

# FRIENDS

## of Willen

Your supporter magazine  
Spring 2023



## THE NEXT GENERATION OF WILLEN HOSPICE

**ALSO IN THIS ISSUE:**

**Andy's Story • Garden Therapy • Willen at Home**

*The Moo  
is BACK!*  
Join the  
herd (p23)



# PLEASE GIVE MONTHLY SO WE CAN ALWAYS BE THERE TO CARE



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# Dear Friend,

**Welcome to the Spring edition of your supporter magazine.**

The team here at the Hospice have been busy preparing for another exciting year ahead. We've settled in to our new **Wellbeing Centre** and it's wonderful to see the space buzzing with activity as patients benefit from a range of activities provided by our Therapeutic and Wellbeing team, including Garden Therapy and Complementary Therapy (p5).

We are incredibly lucky that our Hospice enjoys the stunning location at Willen Lake, providing our patients and their visitors with a wonderful tranquil space. Patients and volunteers have enjoyed enhancing our **beautiful gardens** (p12) and we are very grateful to all of you who are opening your gardens this year in aid of Willen Hospice (p13).

As more people need our specialist care, our community-based team, **Willen at Home**, have been busier than ever. Their service is largely funded by your generosity and you can read about how important this is for our community (p6).

I am always inspired by the lengths our **dedicated supporters** go to in order to help us provide our care. I have not long returned from an amazing experience trekking the Sahara (p18) and by the time you read this I will hopefully be fully recovered from taking part in the London Marathon. The Midnight Moo is back again on the 14<sup>th</sup> July and I'll be joining the herd once more so I hope to see you there! Our fundraising teams work tirelessly to provide incredible ways for you to support us, there really is something for everyone (p26).

**I hope you enjoy reading your magazine and seeing the difference you make. Thank you for making everything we do possible.**

Very best wishes,



**Peta Wilkinson**, Chief Executive



## Have your say

We welcome your feedback and suggestions for what you would like to see in your magazine. Email us at [marketing@willen-hospice.org.uk](mailto:marketing@willen-hospice.org.uk)

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# HOSPICE NEWS

## Supporting local Nursing Homes

Last year, we set out to build relationships with local nursing homes to identify how we could help educate and support them in caring for their palliative care residents. Clinical Nurse Specialist, Louise, is driving the nursing home project and recently shared her experience at the Hospice UK National Conference with fellow palliative care professionals. Louise comments "This year, I am taking the learning opportunities to nursing homes via a 'roadshow.' This involves spending full days at each of the fourteen nursing homes in Milton Keynes over the next six months." We look forward to updating you later in the year on this important project.



## Sometimes a cuddle is the best medicine

A 'Cuddle Bed' is a specialist ward bed which is lower to the ground than a standard bed and expands width ways to convert into a double bed. This allows loved ones to be closer to one another at a time when human touch is most important. Thanks to you, we were able to invest in a cuddle bed last year.

Hannah, our Procurement Lead is a huge advocate, "Purchasing a cuddle bed for the Hospice was one of the best decisions we've made. Sometimes a cuddle is the best medicine."

## Supporting cancer patients through treatment

Our Lymphoedema team have been busy delivering HOPE courses. HOPE, which stands for Helping Overcome Problems Effectively was developed by Macmillan and aims to help cancer patients manage the day-to-day impact of their treatment on daily lives. The focus is on rediscovering their inner strength and building resilience, covering topics such as body image, stress, intimacy and mindfulness.





## Highly Commended award for Practice Development Team

Our Practice Development Team, together with the team at MacIntyre, proudly received a well-earned Highly Commended honour in the #Girlpower Team category at the Women Achieving Greatness in Social Care (WAGS) awards in London. The award was in recognition of their project aimed at supporting people with learning disabilities in topics surrounding death and dying.



## Quiet Machine Tools

**We recently received funds to replace our petrol-powered gardening equipment with new, quiet, battery-powered tools.** This means we will now be able to reduce the noise for patients, reduce the impact on the environment and benefit from cost-savings by switching to rechargeable batteries.



## Therapeutic and well-being services expand

When we were planning our new Wellbeing Centre, we imagined a space in which we can grow our services and continue to put the wellbeing of our patients and their families at the heart of everything we do. Thanks to Complementary Therapy volunteers, like Lisa, who kindly lend us their skills and compassion, we have been able to offer Manicures and Pedicures in a welcoming and calming space.

