

Your Hospice



News and updates
October 2022

Inside

We're part of a new dementia helpline service across Kent.

Page 4

We pay tribute to our beloved Patron, Marianna, Viscountess Monckton of Brenchley.

Page 6

Read how Chris kept his promise to his wife Ginny that she would not die alone.

Page 11



Hospice Care Week 10 – 14 October 2022

We're taking part in Hospice Care Week to celebrate the value of hospice support and care and are launching our very own Hospice Hug Blanket!

In this edition



3 Welcome to your newsletter



4 Find out more about the Kent dementia helpline



5 A new Family Support Group - helping families in Kent



6 We pay tribute to our beloved Patron



7 Remember a loved one with our Light up a Life Appeal



8-9 Find out how you can Sponsor a Nurse this festive season



10 Baa-rilant news! We're announcing our second art trail



11 Chris and Ginny's story



12 See how our shops are bringing the Christmas cheer



13 Ensuring Chris and Bob have the support they need



14 Your Hospice events



15 Thank you

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.org/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 autumn edition of Your Hospice newsletter.

Here at Heart of Kent Hospice, we know that the gift of meaningful time with your loved ones is very precious. Recently, many of us will have reflected on the loss of Queen Elizabeth II, the longest-reigning monarch in British history. It's important we all acknowledge the emotions of loss and grief and recognise the impact it may have on us.

It is with great sadness that I also share that our founder Patron, Marianna, Viscountess Monckton of Brechley, died peacefully at home on 5 July 2022, at the age of 93. Lady Monckton was a passionate and dedicated supporter of Heart of Kent Hospice, and we are forever grateful for her time, energy, friendship, and wise counsel, given over so many years. Please see our full tribute to our founder Patron on page six.

When we lose a loved one there's no one single way to react, we are all different. When I think of Lady Monckton I have very fond, funny, and wonderful memories of spending time with her. I had recently spoken with her over the telephone about my pending skydive, raising money for the Hospice. She offered great words of encouragement and sponsored me, which I think was to ensure I went through with it and I'm so proud I did.



Rachel Street, Chief Executive with her skydiving instructor

So, when the day came and I was at 10,000 feet above the ground and strapped to an instructor, suddenly my idea of doing a skydive didn't seem like something I wanted to do. Luckily when my instructor asked me if I was ready to fall from the plane, she didn't give me time to answer and without realising I then felt the wind rushing against my face as we fell to the ground. Everything below me looked so small and my breath was taken away. After 40 seconds of falling, the parachute opened, everything slowed down and we made a gentle landing. It is one of the scariest but most exhilarating experiences of my life. The support and encouragement I received, and the money raised for the Hospice, made it all worthwhile.

We have some wonderful news to share with you and on behalf of all my Hospice colleagues, I'm delighted to tell you at the recent Kent Charity Awards ceremony we received a Judges Special Award for 'Elmer's Big Heart of Kent Parade.' I would like to extend this recognition of success to everyone who helped make the trail possible, including our Official Partners and Sponsors, local businesses, schools, and community groups. Along with the Elmer artists, volunteer trailmakers, our colleagues, everyone who took part in the trail and of course those that gave our Elmers their forever homes. I'm thrilled by our recent announcement confirming our second art trail, you can find out more on page 10.

I hope you enjoy reading this autumn newsletter which is full of fabulous stories about how the support we receive is helping us to be there for those that need our care.

With very best wishes,

Rachel Street
Chief Executive





A Kent dementia helpline.

We're here when you need us.

0800 500 3014

Call between 9:00am – 5:00pm, Monday – Friday to speak to a member of our Dementia Team.

- It's free to call from mobile phones as well as landlines.
- The helpline is open 24-hours, seven days a week.
- Out of the core hours, you can leave a message and ask for a callback, or your call can be transferred to Mental Health Matters.

Our dementia services

- **Making Memories®** is a six-week programme that provides patients with enjoyable activities for cognitive stimulation, while carers meet separately to talk, ask questions and receive emotional and practical support from our Hospice Dementia Team and each other.
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
- **Dementia Café** is held on the first Saturday of every month, 10:30am – 12:30pm. If you are a person living with dementia, carer or family member coping with the challenges of dementia, you can drop in and meet others in a similar situation, find out what support is available and ask advice from our Dementia Nurses. You don't need to book; you can just come along.
- **Dementia Carers Group** is held on the second Friday of every month, 11:00am -12:30pm. All patients and carers are welcome to this drop-in session which provides an opportunity for patients and carers to meet members of our Dementia Team in a relaxed and informal environment. You don't need to book; you can just come along.

