

Your Hospice



News and updates
April 2023

Bluebell Walk

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By walking together,
you'll be helping
us to support those
that need our care.
Find out more
on page 14.

Sunday 30 April 2023

You'll start and finish at Harrietsham Village Hall, ME17 1AP

OUR LONGEST
RUNNING EVENT!

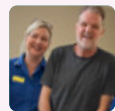
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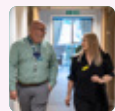
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Your Hospice

is your newsletter and we want to hear from you!

Now more than ever we'd like to hear about your experience of our Hospice and the many inspirational ways that you are supporting us. We want to feature your stories and feedback, so please email or call us.

Contact us

Enquiries 01622 792200 | enquiries@hokh.co.uk

Fundraising 01622 790195 | fundraising@hokh.co.uk

Heart of Kent Hospice, Preston Hall,
Aylesford, Kent ME20 7PU

General Data Protection Regulation (GDPR)

At Heart of Kent Hospice, we are very respectful of the personal information you share with us and responsible in how we use it.

If you would like to change the way you hear from us or would like to unsubscribe, you can do this at anytime by emailing preferences@hokh.co.uk or calling the Fundraising Team on 01622 790195. For a copy of our full privacy statement outlining how all the data collected by the Hospice is stored and used, please visit our website or contact preferences@hokh.co.uk to request a printed copy.

Your donations are already making a difference.

Did you know Gift Aid can make them go even further!

How to Gift Aid

If you would like to Gift Aid your donations, you can, by:

- ticking the Gift Aid box when you make an online donation via our website.
- downloading our Gift Aid declaration form from www.hokh.info/resources and returning your completed form by emailing it to fundraising@hokh.co.uk or posting it to Gift Aid Administration, Heart of Kent Hospice, Preston Hall, Aylesford, Kent, ME20 7PU
- calling **01622 790195** to make a declaration over the phone.

If you have donated previously, but didn't Gift Aid, don't worry, you still can. Simply download or request and complete our Gift Aid declaration form and send it back to us. This will allow us to claim Gift Aid on the past four years of your donations.

Once you've made your declaration, please remember to let us know of any changes to your tax status, including changes to your name or address.

Welcome to this spring edition of Your Hospice newsletter.

As I write, the bulbs are flowering cheerfully in the Hospice garden and our volunteer gardeners are working hard to tidy it after the winter. Thanks to them, the garden is always a lovely, tranquil space which is a joy to look at and to spend time in.

I've been reflecting on how lucky I am to work at the Hospice and to witness countless acts of kindness every day.

Firstly, there are my clinical and other patient-facing colleagues who have such an impact on the lives of our patients and their families. Their compassion, resilience and good humour are truly inspiring. On page five you can read the words of our patient, Ray, who told us how incredible the Hospice Team has been as they've supported him in his wish to spend the time he has left at home with his family.

We are fortunate to have an army of volunteers who are extraordinarily generous with their time and carry out essential tasks in the day-to-day running of the Hospice and in the care of patients and families.

It's been an absolute pleasure for me and my colleagues to introduce, Geraldine Allinson, our new Patron, to the Hospice. You can tell how perfect Geraldine is for the role if you turn to page six.

Then there are the people who demonstrate their kindness by giving donations and raising funds and participating in events to ensure our specialist Hospice care continues to be there for the people of this community.

A couple of examples that spring to mind are the 580 runners of all ages who took part in our Maidstone Road Run on a freezing day in March and raised over £16,000 between them. And our Hospice lottery players, including those who have been members for many years and nearly 1,000 people who have joined in the past four months. I wish I could thank everyone here, and share all the ingenious ways people find to support us, but there are too many to mention.

Thank you for the part you play in ensuring that our Hospice remains an essential part of your local community, caring for patients and their families, not only today but into the future.

With very best wishes

Rachel Street
Chief Executive



The importance of spirituality in patient-centred care.



Sylvia Rothschild, the Spiritual Care Lead at Heart of Kent Hospice, discusses what spiritual care at the Hospice looks like and how she sees the service developing to meet the needs of a more diverse community in the future.

Together with her team of volunteers, Sylvia helps people to find meaning as they reach the end of their lives, or cope with the death of a loved one.

“We’re here to support patients and their loved ones as they face the dying process,” explains Sylvia. “Everyone’s life is on the same trajectory, we are all going to die, but people under the care of the Hospice are coming to terms with the lives they have led and making the preparations they need to make for their deaths. We want to be as responsive as we can to help people find meaning in their lives.”

