Family Social Care worker.

"After Steve died, Jackie phoned me almost the following day saying 'Right, this is what we're going to do, this is what you have to do, and this is what I have to do. We're just going to make sure that everything will work.' All of the technical information she just served to me on a gold platter, and it was something that I really needed.

She also helped me with what I was supposed to say to my children. Whenever Annie asked 'Why's Daddy not coming home?' I had Jackie literally holding my shoulder. She told me what to say, how to say it and how to slowly upgrade it as all of them grow up and their understanding of the world changes.

"Jackie even helped me with getting my marital name on my Polish passport, as Steve and I married shortly before he died. Because of COVID and Brexit, I was struggling to get an appointment with the Polish Embassy and Jackie helped

me straight away, contacting them on my behalf. And while I am not sure how she managed to do it, I finally got my passport. She's a superstar.

"I also got into the routine of having 'me time', thanks to Jackie. She would constantly tell me 'You need time for you. Even if there is still a mess in the house, you take care of yourself first so everybody else around you will be okay.' That was basically the best and the most valuable lesson for me.

"I think Willen Hospice is an amazing charity. It's not just about the care, it's the people working here who are pouring their hearts into their job."

Thank you to Marta and her family for sharing their story.





Celebrate the life of your loved one

We all grieve in different ways, at different times, surrounded by different people and each bereavement journey is a very personal one.

However you choose to celebrate the life of your loved one, whenever you need to share a thought and whoever you need to reach, a **tribute page** can help. It's your virtual place of remembrance, a central place for donations and an easy way to share news at a very difficult time.

"It is wonderful to read all the messages from so many of our friends and relations and to be able to share photos and memories together." - Brenda

Some of our families feel closer to their loved one when they spend time in the peaceful setting of our Hospice gardens, whether for a private moment of reflection or as a place to come together with friends and family in remembrance.

Our **Tree of Life** sits as a focal point in our Peace Garden and we invite you to purchase a personalised engraved leaf to hang on our stunning sculpture as a lasting tribute.

For more information please contact **supportercare@willen-hospice.org.uk** or call us on **01908 303050**.

"The tree at Willen Hospice has played a big part not only in helping us to come to terms with our loss but also a place to sit and reflect, and to celebrate the lives of our loved ones." - Judy



www.willen-hospice.org.uk/give-in-memory



CARING FOR MK SINCE 1981

Last month we launched our documentary film **'Willen Hospice: Caring for MK since 1981'**. The National Lottery Heritage funded film celebrates four decades of the Hospice, bringing together present and former staff, volunteers, fundraisers and relatives of those who have benefited from the Hospice's care.

The film was created by Living Archive MK. We recently caught up with Roger Kitchen, Living Archive MK Chair of the Trustee and the talent behind the camera for this documentary...



What was the biggest challenge making this film?

Fitting all the content into an hour! The Hospice has touched thousands of people over the years. I'm concerned that when people see the film they'll think "why didn't you talk to so and so" and that's why I'm calling this is 'a history', not 'the history'.

What surprised you the most?

I was taken aback by the consistent depth of love for the Hospice from everyone I spoke to and the pride that the people who work here have. You feel their devotion to making end of life the best possible experience. It's truly remarkable.

The project set out to find the untold stories of Willen Hospice, did you find them?

Yes - and there were lots! We only interviewed 25 people (which was 10 more than planned!). We couldn't include

all the stories in the final film but they are part of the Living Archive for everyone to enjoy for many years to come.

Do you have a favourite story?

There are too many to choose from! One, which didn't make the final cut, is the story about Princess Diana's visit and how Rev Leslie Jell got a phone call from Buckingham Palace but thought it was a wind up so he put the phone down!

What are you hoping people will take away from seeing the documentary?

I hope that they get a feeling of what an incredible organisation this is. I hope there are people watching who learn more about what Willen Hospice does and want to help raise money so more people can continue to experience and benefit from the wonderful care.

Watch the documentary and interview with Roger on our website www.willen-hospice.org.uk/history



UNVEILING A LEGACY

The power of a legacy

Last month we completed our £4M capital building project; **Building a Legacy**. This project was never about bricks and mortar. It was about creating a Hospice that can meet the needs of a diverse and growing city.