If you need to talk to someone about dementia, we're here to support you.

We are proudly working in partnership with Age UK Herne Bay & Whitstable to provide a Kent dementia helpline – **Dementia and Me** – that you can call today!

The helpline is there to offer support and advice for people living with dementia and their family or carers wherever you live in Kent. You can call with any questions, if you have concerns over medication or symptoms, if you need advice, are wondering what other support services might be available to you locally, or you just need a friendly listening ear.



Tracy Jackson, Head of the Dementia Team at Heart of Kent Hospice, says: *"The whole team is extensively trained in all areas of dementia, so we are armed with the skills and the knowledge to really support the person that's making the call."*

Living well with dementia

Dementia can be daunting to deal with, for both the person living with the illness and their family, so getting support as early as possible is vital. We offer care for people from the moment of diagnosis, if not before. Being there for our patients throughout the different stages of their illness means we can build relationships, have timely conversations about future care wishes and introduce the wide range of support on offer here at the Hospice, helping families to adjust and live well with dementia.

We know it's often best for patients to stay in their familiar environment for as long as possible but doing so isn't always easy. Supporting those caring for a loved one with dementia is an important part of our work, and providing advice and informal training, alongside meeting others in a similar situation means families are less likely to hit crisis points as they know what to expect.

What is dementia?

Dementia describes a collection of symptoms caused by disorders affecting the brain. It is not one specific disease. Dementia can affect thinking, memory and behaviour. Brain function is affected enough to interfere with somebody's normal social or working life. No two people experience dementia in the same way. It is essential to get a medical diagnosis when symptoms first appear.

People often lead active and fulfilling lives for many years after their diagnosis.

Signs and symptoms of dementia

Early signs of dementia can be subtle and may not be immediately obvious. Common symptoms include:

- memory loss
- changes in planning and problem-solving abilities
- difficulty completing everyday tasks
- trouble understanding what we see (objects, people) and distances, depth and space in our surroundings
- difficulty with speech, writing or comprehension
- confusion about time or place
- misplacing things and losing the ability to retrace steps
- decreased or poor judgement
- withdrawal from work or social activities
- changes in mood and personality

Family Support Group

TIME FOR FAMILY,
TIME FOR YOU.



Helping families in Kent when a parent has a terminal illness.

Together with Holding On Letting Go, a Kent-based charity that helps children to cope with the death of someone close to them, we are running a family support group, helping parents or carers with a terminal illness to make the most of every moment with their children. There are arts and crafts activities for the children, therapeutic care for the adults, and opportunities for peer group support.

"It's there to support but it's also there to give families some real quality time together." Lyndsey, Head of Family Services at Heart of Kent Hospice.

The six-week programme is open to families across Kent supporting parents and carers with children and young people aged 5 – 18.

"It's about opening up communication," says Lyndsey. *"When families begin to talk there's relief all round, not just for the children but for the parents as well."*



Lyndsey Stukalov-Stone,
Head of Family Services

Providing a safe and calm environment for all

Once families arrive at the Hospice to join the group and are comfortable, children and young people go off to do arts, music and crafts, supported by Holding On Letting Go. The activities are designed to help them feel confident and comfortable sharing how they are feeling. There will also be a worry box for them to write down questions and concerns anonymously, which will then be discussed in the group each week.

While the children are being supported, the parents have an hour or so for themselves, to chat with other parents or carers and our Family Support Team. This is a moment for parents to get whatever they need, whether it's therapeutic support, signposting for other services, advice or just to hear that they are not alone.

Towards the end of the sessions, families will come back together and, over the course of the programme, will make an heirloom jar out of clay. The process of making it will be fun and will give them something beautiful to keep once the person in the family who has the illness is not there anymore.

"We hope we will create a peer-led support network and they will continue to meet beyond the course and support each other," says Lyndsey.