Ready to talk about anything

The support the team provide is wide-ranging and comes in all sorts of shapes and sizes, whether that involves a practical conversation about funeral planning or a friendly chat over a cup of tea about someone’s worries.

“Our support follows the patients’ needs. We don’t intervene with people’s understanding or view of the world, we are non-judgemental. We begin by talking and see where that takes us.”

For Sylvia, spiritual care is about an unconditional human connection between a patient and someone who doesn’t want anything back. As people face the path their life has taken, they often start to wrestle with the big questions. ‘What is my life about?’ and ‘What is my legacy?’

“As people move towards the end-of-life, they think about things they haven’t thought about before. For some, it’s an opportunity to understand themselves and come to terms with the life they have led. This could mean contacting someone, writing a letter, creating a family history or putting their life in context. We help people to explore.”

Spirituality in its broadest sense

Sylvia is keen to point out that despite what people may think, spiritual care is not religious care. The team can help people connect with religious support, but spiritual needs are much broader than just religious beliefs.

“I believe everybody has spiritual needs. It’s not about religion. It’s about humanity. I think it’s important to look beyond the common misconception that a religious belief is a prerequisite for spiritual care.”

Where next?

Looking to the future, Sylvia wants to build a bigger team of volunteers. She is also working hard to build relationships in the community to help spread an understanding of the care that the Hospice can provide to the whole community.

“We are looking to broaden our reach and are trying to connect with more faiths, cultures and traditions. We want people to understand that spiritual needs are different for different people and can change over time. Spiritual care at the Hospice is an important part of the holistic support we offer, it concerns the whole of us and is an essential part of our wellbeing, improving end-of-life care.”

Providing complete and whole care at the Hospice is incredibly important. The Spiritual Care Team make sure the mind, body and soul are all cared for.



“Right from the beginning of this journey, since my diagnosis, we have been ‘Team Neville’. We’re dealing with it together, as a family. For me, it’s important to spend the time I have left with my wife and family, at home.”

Supporting Ray at home.

Ray was diagnosed with neuroendocrine cancer four years ago. Last year he ended up in A&E because of high pain levels. The doctor in A&E recommended he ask his GP for a referral to the Hospice to help with his pain management. He began his treatment with Heart of Kent Hospice around seven months ago.

Being under the care of the Hospice doesn’t necessarily mean staying in the Hospice. The Community Team offer support, help and advice to patients who wish to live independently. As a starting point, to help Ray, the team recommended a short stay in the Hospice to support him with symptom control and pain management.

“I was apprehensive about staying in the Hospice. It seems so final. But that certainly wasn’t the case,” explains Ray. “Everyone there was incredible. I spent more time talking to the doctor at the Hospice in those two weeks than I had with my consultants over the last four years!”

Holistic Care

Before being referred to the Hospice, Ray’s complex care involved a range of different care providers. He was seeing his GP, a consultant in Maidstone Hospital, he had been for surgery at Kings and was also referred to Guys Hospital.

“Before the Hospice, I was seeing four different healthcare professionals, with four different views on my care. When I came to the Hospice, the doctor here took control of the situation. He talked to all the teams, collected all the information and got the full picture. Now I have a completely bespoke treatment plan. At the hospital, you have a six-minute appointment; at the Hospice, Dr Bill sat down and took the time to go through everything with us all - my wife, my family and myself.”

Confidence to live life at home

“My priority is to spend as much time as possible with Team Neville at home. The Hospice provides all kinds of help and resources that allow me to do this. The District Nurse calls round every week. And the Hospice itself is just a phone call away, where there’s someone on hand to give advice 24/7.”

Ray and his family also take advantage of different drop-in sessions at the Hospice.

“The Hub is an incredibly useful resource. You have access to aromatherapy, reflexology and nurses who can help with questions about medication. You just turn up and chat with people who are in the same situation.”



Hospice Community Team

It’s about more than me

The care the Hospice provides reaches beyond Ray to his entire family.

“The Hospice understands that we’re going through this thing together, as Team Neville. When I went to hospital appointments, they would always ask me how I am. The Hospice was the first place where they asked how ‘we’ are. Yes, this affects me, but it also affects my wife and family. The team at the Hospice are delivering care as much to the family as they are to me.”



