

Your Hospice



News and updates
April 2022

Bluebell Walk

OUR LONGEST
RUNNING EVENT!

inside

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patient support services.

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family through their dark days.

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of a Palliative Care Nurse.

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Read about our largest ever
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Sunday 1 May 2022

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

NEW FOR 2022!

- You now have a choice of two six-mile walks!
- For little legs we've launched a **Mini Bluebell Walk**, just two and a half miles.

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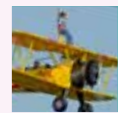
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Your Hospice

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.

Donations make a difference to those that need our care.

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 special edition of Your Hospice newsletter which includes details of how we can finally spend more time together in person. I'm sure you can all appreciate how much we have missed doing just that.

Looking forward, I'm really excited about the coming year, and I hope you'll be just as excited by everything we've planned.

It's already been a busy time for our Fundraising Team, who have been back out in the community hosting and attending events. Very recently, 423 runners of all ages took to the country roads for our 7th annual Maidstone Road Run and raised an incredible £16,435.

On page 14, you can see our spring events calendar. I'm personally looking forward to our Bluebell Walk, which is our longest running event and it's great that we will once again be able to all walk together. See how you can join us on page 10.

Our Hospice is a joyful place to work, and we all recognise that what we do is an immense privilege. Every one of our colleagues and volunteers plays an important part in enabling us to give our patients and their families the best possible care. To provide such outstanding care, we regularly seek to employ motivated and skilled people to join, as a colleague or volunteer, our clinical and non-clinical teams. On pages 8 and 9 we provide an insight into how rewarding a career in palliative care can be.

You may have already discovered our new Heart of Kent Hospice Shop, located inside The Mall Maidstone on the Upper Level, opposite T.J.Hughes. Eve and Richard, our Shop Managers and their team of volunteers have done a great job at stocking and dressing the shop with amazing, pre-loved items. Our Retail Team has also set a 'New to You challenge' to encourage everyone to shop sustainably, extending the life of used clothing, and highlighting how pre-loved clothes can be regenerated, recycled and repurposed. There is a great prize to be won – see the full details on page 12.

All the support we receive, in so many ways, from supporters making donations, playing our lottery or taking part in our events, helps make a difference. We simply could not do what we do without you – you ensure that we can be here every day, to support those that need our care.

Our Hospice is such an incredible place, and I'm delighted to be continuing in the role of Chief Executive, working alongside our dedicated Hospice colleagues and volunteers; and with the help of the local community being there for the growing number of people needing Hospice care now and in the future.

Thank you for your ongoing support.



With very best wishes,

Rachel Street,
Chief Executive



Now launched, our new Hospice Hub!

We are delighted to announce the launch of our new Hospice Hub: our specialist compassionate care and support programme for people living with a terminal illness.

Local people and their families who are affected by cancer, Motor Neurone Disease, dementia, or advanced heart, kidney and respiratory diseases, can access the Hospice Hub without being patients of Heart of Kent Hospice.

A range of healthcare professionals will work together providing a weekly programme, Monday - Friday, of care, education and support drop-in sessions.

The Monday and Thursday educational and support drop-in sessions will cover a range of topics such as managing fatigue, relaxation, coping with anxiety, dementia care and planning for the future.



Our café will be open for visitors to the Hospice Hub to enjoy the Hospice's unique environment and socialise with people they have met in the sessions.

Kerry Harrison, Patient Services Director at Heart of Kent Hospice said: "We are thrilled to have our Hospice Hub up and running. Through the Hospice Hub we aim to build confidence by helping people living with a terminal illness to live as well as possible.

"We want to do this by creating opportunities where people can easily come and talk to us here at the Hospice and have both their physical and emotional needs addressed. This includes talking about their needs in the future and sharing their thoughts about how they want to be treated and cared for.

"The drop-in structure of the Hospice Hub means there is no need to book. We hope this flexible approach will provide an introduction to our Hospice care and a greater understanding of the support we can provide, encouraging more people to come and talk to us much earlier in their illness."

How to access our Hospice Hub

Our Hospice Hub is open to anyone living with a terminal illness. You don't have to be under our care, and you don't have to wait for a referral from a GP, care professional or your hospital. If you, or someone you love will benefit from dropping into any one of our Hospice Hub sessions, please come along.