Debbie McSwiney,
Clinical Lead at
Holding On Letting Go

"This is what our families have been asking for," says Debbie McSwiney, Clinical Lead at Holding On Letting Go. *"They want to sit down alongside other parents going through exactly the same thing as them, with children who are a similar age."*

We pay tribute to our beloved Patron, Marianna, Viscountess Monckton of Brenchley.



Our founder Patron, Marianna, Viscountess Monckton of Brenchley, died peacefully at home on 5 July at the age of 93.

Lady Monckton was a passionate and dedicated supporter of our Hospice and we are forever grateful for her time, energy, friendship and wise counsel, given over so many years.

Shortly before our Hospice building was opened Lady Monckton was asked to be our Patron and she had been so ever since. Over the years and decades, she has been extremely generous, not only with the amount of time and support she has given to the Hospice, its patients, colleagues and volunteers but also with the money she has raised through hosting events, introducing us to her friends and from charitable trusts.

Rachel Street, Chief Executive recounted:

"Lady Monckton was a woman driven by duty and loyalty to the causes she supported. She was immensely funny and engaging, full of passion and compassion. She was utterly dedicated to the Hospice and cared deeply that it prospered."

Every Christmas Day without fail Lady Monckton would come into the Hospice and give out homemade mince pies and throughout the year she would often pop into the Hospice, have lunch in the café and wander around visiting patients and listening to their stories.

Book of condolence

We have opened a book of condolence for people to leave their tributes to Marianna, Viscountess Monckton of Brenchley. The Book of Condolence is in the Hospice reception and will remain open until Friday 26 October.

There are so many happy memories and outstanding events from her time as our Patron. From planning our official opening in 1992 in which she was successful in inviting Diana, Princess of Wales to visit and officially open the Hospice, to attending the annual Lady Monckton Awards to pay tribute to our colleagues and volunteers for their long service and loyalty.



Marianna, Viscountess Monckton of Brenchley and Diana, Princess of Wales

"She was known for her devilish sense of humour and, often at the end of the Lady Monckton Awards, instead of giving a speech, she was as likely to read out a whimsical or ridiculous poem sending everyone present into fits of laughter," Rachel remembered.

Spending time in Lady Monckton's company was endlessly fascinating. She had a remarkable and interesting life with many tales to tell, some of which went back to her husband's father, Sir Walter Monckton, who was an adviser to Churchill and friend and legal adviser to Edward VIII.

Rachel continued: *"For me and the Chief Executives of Heart of Kent Hospice before me, we will be eternally grateful for Lady Monckton's wise counsel. She was very caring and supportive of the Chief Executives and the Chairs and was extremely well respected. She used to attend our Board meetings and was always direct and considered in her opinions."*

Light up a Life

The Friars,
Aylesford Priory,
Sunday,
4 December,
4:30pm.

Proudly supported by:

Gallagher

Our annual Light up a Life Remembrance Service is one of the most uplifting and meaningful times of the year in our Hospice calendar.

Remembering those who lit up our lives.

Christmas is traditionally seen as one of the most wonderful times of the year; a time for celebration, joy and laughter, but for many of us it is a time of loneliness and mixed emotions as we remember those no longer with us. Our Light up a Life Appeal is a special and heart-warming way to remember the lives of our loved ones.

Join us for a beautiful service with heartening words of remembrance, seasonal music and readings.

On Sunday 4 December at 4:30pm
at The Friars,
Aylesford, Kent. ME20 7BX

From the moment that you arrive, you will find a tranquil and calm setting, joining with others who are remembering their loved ones and coming together to share stories and moments of quiet reflection.

Our Light up a Life Appeal gives people the chance to remember and celebrate the life of their loved ones and to give thanks for the compassionate care that the Hospice provides every day. Every penny raised from our Light up a Life Appeal helps other local families, needing the Hospice's support this Christmas.

To make your own dedication and donation in memory of a loved one, please visit our online dedication page:

hokh-lual-2022.light-up-a-life.org where you can also leave a message and post a picture. Or to make a dedication and donation over the telephone, please call our **Fundraising Team** on **01622 795695**.

The team will also be able to help if you would like to reserve a place at the service, or you can email fundraising@hokh.co.uk to reserve your place - please can you let us know before Wednesday 30 November.

We are still carefully monitoring the local and national coronavirus guidelines. This will enable us to keep you updated on our plans if we need to make changes.