The diggers have gone, the fencing is down, and we can begin to deliver our vision for a revitalised approach to person-centred care for the local community.

A stunning In-Patient Unit

No longer an outdated patchwork of blush pink and maroon with bedrooms overlooking the car park; the extended and refurbished In-Patient Unit is stunning. Styled in fresh greys and calming blues, the patient bedrooms and family spaces all have beautiful views of Willen Lake, access to outdoor terraces, and state-of-the-art facilities and equipment, such as a new hoist and tracking system and Jacuzzi bath.



An innovative Wellbeing Centre

The Bradbury Wellbeing Centre is a hive of activity - from physiotherapy sessions to art therapy groups - the range of support is unlike anything we have offered before. The reopening of The Bradbury Wellbeing Centre coincides with the launch of our innovative Living Well Programme. This new programme offers personalised outpatient support to help people to live well and achieve their goals.

Building on the legacy of our Day Hospice - this programme will offer peer support with other patients, information on key topics (nutrition and breathlessness), groups to enhance people's overall wellbeing (seated yoga and creative therapies) and one-to-one support (complementary therapies and counselling).



Recognition Wall

Saying 'Thank You' is important and we like to do it in style! Our new building includes a specially commissioned art installation, created by local artist Lufeiana, to recognise everyone who gave to this important project for the local community. Our new Corporate Partner wall also proudly thanks the businesses who support us.



Find out more about our fantastic new home at www.willen-hospice.org.uk/buildingalegacy

A room with a view...

After Claire's mum was cared for on our In-Patient Unit in February 2019, she was passionate about giving all our patients the opportunity to spend important time with their relatives on a lake view terrace, as she had been able to do with her mum, Anna. She kindly shared her story to help us raise money for the project which has enabled all our bedrooms to have ease of access to several new lake view terraces. We are so grateful to Claire and everyone who shares their story with us. Without them we can't demonstrate the impact our services have on the local community.

www.willen-hospice.org.uk/share-your-story



Legacy fundraising

Building a Legacy would not have been possible without the generous gift Shirley Hawes left Willen Hospice in her Will.

Her generosity will make a difference to hundreds of local people every year.

By leaving a legacy to Willen Hospice, you too can change the future of hospice care in your local community. See page 16 for more details.



RETAIL NEWS

New shop opens at The Point

The former bingo hall in this iconic building, has been transformed into a huge new retail store. Thanks to the landlords who have gifted us the space, we have a new central Milton Keynes location to raise funds. In July, we welcomed Milton Keynes Mayor, Amanda Marlow to cut the ribbon at our official opening. Visit the store for a great selection of womenswear, menswear and children's clothing, shoes, bags, jewellery, games, homeware and furniture.



Off The Record - an exciting new music store



Mad about music? Love vinyl? Then Off The Record will be music to your ears! We are very excited to introduce a very different retail experience with the launch of a dedicated music shop in central Milton Keynes. Come and explore our fantastic range of pre-loved records, DVDs, CDs, collectables, fashion t-shirts and much more. Find us on the ground floor at The Point in Central Milton Keynes.

Coffee shop coming soon

Ready for refreshments after a shopping spree? Our coffee shop will soon be opening downstairs at The Point, where you can take a trip down memory lane, sit in a bingo booth from the 80s and enjoy a cup of coffee and homemade cake. Keep an eye on our social media pages for the opening date!



Grafton Gate store closing down sale

Don't forget that our closing down sale is still in full swing at the Grafton Gate Clearance Store. We're getting ready to relocate to The Point and there is a lot of amazing stock at **50% off marked prices**.

Say 'I do' in style

Look sensational on your special day without breaking the bank. Visit our Bridal Boutique above the Leighton Buzzard shop, for beautiful wedding outfits and party dresses.

Make an appointment today by calling Helen or Sally on 01525 854420.

Free up wardrobe space by donating your own wedding dress to Willen Hospice. You'll be helping someone else to make amazing memories.



Beautiful bride, Sophie, got married in a stunning gown from our Bridal Boutique shop

Christmas cards available now

Send festive wishes to friends and family with our Scenes of Milton Keynes cards and help us to raise funds. Available in store and on eBay.