Hospice Hub timetable

MONDAY (there will be no sessions on bank holidays)

Hub drop-in
10:00am – 1:00pm

TUESDAY

Dementia care -
Making Memories® programme
9:30am – 3:00pm

To find out more about this pre-booked course please contact the Dementia Team on 01622 792200 ext 204 or email enquiries@hokh.co.uk

WEDNESDAY

Bereavement drop-in
10:00am – 11:30am

THURSDAY

Hub drop-in
10:00am – 1:00pm

FRIDAY (1st and 3rd Friday of each month)

Motor Neurone Disease (MND) Group
10:00am – 2:00pm

To find out more please call 01622 792200 ext 226 or email enquiries@hokh.co.uk

SATURDAY (the first Saturday of the month)

Dementia Café
10:30am – 12:30pm

The Hospice gave Jake a future and Eddie his life back

Thank you to Carol Plumb for sharing how the Hospice's Family Support Team helped her family through some dark days.

When Eddie was diagnosed with terminal cancer it was like a hammer blow to the family. He was only 52. He was given six months, but he wouldn't have it. He was determined to be there for our youngest son Jake, to "see him through school".

Eddie used to have dark days, but when we were introduced to the Hospice a bit of light came back into Eddie's life. At the drop-in, he knew everyone's names and would sit, talk and listen. He had a purpose; at the Hospice he could be the old Ed, not Ed with cancer.

Mostly, I would let Eddie go on his own. He used to call it his "special club". It gave him an outlet and me the chance to have a breather and not worry about him. At the same time, I could pop in for a coffee, have a chat and bend an ear. Lyndsey, the Social Worker, was a great support on those days, she enabled us to vent our feelings and she would just listen.

When Eddie was diagnosed, he told our oldest kids Wayne and Kirsty, but he refused to tell Jake, even though Jake knew something was wrong. Unfortunately, on Jake's first school trip away one of the kids told him. He was in France



Eddie and Jake

and alone with that news. He was so angry with us, he wanted someone to blame, and he blamed us for what was going on with his dad's illness.

Lyndsey offered to talk with Jake. He wanted someone to tell him the truth and she did. Jake knew his conversations with Lyndsey were confidential and for once nothing was hidden. She told him that his dad wouldn't get better, and she prepared him.

At the end of Ed's life, Jake knew what was coming. He even said: "Mum we're losing him, Lyndsey said this would happen". Wayne, Kirsty and I were all in denial, hoping that Ed would rally but Lyndsey had given Jake the strength to face it.

Without Lyndsey, I think this would have destroyed him. He was so angry, he wanted to fight the world and he felt guilty for having a life. But now he's got his head screwed on right and he's planning to go to college.

I will be forever grateful to the Hospice for their help, support, advice and equipment, but especially because they gave Jake a future and they gave Eddie his life back.

Our counselling and social work support for patients and loved ones

Emotional distress and worries are not unusual among people affected by terminal illness and are an understandable reaction to what can be a painful and challenging experience.

Our team of experienced counsellors are there to help and support patients and their families talk about their situation in a safe and sensitive way. Our counselling service is available to patients, their families and carers during illness and into bereavement.

Individual counselling sessions

Our counselling takes place at the Hospice in one of our private counselling rooms. We can also see patients in our Inpatient Unit and online or over the telephone.

Ongoing support for family and carers (including children)

Our Palliative Care Social Worker supports patients and their family throughout their illness, helping them through changes such as loss of independence, identity and role in life. Crucially they are there to offer support to parents and young people to help them prepare for the death of a loved one.

Family sessions

Family sessions are a safe environment where a family can come together to talk openly about the challenges they are facing. Together, family members learn how they can be there to help and support each other and, equally as important, understand how everyone is feeling.

Bereavement support

We continue to support families for up to two years after the death of a loved who died whilst under the care of the Hospice. They can come along to our Hospice Hub Bereavement drop-in, which is every Wednesday from 10:00am – 11:30am.

Sign up to one of our exciting Heart of Kent Hospice challenges - help raise money so we can care for and support terminally ill people.



How many times have you thought or said you would love to run a marathon or do a skydive, but just never got around to it? Raising money for your local Hospice could be that final push you need to sign up for a charity challenge. We're delighted to reveal our **'Choose your challenge'** campaign, featuring exciting challenges to push you to your limits. With a range of activities, levels of difficulty and duration, there is something to inspire everyone!



Why complete a challenge?

If you're wondering why you should complete a charity challenge for Heart of Kent Hospice, we've put together a list of reasons that might just convince you. You will:

Do something new: You will probably do something for the first time that will challenge you both physically and mentally.