We look forward to spending time together on Sunday, 4 December. If you are unable to join us, a recording of the service will be available to watch afterward on the Hospice website and social media channels.



"When we lose someone we love, we must learn not to live without them, but to live with the love they left behind."

Anonymous

Sponsor a Nurse this festive season!

Our nurses and clinical colleagues make a real difference every single day, with their specialist compassionate care. This festive season we're asking you to help them to keep on caring by sponsoring a nurse.

Have you ever wondered what our clinical colleagues do throughout their day?

We've spoken to a couple of our colleagues, Mickey from our Hospice Community Team and Leanne from our Inpatient Unit, to find out what it's like for them working at Heart of Kent Hospice providing specialist palliative care.

Mickey -
Community
Team
Paramedic



How does your day start?

My first thing is to check everything's well for patients who had concerns during the night and then to see what visits I've got for that day. I get any relevant notes printed off and my observations bag ready.

What are visits like?

My role is predominantly clinical, helping with symptoms and reviewing medication. If a patient is less well than expected, I work with the Team to decide if it is in line with the diagnosis or if it's something treatable that we can make a difference to. Even though I'm often visiting and assessing patients as a solo responder, we work collaboratively, sharing information with the wider medical team and with the patient and any decisions around their care are led by their needs and wants.

Someone from the Community Team is very often the first to introduce the Hospice and what we do. I may talk to a patient about advance care planning and what their wishes are as they approach the end of their life. This can be difficult, as not everyone is ready to talk about it.



Sponsor our Heart of Kent Hospice NURSES

Where will your money go?

Your donation will go towards ensuring our nursing colleagues can continue supporting patients receiving care in the Hospice, in their own homes, or in the community.

Every hour of every day our nursing team are providing specialist, personalised care that is tailored to each patient's individual needs. One of the things that unite our outstanding team is their warmth, compassion, patience and humour.

Your support is as vital as our expert care.

But we can't do it without you. Will you help by sponsoring a nurse today? To sponsor a nurse this festive season, visit:

www.hokh.info/sponsoranurse

Be the reason we care. Thank you!

What's the best part of your job?

It's a real privilege to go out and be involved in the community, to meet people, to have a proactive role in their care and making a difference along the way, however big or small it might be.

What do you do when you are in the office?

The Community Team is there to take calls from our carers and patients. Anyone in the community that needs advice or support can ring the Hospice any time. Every call is different, as are the needs of every patient. This is when I do my record-keeping and any documenting that needs doing, and make sure anything that needs to be followed up is.

What do you wish people knew about your job?

Hospices are so much more than people think. The earlier people get referred to us the more we can do for them and the more support we can provide, to help them live as well as they can.

When it's nearing the end of your day, what do you need to do?

We're team-focused, so we make sure everyone is happy their work is done and that we're all ready to pack up at the same time. I'm lucky I can get home to play with my children, read them a bedtime story, and settle them in bed.

How does your day start?

I like to get in twenty minutes before my shift starts at half past seven in the morning. It's a really nice time, where me and the other colleagues can have a cup of tea or coffee together and catch up.

What's your morning like?

I have practical things to do, like administering medications and helping patients to get ready for the day, but the mornings are also a lovely time to chat with my patients and see how they're feeling. It's amazing how well you can get to know someone when helping them to wash or giving them a hand with their breakfast. It gives them the opportunity to get to know you as well, and you form a relationship based on trust.

What do you do for lunch?

I'm terrible at preparing food for myself the day before! Luckily, the café is so lovely and does loads of really nice home-cooked hot meals which keep you going for the rest of the day. The café is just one of the things that makes this place feel so homely. I think people can have misconceptions that a hospice is a sad place, but it's the complete opposite. It's such a beautiful, friendly, relaxing environment and a lovely atmosphere to work in.

Do the afternoons look different?

Lots of the practical jobs I do in the morning, continue throughout the day, but by mid-morning all the patients have been seen by their doctor. The doctors then share with the nurses any changes to our patients care plans. There will usually be visitors in the afternoons as well and I'm so glad that I can have quality time with my patients and their families to really understand their needs and update them on what the doctors have said.

What do you wish people knew about your job?