## Schools bereavement pilot workshop

Our Social Care Team recently ran two successful pilot training workshops for staff from local Primary and Secondary Schools to better equip them in supporting a bereaved child. National statistics reveal that 1 in 29 children will be bereaved of a parent. The Child Bereavement Network recommends that all School Staff receive bereavement training. Attendees were able to experience activities, network and explore developing policies around bereavement awareness in education settings. Both workshops were well attended with very positive feedback. A waiting list is highlighting the need for more training for local schools to support young people in their bereavement journey. The next workshop is planned for May. To find out more, email [socialcare@willen-hospice.org.uk](mailto:socialcare@willen-hospice.org.uk)



# 5 MINS WITH...

Amy Malburn

Willen at Home Lead Nurse



## Tell us about yourself...

"I qualified as a nurse in 1992 and after 2 years working in surgery, spent 14 years working in Intensive Care and loved it. I realised that what I found the most satisfying was being there for people when they were in crisis; supporting their family and making things the best I could for the patient and their loved ones. I then moved into a Chemotherapy role and whilst completing a degree in Cancer Care, undertook a Palliative Care module. It was during this time that I transferred to Willen Hospice and had originally planned to stay for just 6 months' experience. However, once I joined the In-Patient Unit I knew straight away this was where I was meant to be. That was just over 11 years ago and I haven't looked back."

## What does Willen at Home mean?

"Willen at Home (WAH) is a community-based, multi professional, palliative care team consisting of Clinical Nurse Specialists, Registered Nurses, Healthcare Assistants and Specialists. We cover Milton Keynes and surrounding areas served by MK GP practices. We care for patients in the community through phone support or home visits and we work collaboratively with GP's, District Nurses, carers and the teams at the hospital as well as our own In-Patient Unit and Therapeutic and Wellbeing teams to provide the best care for patients."

## Why is it important we offer this service?

"In the early days, community-based Hospice care focussed on supporting patients in the last few weeks of their lives, ensuring they could be comfortable and could stay at home to die, if that was their choice. However, as our service and demand for it has grown exponentially over the years, we are now able to offer much earlier intervention and help sign-post patients to our many supporting services to help them live well. We provide a specialist service and our expert Clinical Nurse Specialists are able to prescribe medication, which means we can support patients with the drugs they need when they need them, without taking up GP time. This obviously has a significant benefit for our wider healthcare system."

## What do you love most about working for Willen?

"So many things, but if I had to choose I would say it's the time we can give people and the fact that we are able to take a holistic approach here, looking at the whole person and developing a personalised care plan. **Nurses join this profession to care and we really get to do that in its true sense here.** It really is a special place to work and I'm lucky to be part of an amazing team."

# WE CARE. ANYWHERE.



The Willen at Home team cares for patients and supports their families in their home, wherever 'home' might be. Over the years, we have cared for thousands of people in a wide variety of dwellings including houses, flats, houseboats, care homes, nursing homes as well as visiting traveller communities. We have recently introduced nurse-led clinics held at our Hospice, which means people can access our services as an outpatient if they feel more comfortable doing so.

Accessibility of our care is a strategic priority and we are committed to ensuring that anyone who needs our specialist palliative care can access it, wherever and whenever it's needed.

To achieve our ambitions, we are running outreach programs with local faith groups, other charities and local organisations.

**The Willen at Home service is largely funded by our local community. We simply couldn't provide this vital service without you.**

Read more about how we are funded in our **Impact Report:**  
[willen-hospice.org.uk/impact](http://willen-hospice.org.uk/impact)

## Did you know...

Our dedicated community team consists of 20 Nurses, Healthcare Assistants, Administrators and Doctors and as such can deliver many of the specialist care services provided in our In-Patient Unit to a significantly higher number of people.

The team manage a case load of around **200 patients** at any given time.

The Willen at Home team run a triage phone service, 8am - 8pm, 7 days a week (the In-Patient Unit takes calls between 8pm and 8am)



# Andy's story



## A BEAR'S TALE: ANDY AND ALOYSIUS'S BEREAVEMENT JOURNEY

**Andy Oxford recently stopped by the Hospice with a 'furry' special guest, Aloysius, a teddy bear that keeps his husband's memory alive.** He told us how the teddy bear has helped him in the grieving process. "Aloysius is a link to happy memories, it's a direct roadway, straight through to it."

Andy's husband, also called Andy, was cared for by Willen Hospice after being diagnosed with adrenal cancer. "He was given three years to live, but there was no way he was going to allow himself to die within three years. He was going to keep going and going, and he did a really good job of it. He fought it like a trooper."

The couple were together for 23 years, and married just before Andy died. Andy recalls "He was always waiting for me to propose, and I was always waiting for him to propose. We came back from one of his treatments, and I just went, 'Will you marry me?' I have no idea where it came from, but he said, 'I thought you'd never ask.'"



Andy (left) and his husband, Andy (right), who was cared for by Willen Hospice

"The year we got married, it all started to go a bit wrong. He was in the Hospice three times, and I remember in the Easter, he summoned everybody because he wanted to say goodbye. But that happened three times."

