

Spring/Summer 2021

NORTH · LONDON
HOSPICE

Life

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www.northlondonhospice.org



A MESSAGE FROM THE CHAIR OF TRUSTEES

Dear Supporter,

Thank you – seems to be the only way to begin. Through these months of challenge and turmoil, our supporters, staff and volunteers have done their best to make it possible for the Hospice to continue providing palliative and end of life care services for patients and families in Barnet, Enfield and Haringey.

What has been apparent throughout the last year, more than ever, is that the North London Hospice has a wealth of gifted and dedicated staff and loyal support from the communities we serve. The response to the appeals has been so positive and helped us through the loss of much of our fundraising income and the closure of our shops.

The fundraising team has produced imaginative and successful 'non-event' opportunities that have engaged the local community and delivered significant funds. Just one example of this is the way the Big Fun Walk, our biggest fundraiser of the year, was adapted to ensure people were still able to complete the event. More than 800 of you took part and raised over £85,000 for patient care.

We also had a very moving Light up a Life 'Virtual' Ceremony. Our first virtual experience of this much-loved occasion appears to have been a success and was joined by hundreds of families. Although it was very different to our usual gathering in terms of the contact and sharing of memories and reflections, it still brought us together to hold our loved ones in mind.

As well as the clinical challenges, the Estates and Facilities team also had to manoeuvre around logistical requirements to keep staff and patients safe, as well as manage the disappointment of having to stall the new kitchen development at Finchley. However, the good news is that the newly refurbished kitchen that so many of you made happen through your generous donations, finally opened in the autumn.

Although we are still in challenging times, there are glimmers of hope for everyone.

Our 'new' CEO has been in post now for six months, and Declan has engaged swiftly and effectively with the current challenges, and is looking ahead to a realistic and positive future for the Hospice.

We are optimistic that there will be a modified Proms at St. Jude's event this Summer in late June and you will once again be able to personalise our Big Fun Walk event in 2021 by walking in your local community on the weekend of 19/20 of June whilst remembering loved ones and/or raising funds to help us continue providing our care.

The challenges of the last few months have demonstrated the strength of the North London Hospice – its staff, its volunteers, its supporters and friends. We are committed to making it possible to continue to do what we were set up to do – to work together to make a difference to palliative and end of life care in our diverse communities.

We care for almost 3000 patients and their families each year, and I'm sure they will join us in thanking you for all that you have done, still do and will go on doing for the North London Hospice.

Warmest Regards

Lis Burgess Jones

Lis Burgess Jones
Chair of Trustees





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FUNDRAISING
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NORTH·LONDON
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**JOIN YOUR COMMUNITY
IN SUPPORTING YOUR
LOCAL HOSPICE**

My **BIG** FUN WALK 2021

19 & 20 JUNE

REGISTER NOW

REGISTER NOW FOR EARLY BIRD OFFER
AVAILABLE UNTIL 26 MARCH 2021

- Up to 8.5 mile walk in your local area
- Suggested routes available or create your own
- First 300 sign ups have up to 3 chances to win prizes

Adults: £10 Children: £5 Under 5s: FREE

Register at www.bigfunwalk.co.uk



MY PARK

MY START
LINE



MY SCHOOL

MY
BUSINESS

MY TOWN

MY FINISH
LINE



Our New Kitchen Is Cooking Up A Storm

Thanks to our wonderful supporters who contributed to our Kitchen Appeal, we are delighted to announce that the brand new catering facility is now up and running at our Finchley site.



Our kitchen provides all meals for 338 patients and their families each year and was in desperate need of replacement when we launched our appeal in 2018.



The generosity of our community was fantastic – the appeal raised £170,000 - and the refurbishment got underway in March 2020 - which we later discovered would become the most challenging year in living memory.

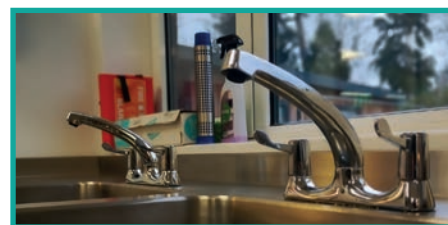
But this journey has a happy ending and the new kitchen is now equipped to cater for our patients, families, staff & volunteer needs now and in the future. Two Rational Electric Ovens are among the improved facilities, and have enabled the kitchen to become gas free, reducing the fire risk. The ovens also allow for steam cooking, a more efficient & healthy way

of cooking. The new staff café -which feeds the 229 staff and 214 volunteers at Finchley - has a fresh and



modern feel and is equipped with new seated and bar furniture, two microwave ovens and a chilled server stocked with takeaway foods and a salad bar.