Boost your fitness: In the preparation and training for your challenge, you will be in better shape – not to mention feeling amazing when you complete it.

Meet new people: By doing a Hospice challenge, you will have the chance to socialise and meet new people, who are likely to become great friends.

Make a difference: The money you raise will make a difference to local families at one of the most difficult times in their lives.

Inspire others: Your sense of achievement and success may motivate you to take on other challenges. Plus, your achievement may encourage others to sign up for their first challenge.

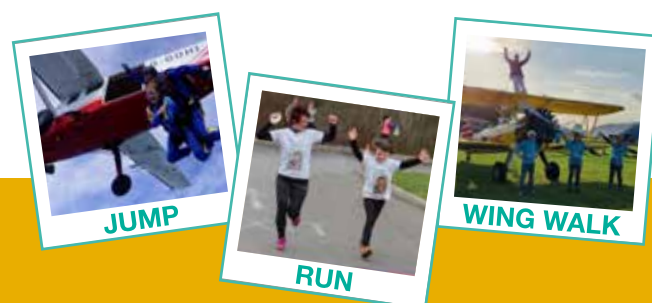
If we've convinced you of the benefits of a charity challenge, why not **'Choose your challenge'** today!

To find out more, visit

www.hokh.info/challenge

We will be there to support you on your fundraising journey

Don't make the mistake of thinking you're completing your challenge alone. Whatever challenge you have chosen, the Fundraising Team at Heart of Kent Hospice will be on hand to guide you every step of the way, to help you reach and smash your fundraising target.



You can make a difference

Heart of Kent Hospice is reliant on fundraising, donations and volunteers so that it can continue to help and support anyone in the community living with a terminal illness. As a charity our services cost £5 million to run, with over £4 million raised through the generosity of our local community. Signing up for a Hospice challenge is a fantastic way to show your support!

You can contact Heart of Kent Hospice's Fundraising Team by emailing fundraising@hokh.co.uk or calling 01622 790195.



Remembrance and reflection are important parts of life here at the Hospice and are at the heart of our annual **Sunflower Appeal**. Our **Appeal** offers everyone in our local community the opportunity to join together and pause to remember our loved ones. By dedicating a sunflower plaque in their memory and donating to the Hospice, you are ensuring we can provide specialist care and support to terminally ill people and their loved ones.

Life brings tears, smiles and memories. The tears dry, the smiles fade, but the memories last forever.

To book a place or donate in memory of your loved one please call Claire Ashby, Supporter Care Manager on 01622 795695, email claire.ashby@hokh.co.uk or visit www.hokh.info/supportus

Join us

This year we are delighted to welcome you back into the Hospice to enjoy our beautiful Hospice garden, where together we can share memories and a moment of quiet reflection.

Friday 10 June
10:00am – 12:00pm (noon)
2:00pm – 4:00pm

Saturday 11 June
10:00am – 12:00pm (noon)
2:00pm – 4:00pm

We'd love to have as many of you as possible visit our Hospice to view the sunflower plaques, enjoy the refreshments being served from the café and purchase home-grown plants and shrubs. During both the morning and afternoon, we will come together to share a moment of reflection.

We hope to see you soon.

Give in celebration

Giving a gift in celebration is the perfect way to make your celebration extra special. Whatever the occasion - a birthday, wedding or anniversary, or even a graduation or retirement - when celebrating with friends instead of receiving gifts, ask for donations to Heart of Kent Hospice.

It's easy to do:

- Set up an online donation page to share with your friends and family and ask for donations for Heart of Kent Hospice.
- Request some Heart of Kent Hospice gift envelopes for your guests to make their own donations.
- Request a Heart of Kent Hospice collection tin to have on display to collect donations.



Your celebration can make a meaningful difference

Give with your celebration

Tailor your event with our wildflower seed packets containing wonderful British wildflowers that bumblebees love! It's an easy way to make a big difference and share with your guests that supporting Heart of Kent Hospice is important to you.

Top tip to enjoy your wild meadow

Once the seeds have been sown, it takes about 12 weeks from seed to full flower. If you regularly deadhead your meadow, you'll encourage new growth.



For more information about giving and gifting and in celebration for any special occasion call Sarah O'Sullivan, Supporter Care Manager on 01622 790195 or email sarah.osullivan@hokh.co.uk



Heart of Kent Hospice is aiming to recruit more nurses to keep pace with the growing demand for its specialist care from local people living with a terminal illness.