Andy explains how Willen Hospice helped Andy to feel safe. "He'd been treated really well here. You came into the Hospice, and in a strange sort of way, you felt like you were home. Andy was always given the same room, so he knew exactly where he was."



"All the nurses were lovely as well. If I had a wobble, they were there for you. They were just amazing. Everyone was so good at making it the new normal, and that's a phrase that was taken all the way through Andy's illness."

In the November, Andy took a turn for the worse. "He wanted to die at home, which he did with the support of the Willen at Home team."

Andy explained that Andy's bear provided the comfort he needed. "After Andy died I reverted back to childhood, and Aloysius slept in my bed with me for a good year. He was given to Andy when he was poorly, and at the time, he seemed a bit insignificant, but now he's my little travelling partner.

"He goes with me everywhere. He even has a little cushion on the passenger seat, and I'll chat to him like he's Andy. It keeps you in those happy thoughts and not getting lost in the sad thoughts. And that's so easy to do.

"Wherever you go, people will talk to you as well. It's a way of breaking the ice and conversing with people. You can tell them Aloysius' story, and Andy's story. It gives me company and it keeps Andy's memory alive."

Andy remembers a particular occasion where a lady asked what the 'significance of him' was. "I told her and she started talking about her own loss. It really is a way of bringing people closer."

"When I got a photo of Aloysius with Andy's grandson, it brought tears



to my eyes. This is what Andy's missed. He was robbed of his life too early, to see his first grandchild. I don't know what I believe, but I almost feel that Andy can see through Aloysius' eyes."

Andy has found volunteering for the Hospice helpful too. "Because the Hospice had been so good, I wanted to try and give something back. My pre and post bereavement counsellor, Fi Jones, at Willen Hospice was amazing. I wanted to volunteer as a bereavement counsellor, but you have to wait two years after someone has died, so I said, 'what can I do?' and I started helping with Events and Community Fundraising. The teams are fantastic, it's really good fun and I've made friends for life. Willen Hospice needs volunteers, without them the Hospice would be nothing."

**Thank you to Andy and Aloysius for sharing their story.**

### **Do you have a story to share?**

Your experience of Willen Hospice is an invaluable way to show the difference we make and helps to raise vital funds to support our work. If you have a story you would like to share, please contact [marketing@willen-hospice.org.uk](mailto:marketing@willen-hospice.org.uk).

Thank you.



# THE FUTURE IS BRIGHT

Willen Hospice has been caring for the local community for over 40 years. Here we meet just some of our young volunteers and staff who are shaping the future of the Hospice and helping to secure it for the next generation.

## Meg - 22, IPU Ward Hostess

"I worked at Camphill for 3 years before joining Willen Hospice, and I wanted to try something new and different. At the same time I still wanted to provide care as that is what I enjoy doing. I heard about the position as Ward Hostess, and I have loved it ever since.

"The teams I work with are great, and I enjoy interacting with patients and their families. My friends think what I do is amazing, and that they couldn't work here as they would find it hard caring for someone at end of their life, but in reality it's very rewarding."



## Matt - 19, Retail volunteer

"I volunteer at Off the Record, the Willen Hospice music shop at The Point. The Hospice does so much good work, providing life-changing care to people who really need it. If I can do my part to help such a good charity, that helps so many more people.

"My friends and family are very proud of me taking this step. I also think a lot of future employers will look at my volunteering work and use that as indication that I'm a hard worker, someone who's dedicated and likes to help out in any way I can."



## Harriet - 20, Events and Marketing Apprentice

"This role has given me the opportunity to start a career, as well as helping the community and those in need. My favourite part of working for Willen Hospice, is feeling like one big family. Together we help care for patients and families in the community, whether that's directly or by helping to raise funds. I've really enjoyed my apprenticeship and the support I've received from the team here has been incredible."



## Aakifah - 25, Trusts & Foundations Manager

"It was really important for me to join an organisation that really believed in their cause and that I will also love to be a part of. For me, the best part about working here is how lovely and friendly everyone is. The work that our teams do is incredibly difficult, but there's always a good 'family spirit' feeling.

"My friends and family are always commenting on how this must be a beautiful place to work. We're incredibly lucky with our stunning location, based right on Willen Lake."



## George - 15, Retail volunteer

"I volunteer in the Willen Hospice Furniture store. I spend a couple of hours a week to help make money for the Hospice. It all goes towards a good cause, which is better than sitting at home! I get on really well with my co-workers and I'm looking forward to staying on."



## Tom - 25, Senior Business Development Exec

"I was immediately drawn to the role because it required the same skill set that I had been building on in my previous job, but with the opportunity for progression and career development. My Grandma was also cared for by Willen Hospice so, this was motivation enough to apply.

"I'm never bored! Whether I'm leading meetings with multi-national corporate companies, discussing CSR policies, helping out with our amazing events, and attending local networking events. Ultimately, you get a feel good factor that can't be achieved in the private sector. When you see money coming in that you know will contribute towards caring for terminally ill people and supporting their families, it is extremely rewarding."