None of this would have been possible without your support, so thank you for your generosity.



Set up Regular Giving on NLH website

If you would like to donate regularly to North London Hospice you can now set up a recurring donation on our new website.



You can choose to make a donation monthly, quarterly or yearly and for any amount you wish. Click the 'donate' button on the home page then follow the simple steps on the 'Recurring Donation' page.

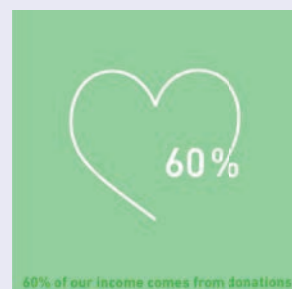
£10 could pay for a heat pad, which relieves localised pain.

£25 could pay for home nursing equipment

£50 could go towards pressure relieving mattresses for our inpatient unit.

Giving In Memory

Our new website also has a new 'Giving In Memory' section where you can post messages, memories and photos of loved ones on our Dedications Wall. There's a Funeral & Memorial Service Collections page which provides all the information you need to set up an online collection in memory of someone special, plus our Online Room of Remembrance, where you can set up private and lasting tribute spaces to remember a patient we have cared for. To find out more visit the 'Giving In Memory' link in the 'Support Us' section of the website. www.northlondonhospice.org



Launch of Local Hospice Lottery Partnership

We are delighted to announce a brand-new partnership with Local Hospice Lottery, which will help provide vital funds for patient care and give supporters the chance to win cash prizes!



Our new Lottery offer is a really easy way to support the hospice and one entry into the weekly draw costs just £1 per week. There are 153 weekly prizes to be won, including a £2,000 prize, a £1,000 rollover prize (which can reach as high as £25,000), a £100 prize and 150 x £10 consolation prizes. There are also three £10,000 Super Draws every year which existing players are automatically entered into. Local Hospice Lottery is the UK's largest lottery for hospices and

North London Hospice will now be one of 25 UK hospices taking part in this weekly fundraising initiative. The Lottery has now raised over £30 million for hospice care and offers an exciting way for our local community to show their support. You can support North London Hospice by playing Local Hospice Lottery. Visit www.localhospicelottery.org or call 0800 316 0645 to find out more and sign-up as a North London Hospice lottery player.

New Health & Wellbeing Activities

Our Health & Wellbeing Team continue to support our patients with a variety of regular sessions that are good for mind, body and soul, adding new classes to the programme in the Spring.

A series of Sleep Hygiene Hypnotherapy sessions began in February and our first online mindfulness course is on offer every Wednesday from 3-4pm, which patients can attend via Zoom.



Our Music Therapist has just started a new online Community Choir for all, which not only encourages people to sing but also provides an opportunity for those who play musical instruments to join in too.



Look out for an announcement about a new online Horticultural Group, which we hope to start in the spring.

These new sessions from our Health & Wellbeing Centre are in addition to the now established online group activity, which includes three exercise groups – wellbeing, seated & standing - our Breathlessness & Fatigue course, sessions for those with neurological conditions, Sing-a-long Group, Yoga and Relaxation sessions.

New In-Patient Unit Virtual Tour

A brand new virtual tour of the In-Patient Unit at our Finchley site is now available for patients and their families to view.

The 12-minute video provides a look at the unit, communal areas and facilities in a patient room. Plus there's insights from our catering team on food preparation and nutrition and one of our specially trained ward volunteers.



It is hoped the virtual tour will help patients and families visualise the in-patient unit at this time when visiting is very restricted.

To view, visit our website www.northlondonhospice.org/our-care/in-patient/

"One Day We'll Meet Again"

Devoted Aunt Who Inspired A Song



A vibrant, loving fashionista with a raucous laugh... that's how family and friends remember Karen Akinosho. A devoted mum, wife, aunt, sister, daughter and friend.