Forget any preconceptions of a Hospice! Working at Heart of Kent Hospice is a unique opportunity to join a Clinical Team where you can help us continue to make a difference at one of the most difficult times in people's lives. Whether on our Inpatient Unit or in the Community, our nurses spend more time with patients and their families than any other healthcare professional. They provide holistic, person-centred care which goes beyond managing a patient's physical symptoms, to understanding, anticipating and supporting their social, psychological and spiritual needs and those of their families and carers.

Why work for us?

Nurses on our Inpatient Unit work as part of a team providing personalised care to every patient, whether they are visiting for a short time to help manage their symptoms and improve their quality of life or are at the Hospice to receive end-of-life care.

Nurses in our Community Team support patients in their own homes or local care homes, and alongside other healthcare professionals help plan, implement and evaluate a patient's care, so that they can be as independent as possible and achieve the best quality of life for as long as they are able.



Join us - we're recruiting!



Applying for nursing roles at Heart of Kent Hospice

Palliative care is about helping people living with a terminal illness and everyone affected by their diagnosis to achieve the best quality of life.

As well as providing care and support to patients, our

Clinical Team help entire families through one of the toughest times any of us will face. It's a challenging but highly rewarding job.

If you're a nurse or a healthcare assistant looking for a rewarding career change by giving the best care and support to people at the end of their lives, look at our latest jobs and apply online today at:

www.hokh.info/vacancies

Why choose palliative care as a profession?

- Working with people living with a terminal illness in their homes or in a hospice is very different to working in a hospital.
- You have more time to spend caring for each patient, getting to know them and meeting their individual needs.
- Palliative care nursing can lead to great job satisfaction, as you know you're helping to improve someone's quality of life, at a point when it's most precious.
- You'll be part of a great Clinical Team that provides outstanding compassionate care.

Kerry Harrison, Patient Services Director, says: *"We currently care for over 900 people both in the Hospice and out in the community and that figure continues to rise. We know the UK has an ageing population who are living with more than one disease or condition. This, coupled with the realities of constrained resources, means Hospices everywhere, us included, are generally under greater pressure than ever before."*

"It's extremely important that people at the end of their lives receive expert compassionate care and are able to die with dignity and respect in the place of their choosing. So, we are calling on nurses in other disciplines to consider working in palliative care."



Jess, registered nurse.

Read what it's like to be a Heart of Kent Hospice nurse:

Jess, a Registered Nurse in our Community Team, explains why she chose to develop her career with us at Heart of Kent Hospice.

What made you decide to become a nurse?

In 2012, I was working as an administrator in a GP surgery. I was always more interested in what the nurses were doing, so I asked if I could get more involved in patient care. I became a healthcare assistant and worked for a community dermatology service assisting in clinics.

I was quickly promoted, and my role included finding locations around the country to set up dermatology clinics and train other healthcare assistants to run them.

In 2016, I started training to be a nurse and in March 2019, I undertook my final placement in palliative care at Heart of Kent Hospice. I enjoyed my time at the Hospice so much that when a job came up, I applied as soon as I had qualified. In September 2019, I joined as a fully qualified member of the team.

Why did you want to work in palliative care?

In palliative care we are very lucky, as we are able to spend more time with patients, which means we get to know them and understand their needs. In the Hospice you have a maximum of four patients to one registered nurse, so you have time to give the best standard of care.

It's very much a therapeutic relationship where you are caring for a patient's physical and emotional needs. You are also caring for the family, and you can really see the difference you are making, which is incredibly rewarding.

Why do you like working at Heart of Kent Hospice?

It's one of the best teams I've ever worked in. Colleagues are very respectful of each other and will do anything to help one another.

You are surrounded by like-minded people - everyone who works in palliative care is there for the patients.

Can you tell us more about your career at the Hospice?

I really enjoyed working on the Inpatient Unit, but I wanted to extend my experience. In the Community Team, you often receive a referral earlier in a patient's diagnosis and I wanted the opportunity to help patients at that earlier stage. Also, it's a different dynamic when you see patients in their own surroundings. They have more independence and autonomy, and you are visiting them on their terms.

Spending time with people in their own homes teaches you about people's ability to cope with their situation. It's very humbling.

"You can really see the difference you are making, which is incredibly rewarding."



Our Bluebell Walk is back!

"I loved the Bluebell Walk, the sunshine, the peacefulness and the bird song. What a lovely way to spend a Sunday morning! There is no better way to reflect and remember."