# JOIN THE TEAM AND MAKE A DIFFERENCE

There's never been a more exciting time to join our team as we continue to develop and expand our services to provide even better care for our local community.

Find out more about working for Willen Hospice, please visit [willen-hospice.org.uk/careers](http://willen-hospice.org.uk/careers) or email [HRadmin@willen-hospice.org.uk](mailto:HRadmin@willen-hospice.org.uk)



# GARDEN THERAPY: THE PATH TO WELLBEING

Our beautiful gardens here at the Hospice and The Well offer a place of quiet reflection, tranquillity and time in nature for our patients, their families, volunteers and colleagues. There has been so much going on recently we're bringing you our gardening news round-up for spring.

## Patient Gardening Group

Our Living Well Gardening Group allows patients to develop and use their horticulture skills but also to work on their own goals, which may include improving their confidence, balance and strength, or having the opportunity to socialise. Engaging with nature can really improve physical and psychological wellbeing and attendees of the group have benefited from seeing their hard work come to fruition; from seeding herb and sweet pea seeds for the Hospice garden, to planting out their broad beans in The Well allotment. The group have also enjoyed sharing their work for others to appreciate by planting hanging baskets to brighten up the Wellbeing Courtyard and potting spider plants to sell to raise money for the Hospice.



## Plant Donations from Saxon Court

Our Wellbeing Centre have gratefully received a donation of plants from Saxon Court. Patients have told us the plants help create a lovely homely feel to the space and some patients have even offered to take care of them when they come in for their regular wellbeing sessions.

## Stowe School students create wildlife pond

With help from a team of Stowe School student volunteers, we set about creating a wildlife pond next to our allotments at The Well. One side of the pond has a long shallow slope for easy access for Willen wildlife and a layer of gravel makes it a perfect drinking spot for all creatures, great and small. Thanks Stowe School!



# Open Gardens for Willen Hospice

This year we are launching a number of Open Gardens in aid of Willen Hospice. The first took place in February in Milton Bryan thanks to supporter Rosemary. She kindly opened up her garden for a Snowdrop Stroll followed by refreshments at the local village hall raising a wonderful **£1,758.70**. Visit our website for details of the Open Gardens happening this summer: **[willen-hospice.org.uk/opengardens](http://willen-hospice.org.uk/opengardens)**



## Susan's story

**The Peace Garden within the Hospice grounds is home to our Tree of Life. The sculpture celebrates the lives of those we remember through personal dedications of engraved metal leaves in a peaceful and tranquil setting.**

Susan and her eldest son, Alex, recently dedicated a leaf to Nigel, their much-loved Husband and Dad, who was cared for by the Hospice. Susan recalls; "We'd looked after Nigel at home and it was incredibly difficult. When we came to the Hospice, we could revert from being carers to family. We felt very much a part of the Willen family."



Susan remembers how her Granddaughter loved to stop by the tree when they visited Nigel, "It's a very calming place when there's a lot of turbulence in your life."

Each personalised leaf is a poignant and lasting tribute to a loved one, whether they were cared for by Willen Hospice or passed away somewhere else. Susan feels comforted by the thought that a bit of Nigel is going to stay here. The family had Nigel's leaf engraved with one of his favourite sayings and a dog bone charm, belonging to their family pet; "It's like Nigel's got the dog with him" Susan said, fondly.

The Tree of Life is there for everyone who wants to remember a loved one in a beautiful, tranquil setting. Find out more below or call us on 01908 303076.



**[willen-hospice.org.uk/treeoflife](http://willen-hospice.org.uk/treeoflife)**



# RETAIL NEWS

## Volunteers from Stony Stratford bookshop create new Hospice library

We are so grateful to our volunteer-run bookshop in Stony Stratford for creating an amazing new reading room at the Hospice for patients and their families to enjoy.

Nestled next to our new café, the cosy room stocks donated books, providing a quiet, reflective space. Families are encouraged to borrow and donate books and the space promotes well-being at the most difficult time.

Help your donation go further with Gift Aid

£1

+

*giftaid it*

= £1.25

By signing up to add Gift Aid to items you donate to our shops, you can help us claim an **extra 25p for every £1 raised** through sale of your donated items. You have to be a UK tax payer but it costs you nothing as it's funded by the government's Gift Aid scheme for charities.



Sign up in-store



01908 303050



[willen-hospice.org.uk/giftaid](http://willen-hospice.org.uk/giftaid)



Don't forget to  
Gift Aid when you  
drop off items!

## Give the gift of thrift

Why not treat the charity shop lovers in your life with our new Willen Hospice Gift Cards? Available to buy from any shop, simply load your card with an amount of your choice. They can be redeemed in any of our 13 shops including our bridal boutique, coffee shops, book shop and music shop.