There are so many things I could share, but the main thing is, we are there for our patients. We have people who are shocked that we let them bring in their dog or cat, but pets are always welcome. I'm a dog owner myself and I would be lost without my dog! It's really nice when patients are able to have home comforts brought in, which is something we always encourage. We've had anniversary parties here, birthday celebrations and weddings. When we had the Euros, the girls dressed up in football tops and made mocktails!

Leanne -
Registered
Nurse



"I'm so glad that I can have quality time with my patients and their families to really understand their needs."

What's the best part of your job?

The one thing in life that, unfortunately, we can be certain of, is that one day we will die. It's such an honour to be in a position where I can provide a lot of comfort and a lot of support in one of the most vulnerable times of a person's life and be able to make a difference.





Bringing you some bad-rillicant news!



Following the success of Elmer's Big Heart of Kent Parade in 2021, we are excited to announce we are bringing a second art trail to Maidstone and the surrounding area in the summer of 2024.

We can reveal our second art trail will feature another iconic and much-loved character – Shaun the Sheep! Named 'Shaun in the Heart of Kent,' we're delighted to be partnering again with Wild in Art, the leading producer nationally and globally of these spectacular art events, and Aardman, the world-famous, award-winning studio based in Bristol, and creator of the cheeky and lovable character Shaun the Sheep.

Local businesses and corporate supporters joined the team at Heart of Kent Hospice on Monday 3 October for the official launch of Shaun in the Heart of Kent where our Chief Executive, Rachel Street revealed Maidstone Borough Council, to be the first Official Presenting Partner of the trail.

Once again, the exciting free art trail will see up to 50 large sculptures designed and painted by local and national artists, accompanied by a flock of little Shaun's decorated by local schools and community groups, all bringing colour, fun and joy to our streets, parks and public spaces.

Rachel Street said: "Since, Elmer's Big Heart of Kent Parade, the question our supporters and the public have been asking is, 'will there be a second art trail?' I'm thrilled that we've now publicly confirmed another trail and revealed the sculpture.

"I hope everyone agrees that Shaun the Sheep is a great choice and will build upon the success of Elmer. Shaun is cheeky and mischievous, and surrounded by his farmyard friends he lives life to the full – the care we provide to patients and their loved ones lets them know they are never alone, as we support them to have the best quality life for as long as they live.

"We hope our next trail will be enjoyed as much as Elmer's Big Heart of Kent Parade and together with local businesses, schools and community groups, we can make it an even bigger success for the local area and our Hospice."

Cllr David Burton Leader of Maidstone Borough Council said:

"We're delighted to be supporting this project. We will be the Official Presenting Partner and are incredibly pleased to once again be part of this important public art trail when it comes to the County Town of Kent in 2024. We all witnessed the fantastic positive impact both for our residents, visitors and the economy by attracting people to the area, bringing benefits to local businesses whilst raising funds for the Hospice."

We promise 'Shaun in the Heart of Kent' will be a ewe-nique event. To keep up to date with all the latest news, or if you'd like to find out more about how your business, school or group can get involved visit www.shaunheartofkent.co.uk or email us at shaun@hokh.co.uk

What did the summer of 2021 achieve for the local area and our Hospice?

- The auction raised a staggering **£312,750**
- An estimated audience of **230,797** people enjoyed the free walking art trail
- 10,378** app downloads resulted in an amazing **383,928** sculpture unlocks
- 96%** of people agreed that the trail encouraged them to get outdoors more – over **19,358** miles were recorded on the app pedometer!
- 98%** said they were proud to have the trail in their area
- 79%** of people agreed that the trail helped them to learn and understand more about the work of our Hospice

How Chris kept his promise to his wife, Ginny, that she would not die alone.

Chris tells us in his own words how the Hospice Community Team supported him in caring for his wife and the difference they made.

I met Ginny at my best mate's wedding. She was one of the bridesmaids. I walked in and saw this vision, this beautiful, beautiful young woman, and that was it. Fortunately, she felt the same. Ginny was just adorable. Everybody who ever met her just loved her. She was a preschool supervisor and so knowledgeable about bringing up children.

Ginny was 56 when she became ill. It was on our wedding anniversary when we found out that she had an incurable, grade four brain tumour.

When we first heard the word 'hospice' it didn't register at all. Ginny was just starting treatment and in the back of our minds, hospice meant end-of-life. It wasn't even that we didn't want to contemplate it, it just didn't seem relevant.