Bluebell supporter

We're thrilled to announce that our annual flagship fundraising event, the Bluebell Walk, is back on our events calendar for 2022. On Sunday 1 May 2022 we look forward to inviting you to walk with us through beautiful Harrietsham when the carpet of bluebells covers the woodland floor.

The event will see walkers of all ages enjoy a ramble through the Kent countryside while enjoying the beautiful bluebell vistas. Attracting over 1,500 walkers in previous years, we hope many more will sign up this year and make it our best walk yet!

Rachel Street, Chief Executive said: "The Bluebell Walk is such a special way to remember loved ones and celebrate the care they received from the Hospice, whilst raising funds to enable us to continue to provide outstanding personalised care, both now and into the future."

Walkers can select which route they wish to take on the day and marshals will be providing directions along all the routes. Cold drinks will be available at various stops along all the routes including at the 'Field of Memories' where walkers can remember a loved one. For anyone who has packed a picnic there will be a special picnic stop along the way with hot or cold drinks available. There will also be a range of family-friendly activities throughout the walk.

All ages are welcome to take part in the Bluebell Walk, but due to uneven terrain and some stiles, buggies and wheelchairs are not recommended. Dogs on leads are welcome, although please note that some dogs may find it difficult to cross some of the stiles on the longer route and may need to be carried over.

Register now online
www.hokh.info/events

NEW FOR 2022!

- You now have a choice of two routes for the 6-mile walk as we've introduced an alternative route that bypasses the stiles at Lower Dean Farm.
- For little legs or for those that would prefer a shorter stroll, we've launched our 'Mini Bluebell Walk' a beautiful two and a half mile amble.

All routes will start from Harrietsham Village Hall, Church Rd, Harrietsham, Maidstone ME17 1AP

Marion and Peter's story

Marion tells how the Hospice Community Team supported her in caring for her husband Peter, enabling him to die at home surrounded by his family.

Peter was a fighter. He'd been the Commanding Officer's driver and personal bodyguard in the Third Battalion, Queen's Regiment. He had been injured twice in Northern Ireland, but he'd come through it.



Peter in Third Battalion, Queen's Regiment uniform

It was New Year's Eve 2020 when Peter received the diagnosis that he had Motor Neurone Disease (MND) with the bulbar effect, and had six to eight months to live. We didn't even know what MND was. Our daughter-in-law Jane who used to be a carer, and our son Mark, came over and explained what it was and we talked everything through. We decided then and there we were going to look after Peter at home. My daughter Lynette put her life and that of her family on hold to help me. I was going to see my husband through to the end and it's a promise I kept.

The Hospice were brilliant. They contacted us in the February to explain their services and visited Peter at home. From then on, they rang twice a week to check if we had any problems.

We would often ask them to liaise with our doctor's surgery over different issues. One time they arranged for the pharmacist to visit to work out how much medication Peter needed. On another occasion they were able to get our GP to see Peter and clear his airways when he was finding it hard to breath.

Occasionally, the Hospice would ask Peter if he wanted to spend some time as an Inpatient, but he always refused. He was fiercely independent and he wanted to stay with us. Throughout our married life, we had always done everything together 50:50.



Peter and Marion

By the September, Peter was struggling to get on and off the stair-lift to go to bed, so I called the Hospice and Joerg (Senior Nurse) arranged for a riser-recliner chair, a bed, and a hoist to be delivered. I asked how long we'd got to move our living room furniture and Joerg said he can have the bed here by midday tomorrow. Peter and I just looked at each other stunned and said, "That quick?"

The Hospice made such a difference. Joerg and the Community Team helped me more than they will ever know.

With their help, Peter was fighting to the end. When he died, he knew I was with him. He had his children around him and his 'mutleys' - our two Westies - lying across his legs.

We're here to offer care and support for people with MND

Motor Neurone Disease is a rare condition affecting the brain and nerves. There's no cure for MND, but there are treatments to help reduce the impact it has on a person's daily life. To support members of our community living with MND we run a social support group held twice a month where complimentary therapy, advice and support from both Hospice colleagues and members of the Motor Neurone Disease Association is available.

A referral to access the group is required before attending. To find out more, please call 01622 792200 ext 226 or email enquiries@hokh.co.uk

Motor Neurone Disease (MND) Group
Friday (1st and 3rd Friday of each month)
10:00am – 2:00pm

At Heart of Kent Hospice, we put our patients at the heart of their care. If you want to find out more about what services are available, you can call our Hospice Community Team on 01622 792200 ext 204 for more advice and information.