Meet the Hospice's new Patron.

Geraldine Allinson OBE DL became Heart of Kent Hospice's Patron in September of last year. As a Kent Ambassador and a Deputy Lieutenant for Kent, Geraldine cares deeply about her roots and the county of Kent. We asked Geraldine about her connection with the Hospice and how she sees her role as Patron in supporting our vital work.



Q. Why did you take on the role of Heart of Kent Patron?

A. I have a strong connection with the Hospice. It began with my mother who was one of the founding committee members that helped set up the Hospice. I have also been involved personally with several different events. I was on the committee that helped to set up the Hospice's first art trail, Elmer's Big Heart of Kent Parade. I liaised with local businesses to raise the profile of the event and generate sponsorship and I'm thrilled we've launched Shaun the Sheep in the Heart of Kent.

Q. What does your role as Patron involve?

A. I see my role as one of support. I am here as and when the Hospice needs me for events, functions, networking - in whatever capacity they feel I can be of value. It's important to get the Hospice's name out in the community and help people understand what a wonderful place the Hospice is, and know what support there is for people in our community living with a terminal illness. I hope to create more awareness of the Hospice's work.

Q. What events have you been involved with so far?

A. I am just at the start of my tenure, so I have only been to one official engagement. I accompanied the Mayor of Maidstone on his visit to the Hospice. I have also helped out in The Hub, serving refreshments. So far, I've thoroughly enjoyed meeting Hospice colleagues, volunteers and patients and learning more about the Hospice.

Q. What do you want to share with others about the Hospice?

A. We are really lucky to have the Hospice in our community; everyone here is incredible. The care the Hospice provides is not just about the patient, it's also about the support and care provided to the family. They understand what patients and their loved ones are going through.



"I was incredibly honoured to have been asked to become the Patron. I am looking forward to being part of the Hospice's journey, helping them move forward and continue to thrive."

Sunflower APPEAL

Our annual Sunflower Appeal offers everyone in our local community the opportunity to join together, reflecting and remembering the people we have loved and lost. Their lives have ended, but our love for them and our relationship with them endures, and our memories can comfort us a little.

Dedicate a sunflower today

By making a donation you can dedicate a wooden sunflower in memory of a loved one. A wooden sunflower bearing your loved one's name will be planted in our Hospice garden and be displayed from Wednesday 7 to Sunday 11 June. Your Sunflower Appeal donation is such an uplifting and positive way to remember the life of someone special; by supporting us you are enabling us to continue to support families coping with their loss.

"Like the sunflower, if you turn your face to the sun, then the shadows will fall behind you."

Māori proverb

Join us in the Hospice Garden

With warmer weather just around the corner, we welcome you to our beautiful Hospice garden where you can spend time together appreciating the garden, view the wooden sunflowers, enjoy the refreshments being served from the café and browse the plant sale. At the end of your visit, you can take your wooden sunflower home with you as a special reminder of your loved one.

Wednesday 7 June | 1:30pm to 3:30pm
Sunday 11 June | 11.30am to 1:30pm
Sunday 11 June | 2.30pm to 4:30pm

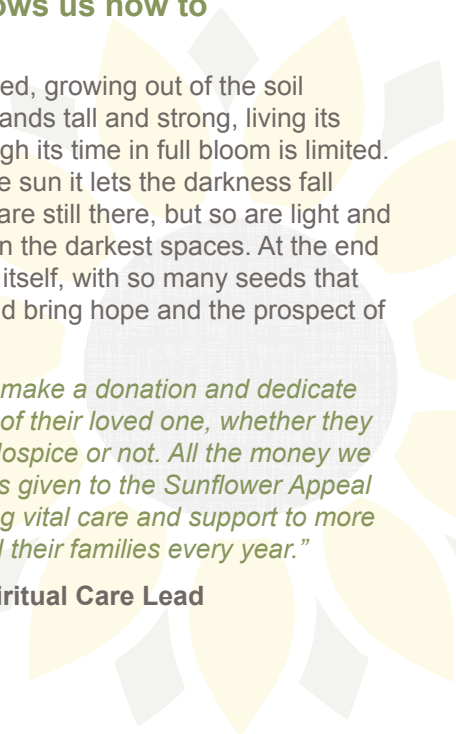
We'd love to have as many of you as possible join us in remembering a loved one and celebrating their life. To donate in memory of your loved one, and if you'd like to attend a service, please let us know by calling our Fundraising Team on 01622 795695.