I retired a year early and dedicated every second of my time to looking after Ginny. Jess, a Clinical Nurse Specialist from the Hospice first visited after Ginny was diagnosed and spent time with us carefully and considerably going through everything. We were coping well, we were a team, so Jess left us to it in the knowledge that she was there if ever we needed her, she stayed in touch and called regularly.

It was when I realised that Ginny's condition was rapidly declining, I knew I needed people with more knowledge than I had. That same day I called Jess and accepted her offer to help and that's when she worked her magic.

Ginny was very much a home girl and she wanted to be home with her family around her. One of Ginny's wishes was that she would die in our house. Jess was in regular contact with us, checking that Ginny was on the right medications and that she had the right equipment to make her as comfortable as possible and to make it easier for me to care for her. The biggest thing the Hospice did for us was to see our situation and tell us how we could improve things. Jess made things happen that made everybody's life just a little bit easier.

Jess was a game-changer, she was fantastic. She very sensitively and patiently went through everything, spent hours with us and organised support. She helped by ensuring we had everything we needed.

Jess, Clinical Nurse Specialist



Chris and Ginny



Ginny with her children

She passed away the night of the Eurovision Song Contest. We were together, me, our son Callum, our daughter Charlotte, and Ginny. We knew she was still conscious because now and then someone would say something funny, and you'd just hear her giggle. She passed away that night while I slept on the sofa cushions beside her. I promised her that she wouldn't die alone, and I managed to achieve that.

Jess stayed in touch after Ginny died, I owe her a great deal because what she did made a difference that I don't think anybody else could have.

Thank you to Chris for sharing his and Ginny's story.

At Heart of Kent Hospice, we put our patients at the heart of their care. If you would like 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.

Hospice Hug Blanket



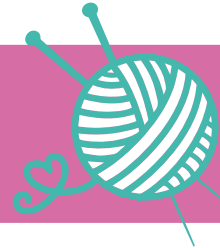
What is Hospice care week?

Hospice Care Week, 10 – 14 October, 2022, is an annual event where we recognise and celebrate hospice care nationwide. It's an opportunity to show the value of the support and care that hospices like Heart of Kent Hospice provide to people in their community.

Help us to celebrate Hospice Care Week

To celebrate Hospice Care Week 2022, we are asking our community to celebrate with a 'Hospice Hug Blanket'. We're not all able to hug the ones we love, so during Hospice Care Week, we're launching a 'Hospice Hug Blanket', so people in our community can send a hug to show someone how much they care.

Available to order in all our shops and online from Monday 10 October 2022.



We've got your Christmas shopping all wrapped up!

Whether you're looking for decorations, cards, stocking filler presents or that extra special gift - we have it covered! As you visit our shops in mid-November, be sure to look out for the festive window displays. Our shop teams pull out all the stops to create the magic of Christmas for their customers.

Heart of Kent Hospice Christmas cards for 2022

Purchase our new range of Christmas cards which offer 17 festive designs. Our Christmas cards are available in all our shops and online at www.hokh.info/christmascards

All cards are supplied in packs of ten with envelopes. Remember the last day for posting Christmas cards by Second Class post to UK addresses is Monday 19 December.



The perfect Secret Santa gift!

When it comes to buying a Secret Santa present, you might be searching for novelty gifts, but what about giving a Heart of Kent Hospice Christmas Superdraw ticket? The top prize is £2,000!

Tickets cost just £2 and can be bought in all our charity shops and online at www.hokh.info/christmassuperdraw from Monday 3 October.

The draw takes place on 20 December and players must be aged 18+.

Give a gift to be cherished

A Heart of Kent Hospice virtual gift is a unique and wonderful present. Choose from a selection of truly heart-warming gifts that will help local families to make the most of precious time together. To purchase your gift, visit: www.hokh.info/virtualgift

Thank you for shopping with us

By shopping with Heart of Kent Hospice in our charity shops or online, you are helping us to provide outstanding care and support to everyone in our community living with a terminal illness and their families.

For further information about our shops and our Christmas opening times, visit: www.hokh.info/ourshops

How our Dementia Team is guiding Chris and Bob through a diagnosis of Alzheimer's.