We've opened our new town centre shop

Our new Heart of Kent Hospice shop, located inside The Mall Maidstone on the Upper level, opposite T.J.Hughes, was officially opened by the Mayor of Maidstone, Cllr Fay Gooch, alongside Hospice colleagues and volunteers.



Cllr Fay Gooch officially opens our new shop

A new permanent shop location was found following the success of 'Elmer's Big Heart of Kent Parade' around Maidstone last summer, which saw a Heart of Kent Hospice pop-up shop in Maidstone town centre being specially named 'Elmer HQ'.

**The Mall,
Heart of Kent Hospice shop is open
Monday – Saturday 9:00 am - 4:00 pm.**

Rachel Street, Chief Executive, said, "We are excited to be opening a new permanent shop in The Mall Maidstone, as this is something we have wanted to achieve for many years. We opened our first shop 30 years ago and we now have a total of 14 shops around Kent. We hope people will continue donating their pre-loved items to all our shops. Collectively, our shops play an essential part in our fundraising and help towards the £5 million it costs annually to provide our free, compassionate, end-of-life care to those living with a terminal illness and their loved ones in the local community.

"We also want to thank everyone who supports our shops throughout the year including our brilliant volunteers and everyone who donates and buys from all our shops. We are pleased that by encouraging re-use of unwanted items we are enabling customers to buy items sustainably, whatever their budget."

Become a retail volunteer today!

We can only keep our shops open with the loyal support of our retail volunteers. As a retail assistant you can help welcome and serve shop customers, sort donated goods and create eye-catching displays.

Join our
Hospice
Retail
Team!

To find out more, or to apply, contact your local Heart of Kent Hospice shop or email volunteers@hokh.co.uk

Take on our Heart of Kent Hospice: New to You Charity Shop Challenge

We're calling on shoppers to shop nearly new!

We're encouraging you to shop in any of our 14 charity shops and spend £15, buying second-hand clothing. The focus of the challenge is around encouraging more of us to shop sustainably, extending the life of used clothing, highlighting how pre-loved clothes can be regenerated, recycled and repurposed.

So, although we might need new clothes in our wardrobe, by shopping in our charity shops, you can buy pre-loved clothes that are new to you! It's a fantastic opportunity to be creative with clothes, plus you get to have a lot of fun exploring assorted styles and putting outfits together.

If you complete our 'New to You Charity Shop Challenge' before Friday 1 July 2022, we want to reward you for doing it! All successful 'New to You Challengers' will be entered into a prize draw to win a family admissions ticket to Leeds Castle, giving the winner and their family unlimited access for 12 months. You can go for a stroll through the magnificent gardens, get lost in the maze and explore the castle which has an extraordinary history dating back to the 1100s. You can also ride on Elsie the Castle Land Train and watch a falconry display. There's just so much to see and do. The draw will take place on Friday 8 July 2022.

To find out more about our 'New to You Charity Shop Challenge', visit: www.hokh.info/charityshopchallenge

Plus, by shopping New to You, in any of our 14 charity shops you are:



**Saving
money**



**Reducing
waste**



**Reducing
the demand
for new
clothes**



**Raising
money to help
terminally ill
people in our
local community**

Find the nearest Heart of Kent Hospice shop to you... Aylesford, Borough Green, Coxheath, Headcorn, Larkfield, Lenham, Maidstone, Parkwood, Senacre, Snodland, Staplehurst, Tonbridge, Tunbridge Wells and West Malling.

Lottery surprise at Christmas



Christmas came early for Richard Gerrish when he became Heart of Kent Hospice's largest ever Lottery rollover winner in November 2021. Richard, 69, from Barming, has been part of the Hospice lottery for nearly two years. He has won £50 in the past, but this time he struck gold, winning an impressive £6,750.

As a therapist and counsellor of over 38 years, Richard is empathetic towards the work of the Hospice: "Caring for people who are at the end of their life is a very important cause, but sadly not widely supported. That's why the work of the Hospice is so invaluable to the community and needs all the support we can give it."

While Richard's five children and six grandchildren all received an unexpected bonus at Christmas, they weren't the only ones to benefit from his generosity and good fortune.

"I wanted to share my winnings with the Hospice. I had been told that some volunteers take patients on excursions so they have experiences they can cherish. I thought that was an incredible thing to do, so I have donated some of my winnings to support volunteers to help patients to make wonderful memories at the end of their life."