The sunflower shows us how to be in the world

It pushes up from its seed, growing out of the soil with determination. It stands tall and strong, living its brightest life, even though its time in full bloom is limited. Facing and following the sun it lets the darkness fall behind it, the shadows are still there, but so are light and joy and it brightens even the darkest spaces. At the end of its life, it still gives of itself, with so many seeds that can sustain new life, and bring hope and the prospect of happiness in the future.

"Anyone is welcome to make a donation and dedicate a sunflower in memory of their loved one, whether they were cared for by the Hospice or not. All the money we raise from the donations given to the Sunflower Appeal will go towards providing vital care and support to more than 1,800 patients and their families every year."

Sylvia Rothschild, Spiritual Care Lead





Find out what's been happening with Shaun the Sheep.

Since announcing last October that we would be bringing a second art trail – Shaun the Sheep in the Heart of Kent – to the local area in 2024, we have been busy meeting and engaging with local companies, telling them all about the trail.



Calling all schools, community groups and care homes to join the flock of little Shauns!

We're excited to launch our Shaun in the Heart of Kent Learning & Community Programme. Shaun is a character that is loved as much by adults, as young people and children. We have developed an inclusive programme to cater for audiences of all ages from 5 - 100+ years. We are inviting schools, community groups and care homes to be inspired, get imaginative and join in with the most ewe-nique creative event of 2024.

By being part of the Learning & Community Programme, you'll be joining our flock of little Shauns! Every school, community group or care home that joins the flock will be gifted a little blank Shaun sculpture to decorate. You'll be supported with a resource pack, tailored to your audience, that enables a range of innovative and artistic activities to support you and ensure everyone has fun while being creative.

For 10 weeks, along with the rest of the flock, your beautifully decorated little Shaun will be displayed in the local area for everyone to admire and enjoy, showcasing the wealth of artistic talent in our community.

Those that join the flock will be asked to support the Hospice by raising £750. Once the trail has ended, your little Shaun will be returned to you, to enjoy.

How you support us...

By becoming part of Shaun in the Heart of Kent, you'll be learning about and supporting the work of your local Hospice. Today, we are supporting patients and their families that need our care in Maidstone, Aylesford, Tonbridge & Malling and surrounding areas. We ensure our patients and the people closest to them receive specialist care, so they can live in comfort with independence and dignity, whether in the Hospice, in their own homes, or in the local community.

We're delighted to be working with a wide range of Official Partners – all of whom are local businesses with expertise and resources that will enhance aspects of the trail. It's with their encouragement and commitment to the Hospice that we can bring our second art trail to Maidstone.

Businesses have been eager to show their support by signing up to sponsor a Shaun sculpture. We are busy planning where the trail will take you in the summer of 2024, and we promise wherever it goes, it will celebrate Maidstone's heritage, landmarks and beautiful parks.

Official...

Presenting Partner
Maidstone Borough Council

Media Partner
Kent Media Group

Logistics Partner
Gallagher Group

Creative Partner
GeoBrand

Auction Partner
Clive Emson, Land and Property Auctioneers

Event Partner
One Maidstone



Get in touch...

If you are a school, community group or care home that would like to join our flock, please get in touch to register or find out more, before Friday 30 June 2023. If you are a business and would like to chat more about sponsorship opportunities, please give the team a call.

✉ shaun@hokh.co.uk ☎ 01622 790195



@shaunheartkent

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Official Presenting Partner



www.shaunheartofkent.co.uk

New specialist service to support local care homes.

Last year we launched a new Frailty Care Home Team at Heart of Kent Hospice. This team works closely with 49 local care homes to bring the Hospice's expertise in end-of-life care and dementia directly to their residents. The team aims to help care home residents with terminal illnesses receive the best quality end-of-life care, in addition to preventing unnecessary hospital admissions.

"This is a proactive multi-disciplinary team with clinical, practical and social work skills. We seek to achieve a holistic approach to end-of-life care for care home residents and their families," explains Tracy Jackson, Head of Dementia & Frailty Care Home Teams.

The team visit residential and nursing homes to assist with Advance Care Planning (ACP) conversations to ensure that residents' wishes are discussed with them and their loved ones. This, along with their expertise in palliative care, helps them to pre-empt and prevent issues that may result in unnecessary hospital admissions, via completion of documented treatment escalation plans.