Chris and Bob

I think of the time before Bob's diagnosis as the bewildered years. We'd been married for over forty years, but he just didn't seem like the man I knew and I couldn't understand why. When he was eventually diagnosed with Alzheimer's, in 2017 at the age of 69, I remember the doctor's surprise that we didn't seem more upset, but we were both run-down and exhausted from the effort of trying to fix whatever the problem was.

Unfortunately, the diagnosis didn't make the path ahead much clearer and I dealt with a lot of confusing and difficult things on my own. It was only when Heart of Kent Hospice came into our lives that I realised what support we could receive – how I wish I'd known sooner!

Finding the Hospice

With Alzheimer's, there isn't a cliff edge, you don't wake one morning to find everything's changed. It's a long journey and quite difficult to find your way. You need a guide. We are not short of moral and practical support and family and friends are a real help, but the Hospice provides knowledge and help in such an expert and targeted way that it makes a difference in our lives.

I can take things to the carer's group that I wouldn't want to bother my GP about – but that can make a big difference to Bob's daily comfort. I get good, practical medical advice from Pam, who leads the group, as well as feedback from other people in the same situation. I feel lighter, more positive and less anxious when I come away from these sessions.

In May this year, Bob and I attended the wonderful Making Memories course. I feel so lucky that Bob and I have the Hospice in our corner! As well as a physical, hospitable place to meet, or just visit, they offer other joined-up services – so important for carers, who haven't the time or energy to chase help. The course helped me learn to respect the caring role I've found myself in, understand Bob's condition better, face up to a heart-breaking future, and meet others facing similar situations.



Chris and Bob out with their family



Today

I know that, as Bob's illness progresses, I can call on the Hospice whenever I need them. It is a critical service and I am so grateful it's there.

If you have a loved one or friend that you feel we could help and support, please get in touch with our Dementia Team by calling 01622 792200 ext 204 or visiting www.hokh.info/dementia

It's the most wonderful time of the year!

Feel the magic of the festive season by joining us at our events. We have some lovely events for you to choose from, whether you want to make your own Christmas wreath, shop or be entertained.

There is something for everyone. We ho-ho-hope you can join us.

Pirates of Penzance

Saturday 22 October | 7:30pm
Mote Hall, Maidstone Leisure Centre

This year, Maidstone Choral Union will perform Gilbert and Sullivan's Pirates of Penzance. The original Voices for Hospices concert has grown into a popular event and is a celebration of hospice and palliative care.



To find out more or book, visit: www.hokh.info/voices

Art of Kent Auction

Friday 28 – Sunday 30 October

It's back for 2022, our online Art of Kent Auction! Following on from the huge success of our 2020 event which raised a staggering £20,000, we're delighted that 'Art of Kent Auction' is returning this autumn. The auction will feature works of art kindly donated by a range of fabulous professional and amateur Kent artists.



To find out more and to register to bid, visit: www.hokh.info/artofkent2022

West Malling Christmas Festival 2022

Sunday 20 November

Santa starts the fun at noon and the light switch-on will take place on West Malling High Street at 4:30pm. Enjoy a great day out for all the family including live entertainment on stage all afternoon, Santa's Grotto, face painting, fun fairground rides, food and drink and shopping! Free entry.

To find out more, visit: www.hokh.info/WMfestival

Christmas Fun Run

Saturday 10 December | 10:00am
Mote Park, Mote Avenue, Maidstone, ME15 7RN

Take on our family friendly Christmas themed 5k run at Mote Park with a shorter route available for little legs. To spread the Christmas spirit, we'd love all runners to come and run disguised as Father Christmas! Open to all ages and abilities, young or old, this is a great way to burn a few calories before your Christmas feast!

To find out more and to register visit: www.hokh.info/funrun2022



Christmas Workshops

Do you fancy learning some skills and trying your hand at producing your own homemade Christmas decorations this year? From 21 November we aim to get you in the festive spirit and will be delivering a selection of workshops that will teach you how to make your own Christmas adornments. To find out more visit: www.hokh.info/homemadechristmas where details will be released shortly.

Christmas Tree Recycling Book your collection online from Saturday 19 November.