"My intention is to make future donations as I want that end of life experience for patients to be as good as it can be."



"It was such a delightful and unexpected surprise," exclaimed Richard. "When I received a message from the Hospice to call them, I had an inkling I might have won. I was thinking it must be a large amount to receive a phone call, but I had no idea it could be a rollover."

Rachel Street, Heart of Kent Hospice's Chief Executive, was surprised and delighted by the gesture: "We can't thank Richard enough for his generosity that will help enable our patients, with the support of our volunteers, to make memories during the time they have left."

**Weekly
prizes
- drawn every
Friday!**

**1st prize
Jackpot
£1,000**

**2nd prize
£50**

**3rd prize
20 prizes of
£10**

**Rollover
up to
£10,000***

Play to make our day and yours!

Since Heart of Kent Hospice launched its weekly lottery, it has generated more than £2 million creating many hundreds of winners. Many of our lottery players that joined eleven years ago are still playing today.

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 twenty-two prizes up for grabs as well as a fantastic rollover prize of up to £10,000*.

How to play our lottery

If you would like to join our Hospice lottery and be the reason we can care, you can join online at www.hokh.org/support-us/lottery. You must be over the age of 18 to play or claim a prize.

*How the rollover works: unsold numbers are added to the draw for the rollover prize each week. This prize is won if 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!

Heart of Kent Hospice Promotion Ltd is a wholly owned subsidiary of Heart of Kent Hospice, registered charity number 298164. Heart of Kent Hospice Promotions Ltd is licenced and regulated in Great Britain by the Gambling Commission under account number 004711. Our lottery exists for the sole purpose of raising funds to support our work, and all profits from the lottery are donated directly to Heart of Kent Hospice.

Our spring event calendar

With lighter nights and warmer days, check out our spring events. Do something you love or something you didn't think you could do. By signing up to a Hospice event you'll be raising money to help terminally ill people in our community.

Heart of Kent Hospice needs your help

Join our amazing team of volunteers.

The support we get from our volunteers who generously donate their time is vital to the daily running of Heart of Kent Hospice. They help and support us in a variety of settings: our clinical services, fundraising, family and bereavement support, maintenance, gardening, administration and our 14 charity shops.

Whatever you're doing and however much time you can commit, there's a volunteer role for you. To find out more, come along to one of our volunteer recruitment events.

Tuesday 17 May 10:00am

Friday 1 July 10:00am

Tuesday 6 September 5:30pm

To book your place email volunteers@hokh.co.uk or visit www.hokh.info/supportus



April 2022

CONCERT OF FAVOURITE MUSIC

Sat 23 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 Heart of Kent Hospice, with special guest pianist Oliver Poole. The programme includes Mars, Jupiter, Ride of the Valkyries and The Blue Danube.

Ticket information

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

Venue: Invicta Grammar School, ME14 5DS

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

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

May 2022

Sun 1 May: Bluebell Walk Harrietsham Village Hall

The Bluebell Walk follows a picturesque leisurely six-mile ramble, taking you amongst the stunning bluebells and through enchanting woodland. Also, on offer in 2022 is a shorter and stile-free two and a half mile route, perfect for little legs.

Mon 2 May: Vitality 10,000

Join this fun mass participant 10K - it's perfect for beginners or more seasoned runners.



Mon 16 May: Weald of Kent Golf Course

Calling all golfers! Join us for our 2022 golfing event.

Start your day off with a bacon roll, tea and coffee on arrival then head onto the course in teams of four to play an 18 hole competition. There will be prizes for the top scoring team, top individual score, nearest the pin and longest drive.

Your day of golf will then be followed by a two-course dinner and an awards presentation, raffle and live auction.

Sun 29 May: Ride London

Saddle up to take on the world's greatest festival of cycling as it returns in 2022 with a new and improved route, giving you the opportunity to ride through the Essex countryside on 100 miles of traffic-free roads.

June 2022

Fri 10 – Sat 11 June: Sunflower Appeal

This year we are delighted to welcome you back into the Hospice to enjoy our beautiful Hospice garden, where together we can share memories and a moment of quiet reflection.

Thurs 23 June: Corporate Wing Walk Day - Headcorn Aerodrome

Join other fundraisers from local businesses and reach for the skies with this networking day with a difference. This is an event for adrenaline junkies or those with a bucket list.