Frailty Care Home Team

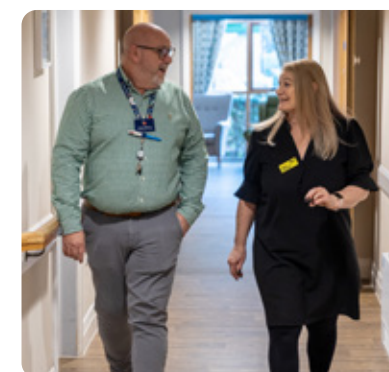
"The team can make sure the right information and solutions are in place. For example, a resident losing the ability to swallow safely, we will ensure that alternative routes of medication are prescribed to support management of that person's symptoms, such as pain," says Tracy.

In line with the Hospice's ethos, the team's assistance extends to residents' carers, families and loved ones. They provide practical and emotional advice and support for different situations, such as when a person is first being admitted into a care home and facing changes in their levels of independence.

For care home staff, the Frailty Care Home Team delivers training designed around their needs. We have created an education programme (Care Home ECHO) which is delivered as a blend of face-to-face and interactive virtual training sessions. The content of the course has been developed in conjunction with our local care homes to ensure the training meets all their needs.

"In addition to ECHO, we will be delivering informal training and education sessions in care homes to share our expertise with care home staff."

"We are a very accessible service, taking referrals from care home staff, other healthcare professionals, GPs, hospitals, the Hospice Inpatient Unit and self-referrals from families and carers. Ultimately, the team, as an extension of the Hospice's community services, is there to help people to live as well as possible and to die with dignity."



The team provides:

- Support for residents and their loved ones with advance care planning conversations.
- Holistic assessment and symptom control management for residents.
- Training for care home staff on any issues relating to end-of-life care.
- Practical and emotional support for carers and families.
- Specialist palliative care advice and support for other healthcare professionals e.g. GPs.

If you or someone you know could benefit from the support and help offered by our Frailty Care Home Team, please get in touch by calling 01622 792200 ext 409 or visiting www.hokh.info/frailtycarehometeam

Living well with dementia.

This year, Dementia Action Week takes place 15 - 21 May 2023.

Did you know that someone develops dementia every three minutes in the UK?

We know dementia not only affects people over the age of 65, but it can also affect people in their 30s, 40s or 50s. People with dementia can often feel cut off from their community, lose friendships and face the condition alone. **Dementia Action Week** is about supporting people with dementia and making the UK a dementia-friendly place.



This year, we are launching our first Heart of Kent Hospice Dementia Awareness Roadshow to talk to people about dementia.

Over five days, our specialist Dementia

Team will go out into the community to visit healthcare professionals in different care settings, deliver Dementia Awareness Training and meet with carers to offer support and advice. Dementia can be daunting, for both the person living with the illness and their family, so getting help as early as possible is vital. We offer care and support for people from the moment of diagnosis.



Dementia Team

If you have any worries or concerns from reading this article, please get in touch with our Dementia Team by calling 01622 792200 ext 204 or visiting www.hokh.info/dementia



Dementia Roadshow Programme

Monday - Healthcare professional dementia awareness training delivered at the Hospice and open to all healthcare professionals.

Tuesday - Community awareness, we will have a pop-up stand in a popular location in the community where people can come and chat to us.

Wednesday - Dementia Talks, held at the Hospice for people with dementia, family members and carers.

Thursday - Community awareness, we will have a pop-up stand at another popular location in the community, giving people another chance to come and chat to us.

Friday - Dementia Talks, for people with dementia, family members and carers.

To find out more about our Dementia Awareness Roadshow, visit: www.hokh.info/roadshow2023

"I'm delighted to launch our first Heart of Kent Hospice Dementia Awareness Roadshow. Dementia is not an inevitable part of ageing, it's an illness. People with dementia should be able to live the lives they wish to lead. By talking about dementia and its impact on daily life, people with dementia, family members, carers and healthcare professionals become aware of the help and support that is available that they can access," explains Tracy Jackson, Head of Dementia & Frailty Care Home Teams.

Healthcare professional dementia awareness training

Our training covers:

- Early dementia diagnosis
- Living with dementia
- Improving pain management
- Supporting people with advanced dementia
- Improving communication with people living with dementia
- End-of-life care for people with dementia

Dementia Talks

Our Dementia Team will cover a range of topics including symptoms to look out for, information on how dementia is diagnosed and tips for adaptations you can make to the person's home and lifestyle to make everyday living easier. People with dementia, family members and carers will also have the opportunity for a confidential 1-2-1 discussion with a Dementia Specialist Nurse to ask any questions and to find out more about how to access the support and help that's available.