While you're browsing our eBay store, you will also find quirky and unusual Christmas gifts, clothing and accessories, books, collectables, toys and homeware.



eBay

Summer Draw 2022 Winner

"In the year 2000 my father-in-law was very ill and he was cared for by Willen Hospice in the last weeks of his life. Since then my wife and I have been supporting Willen Hospice by donating to the shops and buying draw tickets. It was a great surprise to hear that I had won £2,000! We are thinking of putting it towards a river cruise in Europe." - Keith, Leighton Buzzard



**ENTER OUR
Winter
DRAW**

Play to help - £4,500 to win*

Win the **top prize of £3,000**, **second prize of £500** or one of **twenty prizes of £50**. Buy your **£1 tickets** in-store or online at **www.willen-hospice.org.uk/winterdraw**



*Over 18s only, full T&Cs, chances to win and prize structure are on our website, or call 01908 303065. Closing date: 3rd February 2023. Draw date: 9th February 2023

"MY DAD WAS CARED FOR BY WILLEN, AND I WANT TO GIVE SOMETHING BACK"



"We recently looked at updating our Wills and discussed leaving money to charities close to our hearts. We've used Willen Hospice and I'm a great believer that if you use a service, to support that charity as much as you are able."

"I know things are hard right now, but you can put something in your Will for when you do go, and however much you want to give, it's very easy to do. We know that somebody will be grateful for any gift that we can give, to give that family the support that my dad and my family were lucky enough to receive. It's imperative we do something. If we can do it, we must." - Nas

*By leaving a legacy,
your generosity will always be remembered*

Giving to Willen Hospice in your Will allows your gift to last beyond your lifetime. It helps us plan for the future, to continue caring for people in our local community.

During Will Month in October, we team up with local Will-writers and solicitors who will waive their fees and help you write your Will, online or face-to-face, in return for a donation to Willen Hospice. We would be grateful for any gift you could leave to us, in your Will.

Ready to write or update your Will? Please choose from our list of participating solicitors and book early as spaces are limited.



www.willen-hospice.org.uk/willmonth



WHY WE VOLUNTEER

Willen Hospice simply couldn't function without its team of passionate, dedicated volunteers. Whether they're helping us in our shops, keeping the gardens neat or supporting our clinical teams, they are an important part of our Willen family.

Sue - Olney shop

"Volunteering gives me some structure to my week and I meet people I may not otherwise have come across, especially our regular customers. I find it rewarding. People are very generous with their donations, and it all helps to raise a good amount for the Hospice. It's a good feeling when someone comes in looking for a special item and you can help them find exactly the right thing."



Joyce - Ampthill shop

"Willen Hospice has always been dear to my heart. My friend's daughter was cared for by Willen and the nurses and all the staff were exceptional with her."

"Since starting at Ampthill, I've never looked back. Our team is very supportive; we even go out socialising together. I love going in, I love raising funds and find so much fulfilment and pleasure in giving rather than receiving."



Richard - Grafton Gate and Bletchley

Richard carries out PAT testing for items that are donated and mends furniture for resale.

Pictured here with two of his paintings, this accomplished artist says: *"Two of my friends were cared for by Willen Hospice, and with the charity being local you get to hear about all they do for people. I was looking to help out and wanted to do something that other people would benefit from."*



If you have a skill or talent and can spare some time, we would love to hear from you, no matter what your professional background may be.



www.willen-hospice.org.uk/volunteer



volunteers@willen-hospice.org.uk



THANK YOU FOR MOO'ING FOR US THIS SUMMER!

It was fantastic to see the Milton Keynes community coming together for our three Summer of Moo events, helping to raise over **£74,000** for Willen Hospice.

Thank you to all the businesses and volunteers who made this event possible.



Thank you

Marshall



"We are so proud of our local community for showing up for us, and more importantly, fundraising for this wonderful charity. We hope everyone enjoyed our Summer of Moo events and we look forward to seeing you all again next year."