# Inside the shop:

## Off The Record

The Point, 602 Midsummer Boulevard, CMK, MK9 3GN



**In October we opened our newest shop, Off The Record, a haven for any music fanatic. Team leader Sandy tells us how its going...**

"Like everyone here, I've always had a deep interest in music and used to write for the music press. When I retired, I jumped at this chance to help run a record shop!

"Willen Hospice has always received lots of music related donations so it made sense to bring these together under one roof. We also felt there was demand in our community for a shop like this and we haven't been disappointed, **we've already raised over £40,000 for the Hospice!**

"We sell anything and everything music related; instruments, electronics, books, sheet music as well as an extensive collection of CDs, cassettes, pre-owned and brand new vinyl. We've already built a real community of regular customers who share their favourite albums and encourage each other to take a chance on something new, be it a seven inch single at 50p or a rare LP at £160.

"We put new stock out most days, you never know what you're going to find. We had a gorgeous saxophone, which sold really quickly and we currently have a lovely drum kit.

"We are so lucky to receive amazing donations through our doors! We recently had a Vera Lynn, shellac 78 which sold for £154 and a very rare Get Happy, Elvis Costello 12 inch LP, which plays at 45rpm and was pressed specially for Capitol Radio. We get as much satisfaction finding something of low cost but high sentimental value to the buyer. Every donation and every customer has a story. We love re-homing our donations so if you're looking for that favourite disc you lost long ago, get in touch and we can look out for it."



## How you can help...

Whether you **shop** our constantly changing selection, **donate** your loved but no longer used music items or share your music passion and **volunteer** a few hours a week you are helping support the hospice!

@ [volservices@willen-hospice.org.uk](mailto:volservices@willen-hospice.org.uk)

☎ 01908 306998



# COMING TOGETHER FOR JAMES

**Caroline, Laura and Adam are part of an incredible network of friends and family who have been raising money for Willen Hospice by taking on challenges, all in memory of Major James Beechey.**

Caroline, James' Mum, told us about the care her son received here. "James came into the Hospice for four weeks. He had advanced bowel cancer and at the time, he was living at home with two small children. It wasn't ideal, trying to get his medication and we had to take him to A&E for any treatment that he needed.

"When he came in he immediately relaxed and found it a lot easier to cope with his condition. If he needed medication, he rang the bell and someone was there for him. He absolutely loved the treatments, especially the reflexology."

James was so grateful for the care that he was receiving, he asked his Mum if she could do something for him, "He said to me, 'Mum, I know you don't want to do any more marathons, but if you could, do just one more for Willen Hospice and raise some funds.'"

Laura, James' sister, explained how fundraising by taking on challenges was what James would have wanted, "He was very active and sporty. To him running a marathon wasn't a challenge, but to us it definitely is! He was an Ironman triathlete, he was always out doing different sports and different bizarre challenges. Even when he was at Willen

Hospice, he would insist that we'd go around the lake.

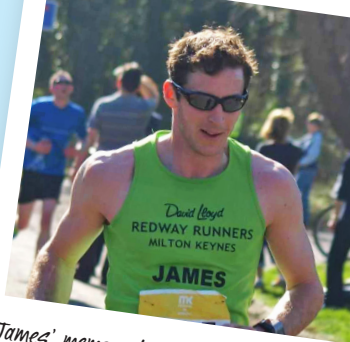
"By then he was on oxygen but we could take him out in a wheelchair, and that just shows that he was a very active person, always wanting to be outside and doing something, even right up until the last day."

"We knew that we needed to do something to honour him, which is why we're doing the London Marathon together, and I'm climbing Mt. Kilimanjaro next year."

"The day of the London Marathon will actually be a year exactly to the day that my brother passed away in Willen, so for both of us to do this together on that day will be really special."



James' mum Caroline (left) and sister Laura ran the London Marathon on Sunday 23<sup>rd</sup> April, a year to the day that James died at Willen Hospice.



*James' memory has inspired an incredible amount of fundraising activity.*



"I'll be thinking of what James went through. That will make us push ourselves a little bit further when it gets really tough. What we're going through that day will be nothing compared to that" adds Caroline.

Laura says she's always surprised by the support she receives. "As soon as you start to have conversations, I've been finding people saying, 'what can we do to help?' I always like to use the 'Slush Puppy example' when explaining why I'm fundraising for Willen Hospice. One day James said, 'I just really want a Slush Puppy. My throat hurts, everything hurts, I just want a Slush Puppy.' And 2 minutes later, the staff in the kitchen were there trying to crush up ice and the next thing you know, one of the nurses had come back from her break, having popped out to somewhere with a Slush Puppy machine to bring him one. And it's just the little details that make a difference."