THE BIG DONAT8

Eight ways to support us!

We rely on donations. And we're grateful to everyone who donates money to us. We've launched THE BIG DONAT8, to share eight different ways you can help. You could donate items you no longer need to our charity shops, donate your time by volunteering for us or you could fundraise. Whatever you do, your support will make a big difference.

1 FUNDRAISE



There are hundreds of ways to fundraise for us and we have put together a list on our website. Choosing what to do is your first and most difficult decision. Ask yourself what you enjoy doing and what are you good at. The best and most successful ideas often come from what we know well. To help guide you on your fundraising journey take a look at our fundraising pack that will help you plan and be successful.

www.hokh.info/fundraiseyourway

2 VOLUNTEER



We have over 500 volunteers that help with the daily operation of the Hospice. You can help by donating your time to make a patient a cup of tea and have a chat or by helping out in our charity shops. We have many roles to choose from.

www.hokh.info/volunteerforus

3 FRIENDS AT HEART



Become a Friend at Heart by setting up a direct debit to give a regular donation. Regular gifts give us a reliable income so we can commit to caring for, and supporting more terminally ill people in our community.

www.hokh.info/friendsatheart

4 CLEAR OUT



We are always grateful for your preloved items. With items you are donating, please think if it is suitable. The easiest way to find out is to ask yourself, "Would someone I know buy this?" If the answer is "Yes", we'd love to receive it. To find the nearest Heart of Kent Hospice charity shop to you, visit:

www.hokh.info/findashop

5 NOMINAT8



A lot of workplaces allow colleagues to nominate a chosen charity for a monetary donation. There are also supermarkets, companies and events looking for a local charity to support. Give us a mention. You never know!

6 AWARENESS



Helping us to get our messages across is such an important part of our success. It costs nothing to repost or share our social media posts, but helps to improve the reach of our message which could attract new followers and supporters.

7 SHOP & GIVE



If you prefer to avoid the busy high streets and shop online, sign up to a retail website that donates to your chosen charity every time you shop with them. To find out where to shop online to support us visit:

www.hokh.info/shopandgive

8 LEAVE A GIFT IN YOUR WILL



A charity legacy is a tax-effective way to give and allows you peace of mind that your giving will live on. Gifts left in Wills are invaluable to us, however large or small. For more information about leaving a gift in your Will, call the Fundraising Team on 01622 790195 or visit:

www.hokh.info/leaveagiftinyourwill

Could you join our amazing team of volunteers?

To find out more, pop along to our Heart of Kent Hospice Big Help Out Volunteer Event on Tuesday 9 May 2023, 2:00pm to 4:00pm at the Hospice.





Could you volunteer with us?

In honour of King Charles III, we're inviting you to our **Heart of Kent Hospice Big Help Out Volunteer Event** on **Tuesday 9 May** **2:00pm to 4:00pm** at the Hospice.

To find out more about the different volunteer roles at the Hospice, please come along.



Without the support of our volunteers, we could not be there for those who need our care. We hope you can join us.




The Coronation Weekend

We've put together a fundraising pack full of great ideas to help you have a royally splendid time. Whatever you plan to do over The Coronation Weekend, whether you are hosting a tea party or a street party, whilst celebrating, could you raise money for your local Hospice?



To find out more please visit: www.hokh.info/thecoronationpack

Tag your bag to raise 25% more with Gift Aid!

giftaid it 

What you need to know...

How to tag your bag to raise 25% more with Gift Aid!

To 'Tag your bag' simply sign up to the Retail Gift Aid scheme, online at www.hokh.info/retailgiftaid or ask in-store and sign up on the spot and you'll be given tags for your bags.



What is the Retail Gift Aid Scheme?

The Retail Gift Aid Scheme is an HMRC approved way for charities, like Heart of Kent Hospice, to claim Gift Aid on proceeds from the sale of donated goods in our charity shops. By claiming Gift Aid our shop proceeds can be increased in value by up to 25%!



Thank you for playing our Heart of Kent Hospice Lottery!