- Oli Hiscoe, Associate Director of Income Generation



MIDNIGHT MOO

Thank you

Specsavers



A herd of 600 mooers
lit up the streets of MK



Mini MOO

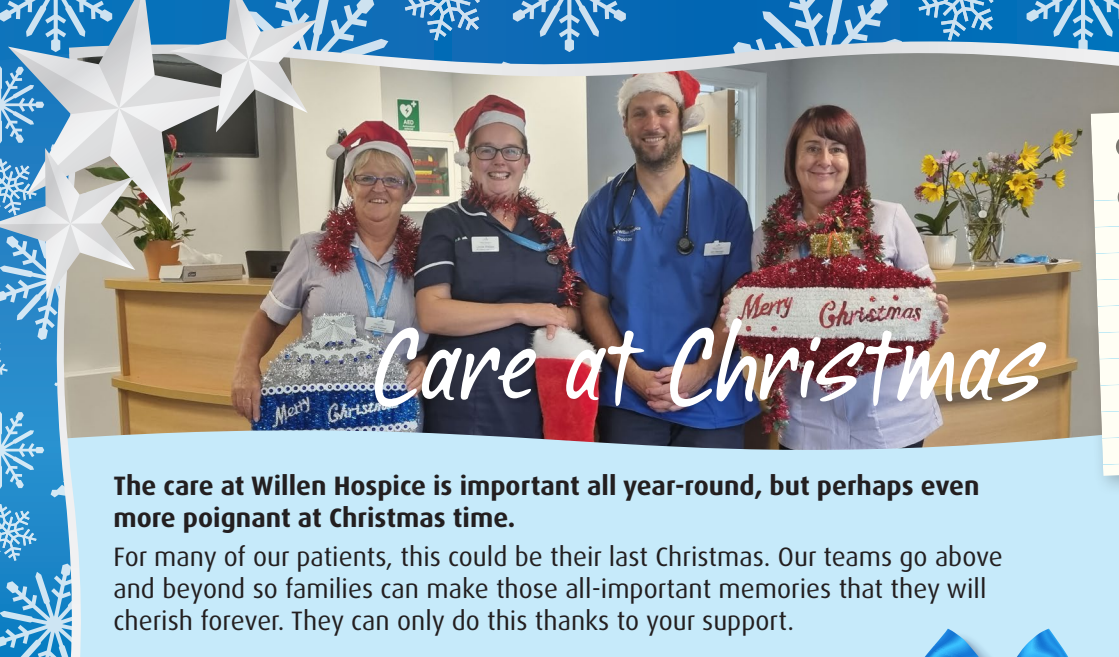
Thank you

**milton
keynes**
BUSINESS IMPROVEMENT DISTRICT



Baden, Florence and Amelia even
did their own Mini Moo in Taiwan!





Care at Christmas

The care at Willen Hospice is important all year-round, but perhaps even more poignant at Christmas time.

For many of our patients, this could be their last Christmas. Our teams go above and beyond so families can make those all-important memories that they will cherish forever. They can only do this thanks to your support.

You can't buy memories, but you can help Willen Hospice to make them.

Our Willen at Home team visiting patients on Christmas day so families can spend precious time together.

Christmas dinner served with a smile on our In-Patient Unit.

A friendly voice on the other end of the phone for those spending their first Christmas without a loved one.

Why our nurses and doctors are the greatest gift of all

Joy Butler, Willen at Home *"Working at Christmas is just like any other day for us. We go out to visit the patients that need our care, or we speak to families over the phone to offer advice and support. Caring for patients and their families is the most important thing, no matter what day it is."*

Christmas is such a special time for so many families. Our teams understand this and often help families to celebrate any time of year. We've already had Christmas in July!



Christmas list...

- Christmas Cards
- Scratchcards for table favours*
- Lottery subscription for Dad
- Christmas party outfit

*Over 18s only

Christmas gift ideas

There are many ways you can support us whilst ticking off a few items from your Christmas shopping list. Our shops are bursting with bargains including Christmas party outfits as well as our charity Christmas cards and Lottery Scratchcards* - a fun table favour or stocking filler!

For the person who has everything, a Lottery subscription for our weekly draw is the perfect gift that keeps giving all year round. You can make a huge difference at a small cost of only **£1 per play** - it really is a win win!

Festive things to do

3rd Dec - Lights of Love

A festive celebration of life as we remember our beloved friends and family who are no longer with us. This is a free event open to everyone, whether your loved one was cared for at Willen Hospice, or elsewhere. Donations are welcomed.