Caroline continues, "He had his 40<sup>th</sup> birthday in the Hospice. The staff had



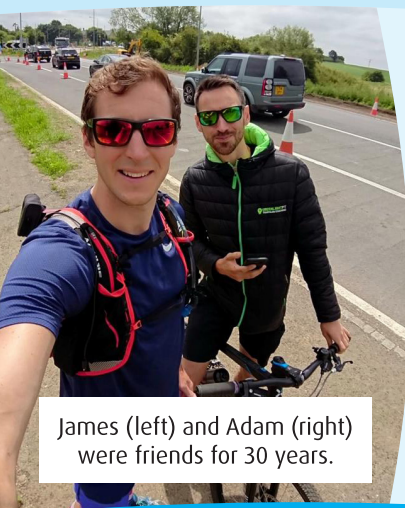
*James during the 2018 London marathon with Caroline and Laura at the Redway Runners cheering point*

decorated the garden for him, and the catering team made just the most beautiful cake. It was a complete surprise and he was really touched by that. It's really special for us to be able to do fundraising that we know will make a real difference to other families."

**Donate to Caroline and Laura's fundraising page:**



**[justgiving.com/laura-beehey](https://justgiving.com/laura-beehey)**



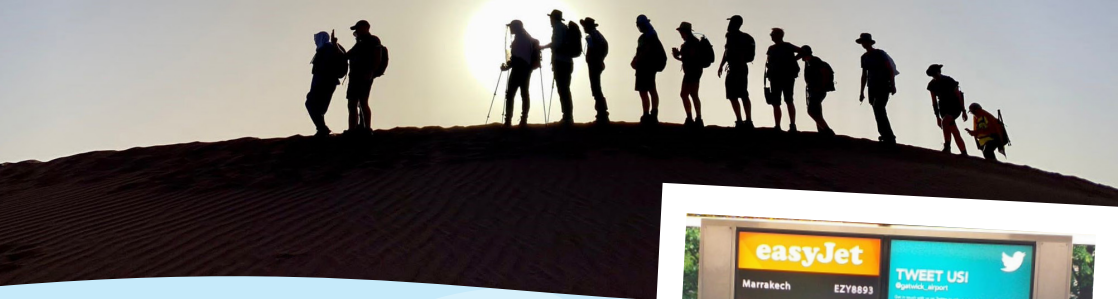
James (left) and Adam (right) were friends for 30 years.

Adam has fundraised an incredible **£9,000** for Willen Hospice in memory of his close friend. The two trained together for many challenges and even when James was receiving chemotherapy, he and Adam would take off on their bikes.

Last August, Adam headed to Snowdonia to complete the Everesting Cycle Challenge, something James often talked about but never had the chance to do. Starting at daybreak, Adam cycled up and down Wales' tallest peak for 15 hours, reaching 8,848m of climbing, the equivalent of cycling up Mt. Everest.

**Thank you to Caroline, Laura and Adam for sharing their story.**

# SAHARA TREKKERS TACKLE THE HEAT



**Last month, eight local people, including our very own CEO, Peta Wilkinson, took on a gruelling three-day trek, 30km across the Sahara Desert in Morocco. As you'll see from their stunning photos, our trekkers experienced a once in a lifetime adventure.**

Trekker Sarah summed up the trip; "Walking through the desert we all faced challenging moments from blistering feet to blistering heat, it was the small moments that kept us going. A silly game, a kind word and dancing under the night's sky are the moments we will never forget. It made us realise how important Willen Hospice is, how those little things can impact a moment, a day, a memory showing kindness and love in the moments that matter."

**The trek raised an incredible £16,000.**



# GALA DINNER RAISES OVER £50K - THANK YOU!

Last month, we welcomed guests to our Willen Hospice Gala Dinner held at a famous Milton Keynes landmark - The Point.



The theme was 'A night at The Oscars', and our incredible Retail and Events team, with the help of our amazing volunteers, transformed our shop at The Point to a stunning, award-winning venue. The night was a huge success with over 240 guests and over 20 volunteers helping to make this incredible event possible.

Guests were treated to a champagne reception, 3 course-meal and our special guest and Patron, celebrity Auctioneer Charlie Ross did a fantastic job hosting the live and silent auction. The event was a great success, **raising over £50,000**.



We would like to say a huge thank you to everyone involved in helping to make the event happen, including our headline sponsor Digital Origin, and champagne sponsor Geoffrey Leaver Solicitors. Thank you as well to our generous and enthusiastic guests for truly making the night. We are looking forward to hosting another Gala Dinner in 2024.



# GIFTS IN WILLS EXPLAINED

Leaving a gift in your Will is an incredible way to support the Hospice in the years ahead. Fiz Johnson, our Legacy Officer, answers some commonly asked questions around legacy giving.