Our lottery canvassers have been out and about, and we want to thank everyone who has signed up to play our Heart of Kent Hospice Lottery. In November of last year, we launched a team of fundraisers to promote the membership of our lottery through door-to-door canvassing. We have received an overwhelming response from the community and we now have over 1,000 new supporters playing our lottery.

Our lottery was established in 2007 and has gone from strength to strength. Before the launch of our Canvassing Team, we had almost 6,000 lines being played each week. Our ambition over the next five years is to increase the number of weekly lines being played to over 9,000. Our lottery members are important to us. We know that in these difficult times, people don't always have a lot of money to give, but our weekly lottery members make a tremendous difference.



"We are so proud of our lottery because it shows how much impact we can make together as a community. The regular and dependable income the lottery generates has never been more important. The lottery rewards our supporters for their generosity, with someone winning the £1,000 jackpot each week," says Jenny Lloyd, Lottery Manager.



Just £1 per week helps people like Andy and his family.

Sign up now!
www.hokh.info/lottery

- 1st prize Jackpot £1,000
- 2nd prize £50
- 3rd prize 20 prizes of £10
- Rollover up to £10,000*

Join our lottery today and be the reason we can care

Joining our weekly lottery is one of the easiest ways you can support the Hospice. Each week you could be in with a chance of winning the jackpot prize of **£1,000**. There are 22 prizes to be won, plus a fantastic rollover prize of up to **£10,000***.

All profits from the lottery help fund the care and support of adults in our community living with a terminal illness. If you would like to join our lottery and be the reason we can care, you must be over the age of 18 to play or claim a prize. To play our Heart of Kent Hospice Lottery visit www.hokh.info/lottery

"I would like to send a big thank you to all our lottery players who support the Hospice every week. Thank you for being part of something amazing," says Jenny.



*How the rollover works: unsold numbers are added to the draw for the rollover prize each week. This prize is won when a sold number is picked or rolled over if an unsold number is drawn. If unsold numbers are continuously picked, the rollover could build up to an incredible £10,000!

What's on this spring

Spring is well and truly here – time for planting the garden, packing picnics and welcoming back the warm sunshine. It's also a great time to get involved in one of our wonderful Hospice events. By signing up, you'll be helping the Hospice to raise money to help terminally ill people in our community.

April 2023

Sat 1 April – Tues 31 October: Sky Dive – Headcorn Aerodrome

Challenge yourself this year by jumping out of a plane at 12,000 feet while harnessed to a professional instructor. Take on this incredible thrill on a day of your choice and raise funds for the Hospice.



CONCERT OF FAVOURITE MUSIC

Sat 22 April: Invicta Grammar School

We are thrilled to announce that Simon Proctor and his Heart of Kent Orchestra will once again be performing a repertoire of favourite classical music in aid of the Hospice, with special guest pianist Oliver Poole.

Ticket information

Tickets: £12 per adult | £4 per child*

Venue: Invicta Grammar School, ME14 5DS

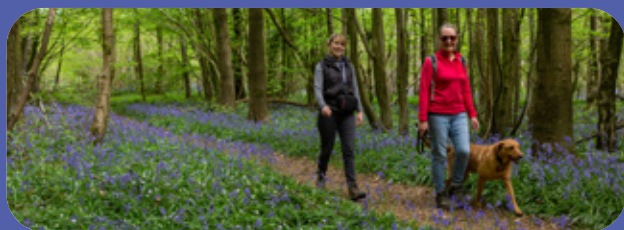
Concert: 6:00pm to 8:00pm, doors open at 5:30pm

*Child ticket applies to children aged 5 – 16 years.

Bluebell Walk

Sun 30 April: Harrietsham Village Hall

Our annual Bluebell Walk is a picturesque, leisurely six-mile ramble, taking you amongst the stunning bluebells and through enchanting woodland.



May 2023

Tues 9 May:

Could you volunteer with us?

In honour of King Charles III, we're inviting you to our Heart of Kent Hospice Big Help Out Volunteer Event.

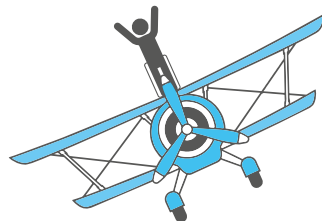
If you, or anyone you know, are interested in volunteering for the Hospice, pop along between 2:00pm and 4:00pm.



June 2023

Wed 7 & Sun 11 June: Sunflower Appeal

This year we are delighted to welcome you to enjoy our beautiful Hospice garden, where we can join together, reflecting and remembering the people we have loved and lost.