16th-18th Dec - Christmas Grotto

Meet Santa and his elves at our festive Grotto in the Hospice gardens! Open to all ages, for everyone who wants to meet Santa.

18th Dec - Santa Dash

Dress up as Santa and 'Dash' around Willen Lake North at this jolly, family event.



Throughout December - Christmas Swan Float

#SamtheSwan and Santa will be out and about on our Christmas Float. Keep an eye on our social media to see where we'll be visiting!



SAVE THE DATE FOR OUR CHRISTMAS TREE COLLECTIONS

6th - 8th January - more postcodes added!

Let us collect and recycle your Christmas tree for a suggested donation. Check our website closer to the time to see if we'll be collecting in your area.

Cut me out and stick
me to your fridge!





Our Sahara Trekkers: Meet Will and Stephen

We caught up with **Will Chapman** and **Stephen Scotland** who are taking on the Willen Hospice Sahara Trek challenge in March 2023.

Why did you decide to take on the challenge?

"I decided to take on the Sahara Trek challenge for a few reasons. Obviously Hospices are always well regarded, and we've had family who have needed the Hospice. When an opportunity came up to support Willen Hospice and do a challenge, we saw it well worth doing."

How have you been fundraising?

"We've been really lucky that local businesses have been very supportive of us. I did a challenge at work where I was on a treadmill for six hours, and people sponsored me to do fun things. One company asked me to wear a padded jacket, body warmer and my rucksack to try and emulate the heat that would be in the Sahara. I did that and managed to raise just over £1,200."

What are you least looking forward to?

"The creepy crawlies! I'm looking forward to seeing animals from a distance but I'm not looking forward to any risk of snakes or spiders. But we've been told by the experts that won't happen. They are more scared of us, than we are of them - allegedly."

What are you most looking forward to about the challenge?

"I can't wait for the nights. The organisers recommend sleeping outside your tent to see the night sky. I think that will be amazing. I'm also looking forward to completing the challenge."

Find out more about doing a challenge at **www.willen-hospice.org.uk/challenges**

Join our next challenge:

Mt Kilimanjaro, Tanzania - Jan/Feb 2024

11 day trip - 7
days trekking

All inclusive challenge
- hotels & flights

Private
Kilimanjaro
camp areas

Good
acclimatisation
assistance

Stay on for a
beach break or
safari

Training guides, kit
lists & visa support

We are excited to announce our latest challenge: Mt Kilimanjaro trek 2024!

Our challenge gives you the chance to really show yourself what you are capable of, experience a different culture and support a fantastic cause.



www.willen-hospice.org.uk/Kilimanjaro



challenges@willen-hospice.org.uk



Information evening - Tuesday 8th November 2022

Join us to find out more about this challenge and see if it's for you. Check our website for more details.

APPLY FOR YOUR TCS LONDON MARATHON CHARITY PLACE

If running the London Marathon has always been a dream of yours, then why not apply for a charity place?



www.willen-hospice.org.uk/londonmarathon



challenges@willen-hospice.org.uk



£0
Registration
fee

Marathon
date: 23rd
April 2023

Fundraising
minimum:
£2,500


Ballot opens:
2nd October*

Closing date:
31st October


*You must apply for the official ballot as well as a charity place

A HUGE THANK YOU...

A big THANK YOU to all of our amazing supporters. Because you care, we can. Here's just a selection of some of our fantastic fundraisers from the past six months.




To everyone who made this year's Stony Open Gardens such a success, thanks for being part of our Willen Family.




Three cheers for Bronte, for being our Teddy Bear Hunt fundraising champion for two years running.




Many thanks to Jeanette's Flower Displays for hosting an amazing open day.




Thanks Vanessa, for braving the Jurassic Coast Ultra Challenge.




Huge thanks to our family of fundraisers Kady, Luke and Jack for Midnight and Mini-mooing for us.



A big shout out to Redway Runner, Helen for hosting her post-run charity breakfast.



Massive thanks to the community of Castlethorpe who raised funds through quizzing and curries together.



Thank you Andrea, Chloe, Heidi, Holly, Jemima, Phoebe, Talia and Manny for running a Jubilee stall with your homemade crafts.