## Why should I write a Will?

Planning your estate and putting your affairs in order, will make life so much easier for your loved ones when the time comes. Having an up to date Will is the only way to ensure your family, friends and the causes you care about are looked after.

## What happens if I don't have a Will?

Your estate will be distributed under the law and rules of intestacy, which means it may be against your wishes.

## How can I change my Will to include a gift to Willen Hospice?

The easiest way to make a change to your Will is to use a Codicil which is a supplement to the Will that can make changes and allow additions.

## I don't have much to leave, will my gift make a difference?

Yes! Every gift in a Will makes a huge difference and ensures we can continue to grow and invest in our services to meet the needs of our growing community long into the future.

## Can a gift to charity help reduce tax?

Yes. Gifts to UK-registered charities can help reduce Inheritance Tax that needs to be paid on your estate. We recommend you speak to a solicitor or tax accountant for further advice on tax issues.

## Need more information?

Request your free guide to legacy giving at [willen-hospice.org.uk/legacy](http://willen-hospice.org.uk/legacy) or call Fiz on **01908 303068**.



## Our promise to you

We will spend any gift you leave us responsibly ensuring the biggest benefit for our patients and their loved ones.

We will offer support to help you, but never put you under pressure because we understand this is an important decision for you.

We will always respect and honour your privacy.

**We will be there for your loved ones and family if they should need us in the future.**



# Make a difference to our future, today

Anyone can leave a gift in their Will. This can be done by either writing a Will if you don't already have one or by amending an existing will.

**You can create or amend a Will in the following ways:**

## 1 Online - Bequest

Offer a free online Starter Will writing service (normally £39), visit our website to find out more.

## 2 In person - Solicitors Appointments

Visit our website for the list of participating solicitors. There will be a suggested minimum donation for a simple Will, please contact your chosen solicitor directly.

## 3 At home - The Goodwill Partnership

Offers a Will writing service from the comfort of your home, all year round and at any time! The Goodwill Partnership charges £145 + VAT for a single Will. The service includes a free, no obligation home visit.

### Nas' story: It's our way of giving back

"We have pledged a gift to Willen Hospice in our Will as a way to thank them for the love and care they provided to dad during his final moments. It's our way of giving something special back to them after we are gone, knowing that our gift, how big or small, will make a huge difference to the lives of patients and their loved ones long into the future." Nas, Legacy pledger.



### Your gift is our future and theirs

Every year, our legacy income helps us to care for 1 in 4 of our patients. This allows us to commit to investing in new services so we can be there for even more patients wherever and whenever they need us. By remembering Willen Hospice in your Will you are helping to provide specialist compassionate care for future generations.

**Your promise of a gift is needed now more than ever because the need and costs of specialist end of life care are rising year on year.**

If you are thinking about leaving a gift in to Willen Hospice in your Will, thank you.

# 100 YEAR OLD JOAN WINS WINTER DRAW!

**We were thrilled to visit Joan at her home in Two Mile Ash to present her with her £3,000 winnings.**

Joan told us how it felt to be a winner. "It was absolutely wonderful. I never even dreamt I would win. I'd forgotten all about the draw, so it was even more of a surprise."

Joan tells us why she entered. "I have the Friends of Willen magazine, which I find very interesting, and that's where the tickets came from."

How's Joan spending her winnings? "Well, I'm going to give £500 to Willen. The other money, I will probably treat my family."

**Congratulations Joan and make sure you treat yourself too!**



## THANK YOU!

**Our 2023 Winter Draw raised over £28,000, with £18,399 in ticket sales and an amazing £9,740.99 in additional donations.**

## HOW WOULD YOU SPEND £2,000?

**Our Summer Draw is now open with a whopping £3,000 in prizes to be won!**

Every ticket helps us to care for local families. Buy your £1 tickets in any of our Willen Hospice shops or online at [willen-hospice.org.uk/summerdraw](http://willen-hospice.org.uk/summerdraw)

You must be 18 years or over to play. Full T&Cs, chances to win and prize structure are on our website, or call 01908 303065. Closing date: **28<sup>th</sup> July** Draw date: **10<sup>th</sup> August 2023**

**Good luck!**

1<sup>st</sup> prize:  
**£2,000**

2<sup>nd</sup> prize:  
**£500**

Runner up prizes:  
**10 x £50**

*Buy your  
tickets today*



Willen Hospice  
*Summer* **DRAW**



# MOO-VE FOR WILLEN HOSPICE

£20 per person, we kindly ask you to fundraise £100 to help support our care.