Sat 17 June: Wing Walk Day Headcorn Aerodrome

Join our brave team of fundraisers to feel the adrenaline take over as you head to the clouds.



Give it a GROW

Are you a keen gardener? If so, why not organise a plant sale to help raise money for us?

When planning what plants to have in your garden this summer, sow some extra seeds and take a few more cuttings to stock your plant sale. Inspire others by opening up your garden to visitors and selling your plants. Why not offer tea and homemade cake to boost the amount you raise?



A BIG Heart of Kent Hospice thank you.



Thank you to everyone that has raised money for us so far this year. There are so many of you it's impossible to mention everyone – here are just a few.



Christmas Tree RECYCLING

Our Christmas tree recycling was a tree-mendous success.

This was our third year of running our environmentally-friendly fundraising Christmas Tree Recycling initiative. Doorstep collections took place over three days, 6 - 8 January 2023, and more than **650** trees were collected and recycled. The total raised from Maidstone and surrounding areas was in excess of **£7,000**. Thank you to everyone that booked a tree collection and donated.

Karen Newton-Anker, Community Partnerships Manager for Heart of Kent Hospice, said: "I would like to say a huge thank you to everybody who booked a tree collection."



"This year the success of our Christmas tree recycling initiative surpassed our expectations. We received so many requests to collect trees from other areas that next year we are now looking to expand our collection zone even further."

Special thanks to **Gallagher Group, Parkfoot Garage & Convenience Store, Maidstone Borough Council and Tonbridge & Malling Borough Council** who supported the initiative for the third year. With their support we were able to 'branch out' and extend our campaign into four new areas.

Thank you! We could not have done it without you.

We simply could not run the campaign without the many volunteers lending their time, vans, support or facilities. Thank you to our

Heart of Kent Hospice volunteers, Golding Homes, Jenner & Son, Star Construction, CAF Ceramics, TPS Logistics, Genco Construction Services, Onwave UK Ltd, The Merit Group, Countrystyle Recycling and Country First.

We are thankful for the recent grants we have received.

Charitable Trusts and Foundations support many areas of our work. This funding allows us to plan for new projects and to continue to deliver and develop our existing services.

The Civil Service Insurance Society, the Trustees of the Masonic Charitable Foundation and the Cobtree Charity Trust have all given generous grants to support the delivery of The Hub and especially the drop-ins on Mondays and Thursdays. It's not always easy to get an appointment with a GP, but anyone with a terminal illness or a family member, can just come along to a drop-in and get the help they need from our specialist team - even if it's just a reassuring chat with someone who understands.



Thank you to The Headcorn Imbibers for their continued support!



We're delighted to have received a cheque for **£1,260** from the local community group The Headcorn Imbibers. They have fundraised for us since 2011 and have donated a staggering **£90,460**. From everyone at Heart of Kent Hospice, thank you for your generous support.

To book a place or to find out more about any of our Hospice events, please visit: www.hokh.info/events or call the Fundraising Team on 01622 790195.

Thank you



Heart of Kent Hospice



@heartofkenthosp



heartofkenthospice



Heart of Kent Hospice

Come fly with us in 2023.

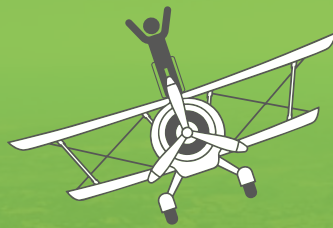


It will be the most amazing challenge you will ever take on!

Charity Wing Walk

Saturday 17 June
Headcorn Aerodrome

To experience the thrill of flying strapped onto the top wing of a vintage Boeing Stearman biplane join us on our Heart of Kent Hospice Wing Walk Day. Feel the adrenaline take over as you reach speeds of up to 135mph.



SIGN UP TODAY!



10% off your registration fee.
Discount code
FLY10N

SIGN UP TODAY!



Charity Skydive

Select your own date at Headcorn Aerodrome

Experience the excitement of skydiving from 12,000ft while attached to a highly qualified instructor. The view promises to be amazing!



How your support helps

If you would like to find out more, please contact Hannah Johnson, Community Partnerships Fundraiser for Heart of Kent Hospice by emailing challenges@hokh.co.uk or calling **01622 790195**.



Thank you for being the reason we can care.



www.hokh.org



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