...YOU'RE INCREDIBLE!

It's been such fun working with Rob and Claire at **energie Fitness** in Kiln Farm, the perfect hosts for our 48 Hour Relay, Midday and Midnight Moo events.

MK Based, **SHI** entered team "SHImmering Stars" in our Midnight Moo and **raised £1,020**, members of the team even travelled down from Sheffield to join in the fundraising.

Thanks to **Ingram Micro** for sending over a team of fantastic volunteer painters to give our storage container and garages a facelift.

A huge thank you to **Jardine Motors** for gifting us a branded Mini Cooper Clubman for one whole month.

Richard Scott from **Volkswagen Financial Services** surprised us with his Willen Hospice branded car to support our Paris to Nice Cycle challenge.



LET US MAKE YOUR YEAR

Does your workplace have a Charity of the Year? Why not nominate Willen Hospice for 2023? In return for your company's support, we can offer a tailor-made package to help achieve team building, CSR, or profile-raising goals.



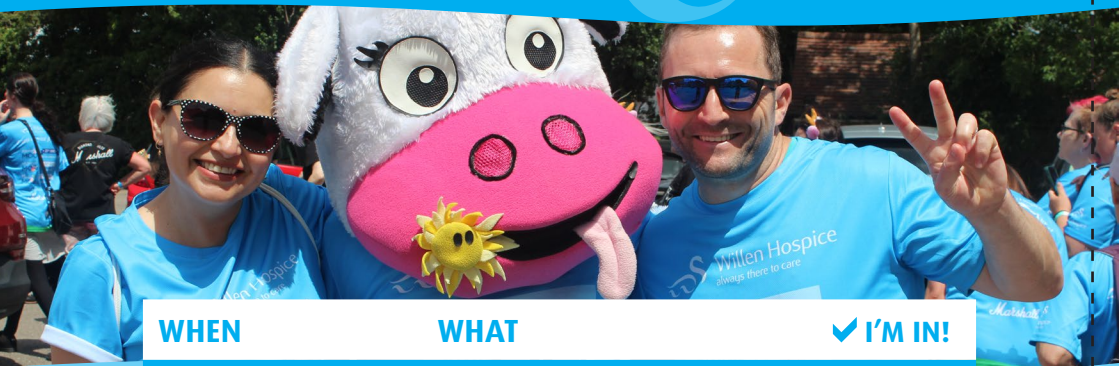
DATES FOR YOUR DIARY



We look forward to seeing you at an upcoming event to support our fundraising.



www.willen-hospice.org.uk/events



WHEN	WHAT	✓ I'M IN!
December	Christmas swan float tour	<input type="radio"/>
3 rd December	Lights of Love	<input type="radio"/>
18 th December	Santa Dash	<input type="radio"/>
16 th - 20 th December	Santa's Grotto	<input type="radio"/>
6 th - 8 th January	Christmas tree collection	<input type="radio"/>
February	Quiz Night	<input type="radio"/>
March	Gala Dinner	<input type="radio"/>
23 rd April	Mini Moo	<input type="radio"/>
22 nd , 23 rd , 24 th June	Ascot Weekend	<input type="radio"/>
July	Midnight Moo	<input type="radio"/>
3 rd September	Cycle Sportive	<input type="radio"/>
16 th September	Midday Moo	<input type="radio"/>
October	Golf Day	<input type="radio"/>



START YOUR CHRISTMAS WITH A DASH!



Willen Hospice Santa Dash 18th December 2022 - Willen Lake

Get the whole family dressed up and join hundreds of Santas as you 'dash' around Willen Lake North to support your local Hospice.

Adults - **£15** | Children - **£10** | Entry includes Santa suit*

We kindly ask you to **fundraise £100** to support our care. Thank you.

www.willen-hospice.org.uk/santadash

*Or you can wear your own festive fancy dress!



£1 a
play

it's a
win
win

with our
weekly Lottery

Win
£1,000
and a feel
good feeling

Play today  www.willen-hospice.org.uk/lottery



Each entry costs £1. **You must be 18 years or over to play.** Full terms and conditions, chances to win and prize structure are available on request on 01908 303065 and on our website at www.willen-hospice.org.uk/lottery

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Willen Hospice
always there to care