Christmas Tree RECYCLING Our Christmas tree recycling was a tree-mendous success

This was our second year of running our environmentally-friendly fundraising Christmas Tree Recycling initiative. Doorstep collections took place over three days, 7-9 January 2022, and more than 780 trees were collected and recycled. The total raised from Maidstone and surrounding areas exceeded the amount raised last year, raising more than £7,500. 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 Maidstone Borough Council, Tonbridge and Mailing Borough Council, Gallaghers and Parkfoot who supported the initiative for the second 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, Maidstone Borough Council, Tonbridge and Mailing Borough Council, Gallaghers, Parkfoot, Golding Homes, Jenner & Son, Star Construction, Menzies Distribution, CAF Ceramics and TPS Logistics.**

Thank you message for you

The goats from **Buttercups Sanctuary**, who received a delivery of Christmas tree woodchip mulch, want to say thank you and let you know it tasted good!

A huge thank you to **IB students at St Simon Stock School** who raised **£438.89** for the Hospice over the Christmas period by selling **Unity Mittens** and holding a **Christmas jumper day**. The school raised a further **£1,500** by hosting an afternoon tea, organised by Mrs Pilcher, Bev Newton and supported by fellow colleagues, Hospice nurses and IB students.

Thank you to the golfers at **Tudor Park Marriott Hotel and Country Club** for their support and generous donation of **£6,500**.



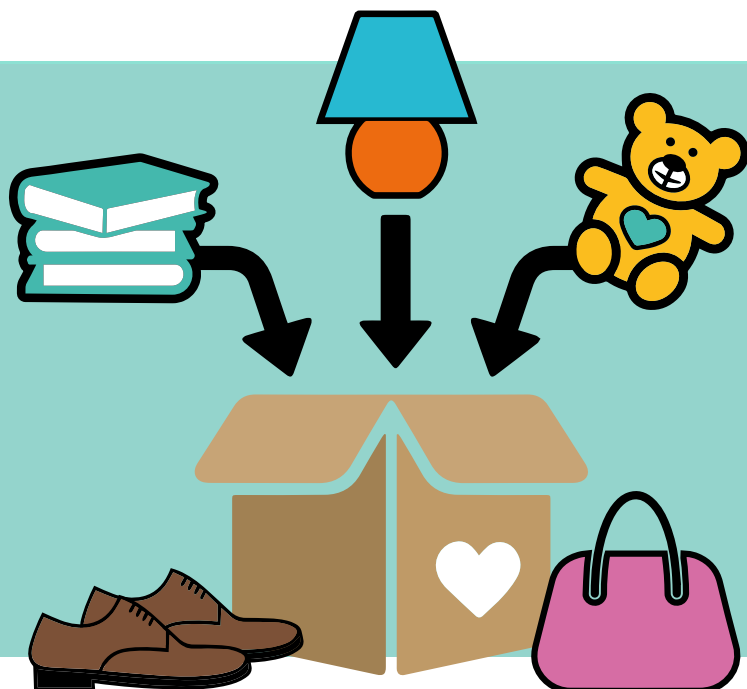
Thank you to the **Weald of Kent Golf Club**, who selected us as their charity of the year and through many fundraising events donated a staggering **£6,171.50**.

The ongoing kindness and generosity we receive each and every day means so much to our patients and their families and we are so grateful.

Thank you to the **Trustees of The Cobtree Charity Trust Ltd** for their generous grant which will help people with dementia to live as well as possible and give support and advice to those who care for them.



Sign up for Gift Aid...



This will boost the
value of your
donations by 25%!

When you donate your bags of clothes, books, toys, or other items, at any one of our 14 shops, you can help us raise an extra 25p for every £1 raised through the sale of your items.

**It's easy to do, only
takes two minutes and
costs you nothing!**

We can claim Gift Aid when the items you've donated are sold, all we need you to do is complete a Gift Aid declaration.

When your donations have sold we'll write to you annually to let you know how much they have raised.

What you need to know...

What is Gift Aid?

Gift Aid is a scheme run by HM Revenue and Customs (HMRC) that means charities like us can reclaim the tax on your donations at no extra cost to you.

Who can become a Gift Aider?

- You must be a current UK taxpayer, but this is not limited to tax on earnings.
- You also qualify if you pay tax on a pension, savings, property sales or rental income.



If you would like to find out more about Gift Aid, pop into your nearest Heart of Kent Hospice shop or visit www.hokh.info/shopdonate