Sign up today! Scan the QR or visit [willen-hospice.org.uk/moo](http://willen-hospice.org.uk/moo)



Willen Hospice  
**MIDNIGHT  
MOO**

Proudly  
sponsored by

**Specsavers**

★ **FRI 14<sup>TH</sup> JULY** ★

**MIDSUMMER PLACE, CMK, STARTS 10PM**

5 or 10 mile walk at night • City of Stars



Willen Hospice  
**MIDDAY  
MOO**

Proudly  
sponsored by

*Marshall*

★ **SAT 16<sup>TH</sup> SEPT** ★

**MK RUGBY CLUB, STARTS MIDDAY**

5 or 10 mile walk • Pit stops along the route



# A HUGE THANK YOU...

**A big THANK YOU to all of our amazing supporters. Because you care, we can.** Here are some of our fantastic fundraisers from the past six months:



Thanks to Hannah for walking the full length of the iconic South West Coastal Path, following the clifftops and raised **£1,190**.

Thank you to all three John Lewis teams who took over our shops in a fundraising competition and raised **£10,257.75**.



Massive thanks to The Flower Company for supporting our Gala Dinner with their company, vehicles and of course, beautiful flowers.



We really enjoyed your carol singing visit to us, Willen Primary School. Thank you.

First Olney Scouts - huge shout out to you, for raising **£700** by organising a Lapathon at Emberton Park.



Huge thanks to Joshua, Amanda, Emma and Paul for skydiving in memory of Joshua's Mum, Mary, raising **£700**.

Massive thanks to all those who braved the minus temperatures for #teamwillen in the MK Winter Half.



## Tell us you're fundraising!

We'd love to hear your fundraising stories, tag us **@willenhospicemk** and let us know your plans by emailing **fundraising@willen-hospice.org.uk** and we can support you on your next fundraising journey.




# ...YOU'RE INCREDIBLE!



Thanks for looking after our Santa Dashers and volunteering for us, Milton Keynes Sea and Royal Marine Cadets.

Thanks to Lee, from My Window Cleaner, who cleaned the windows and gutters of our Woburn sands shop in a random act of kindness.



Huge thanks to all who organised and attended the Vintage Stony car event, that has raised **£100,000** over the past 13 years.

To Broughton Cycling Group we can't thank you enough for your support throughout the last year. Thank you for raising **£4,750!**



Thanks to the MK Dons Supporters Association who donated **£100** in memory of their former chairman, Tom Stewart.



Thanks for your inspiration, Lee, Tom, John, Stephen, Daniel and Michael who cycled from London to Paris in memory of Lee's wife, Donna and raised **£17,426**.



Thanks Julie and Nigel and to all of our Paris to Nice cyclists for cycling across France and raising **£51,000**.

Thank you Freemasons who donated **£20,000** through their lodges and charitable foundation!

A huge thank you to Rainbow Pharmacy and our volunteer marshals who have now finished the vaccination clinic and raised over **£93,000** in total.



# DATES FOR YOUR DIARY



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



[willen-hospice.org.uk/events](http://willen-hospice.org.uk/events)



WHEN	WHAT	✓ I'M IN!
13 <sup>th</sup> May 2023	Eurovision 2023 Party	<input type="radio"/>
22 <sup>nd</sup> , 23 <sup>rd</sup> , 24 <sup>th</sup> June 2023	Ascot Weekend	<input type="radio"/>
14 <sup>th</sup> July 2023	Midnight Moo	<input type="radio"/>
3 <sup>rd</sup> September 2023	Cycle Sportive	<input type="radio"/>
16 <sup>th</sup> September 2023	Midday Moo	<input type="radio"/>
1 <sup>st</sup> October 2023	Twilight Walk	<input type="radio"/>
6 <sup>th</sup> October 2023	Golf Day	<input type="radio"/>
2 <sup>nd</sup> December 2023	Lights of Love	<input type="radio"/>
17 <sup>th</sup> December 2023	Santa Dash	<input type="radio"/>
25 <sup>th</sup> January 2024	Kilimanjaro Challenge	<input type="radio"/>





# Willen Hospice Ascot Days

**Thurs 22<sup>nd</sup>, Fri 23<sup>rd</sup> & Sat 24<sup>th</sup> June - Willen Hospice**

Join us for our popular Ascot Days, taking place in a beautifully decorated marquee, surrounded by our stunning gardens at Willen Lake.

Choose from our **Ladies Day**, **Race Day** or our new **Royal Ascot Day**.

- Drinks on arrival • Two course lunch • Music • High-value Auction
- Ascot races live-streamed • Tote to place your bets • Licensed bar



[willen-hospice.org.uk/ascot](http://willen-hospice.org.uk/ascot)



Champagne kindly  
sponsored by



**Geoffrey  
Leaver**  
Solicitors

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£1 a  
play

it's a  
win  
win

with our  
weekly Lottery



Win  
up to  
£5,000  
and a feel good  
feeling



[willen-hospice.org.uk/lottery](http://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](http://www.willen-hospice.org.uk/lottery)

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Willen Hospice  
always there to care