We're taking the hassle out of recycling your real Christmas tree by offering to pick it up from your doorstep in return for a donation. Using a fleet of vans and volunteers, we will be collecting from residents within selected postcodes in the boroughs of Maidstone and Tonbridge & Malling on Friday 6, Saturday 7 and Sunday 8 January 2023. All trees will then be recycled.

To find out if we are collecting in your postcode area visit: www.hokh.info/treerecycling2023

Events coming up in 2023

Every pound raised at our **HOSPICE EVENTS** helps local patients and their families



Get 2023 off to the best start by signing up to our Maidstone Road Run. The big date your training will lead up to is **Sunday 5 March 2023**, so there's still plenty of time to get your running shoes on and those training miles in. www.hokh.info/mrr2023



We are thrilled to announce the date of our annual flagship fundraising event - **Sunday 30 April 2023!** We look forward to you walking with us through beautiful Harrietsham when all the bluebells have burst into bloom. Sign up today, at: www.hokh.info/bluebell2023

A BIG Heart of Kent Hospice thank you.



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



Congratulations to The Two Ball Banger Rally Team - Band of Brothers!



Craig Petch, 1985 - 2019



The Two Ball Banger Rally team - Band of Brothers

Friends Sam Strong, Jon Denby, Christopher Banning and James Daniels completed The Two Ball Banger Rally 2022 beach route, Kent to Barcelona, in memory of their friend Craig Petch.

Huge congratulations to the four friends who formed the team Band of Brothers, who not only completed the challenge but also won The Two Ball Rally beach route 2022 trophy and raised a staggering £2,820.

The Two Ball Banger Rally is the only European road trip and banger rally where all vehicles are welcome. Although it is not a race, it is a serious competition where teams must complete outrageous daily challenges.

Sam Strong, co-driver and chief navigator for team Band of Brothers said: "We had an incredibly good reason to do this, we wanted to raise money for Heart of Kent Hospice in memory of our beloved Craig Petch."

"It's been an incredible journey down to Barcelona, from being pulled over in Monaco, overheating brakes in the Alps to jet skiing in Mont Pellier. Thanks to everyone that supported us and Craig. This trip was utterly amazing."

The sky is not the limit for some of our supporters!

Our Heart of Kent Hospice wing walk and skydive days at Headcorn Aerodrome on Thursday 23 June and Sunday 16 July raised a whopping £17,714 and because some of our skydiver and wing walker supporters said 'yes' to gift aid, we claimed an extra 25p for every £1 they donated, making the total £21,877!

Meet our brave skydivers

- Rachel Street, Heart of Kent Hospice Chief Executive
- Ben Baker
- Erica Quinell
- Graham Hobden
- Karen Filmer
- Josh Sharrad



Meet our flying high-wing walkers

- Barry Dawson
- Alison O'Doherty
- Lorraine Humm
- Sue Babin
- Sarah Pain
- Emma Price
- Amy Coleman
- Lucie Davis
- Chris Hall
- Sasha Kamenetski



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.

- Colyer Fergusson Charitable Trust
- The Hollands Warren Fund
- The Childwick Trust
- The Hospital Saturday Fund
- The Masonic Charitable Foundation
- Plus, many other Charitable Trusts including private family Trusts, which give generously and regularly.

Thank you



Since Andy was diagnosed with his illness, Heart of Kent Hospice has been there for him and his family.

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

"There are no words of thanks big enough, the Hospice team is incredible as they make sure I live my life!" Andy

Weekly prizes drawn every Friday!

- ★ £1,000 guaranteed winner
- ★ Rollover prize of up to £10,000*
- ★ £50 guaranteed winner
- ★ Plus, 20 guaranteed prizes of £10!

*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!

Thank you for being the reason we can care.

Heart of Kent Hospice Promotions Ltd is a wholly owned subsidiary of Heart of Kent Hospice, registered charity number 298164. Heart of Kent Hospice Promotions Ltd (Heart of Kent Hospice Promotions Ltd, Preston Hall, Aylesford, Kent ME20 7PU) 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. We promote responsible gambling and offer individuals access to support from Gamcare 0808 8020 133 (www.gamcare.org.uk).



Registered with
FUNDRAISING
REGULATOR

Licensed by The Gambling Commission (gamblingcommission.gov.uk).



Heart of Kent Hospice
Lottery

Play & support us!
www.hokh.co.uk



RCN: 298164