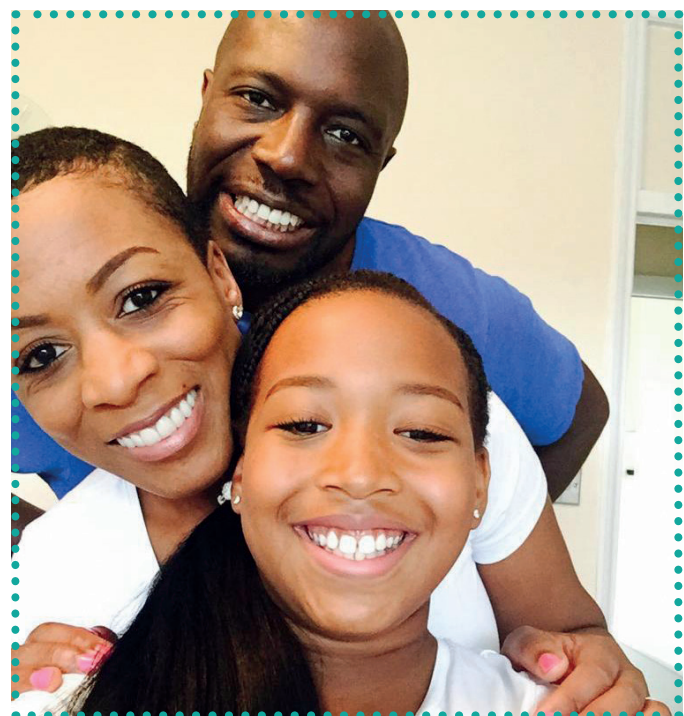
Dental Practice Manager Karen lived in Enfield with husband Yomi and daughter Jasmine and five years ago was diagnosed with the autoimmune disease, Scleroderma.

"Throughout her illness she never let it get her down, always had hope and never dwelled on it," said Karen's sister Beverly. "Karen and I were really close. She was very vibrant and had a raucous laugh. She was always immaculate and dressed to the nines – even to put the bins out! She was a real fashionista."

In 2020, at the height of the pandemic, Karen was referred to North London Hospice and was cared for at home by our Enfield Community Team before being admitted to our in-patient unit at Finchley for respite care last October.

Husband Yomi explained:

"Karen was visited every week by the hospice's nurse Tricia Anderson, who was so supportive and also the physio Rob Fairclough, who helped her. When she went in to stay at the hospice in Finchley, Karen was surprised when she first arrived. She was scared, but when she came in I remember her saying 'This is really nice and modern, and the staff are so helpful.' Her room was lovely and we were all made to feel comfortable. It was like a modern hotel room! I stayed the night and I really can't fault the support we had. The staff made us feel at ease and not a burden in any way."



The pandemic poses huge challenges for hospices, which care for some of the most vulnerable people in communities across the UK, and in order to keep people safe, visiting to North London Hospice's in-patient unit has been very restricted.

"At that time we were able to come into the hospice, but only two people at a time," explained Beverly. "It was tough not being able to visit more as the whole family wanted to spend time with Karen, but we understood the reasons why and we knew she was being cared for well. We were also lucky that our mum was able to visit regularly; she would sit with Karen and sing to her."

Karen came to the in-patient unit for a second time a few weeks later. Yomi was constantly by her side. On the afternoon of 14 November 2020, Yomi left the hospice briefly to get changed and pick-up Karen's mother Yvonne, and unfortunately whilst he was gone Karen died peacefully with her sister Donna and nephew Dion at her side.

Yomi concluded:

"We had preconceptions of a hospice as being just for end of life care but it's not always what you think. It's nothing like a hospital. It was a blessing that Karen came into the hospice and we got to spend time with her, even during the pandemic, when so many restrictions were in place."



Poignant Tribute

Apart from Karen's devotion to daughter Jasmine and husband Yomi, the other "love of her life" was her nephew Dion Joseph. "I grew up with Aunty Karen. I had sleepovers, we watched TV together or went shopping to Enfield Town. She was always there for me. She encouraged me to follow my dreams. I studied music at university and now work at a music college."

The night before Karen died, Dion wrote a beautiful song in tribute to his aunt called "Meet Again" which was played at her funeral and has now been released as a single with proceeds being donated to North London Hospice.

"It was my way of expressing my feelings. 'Meet Again' debuted at No 93 on the iTunes chart – sandwiched between Justin Bieber at 92 & Celine Dion at 94. Aunty Karen would have been chuffed to bits with that!" said Dion.

The words of 'Meet Again' will undoubtedly resonate with many families who have lost loved ones, and can be heard here. <https://spinnup.link/396994-meet-again> If you would like to purchase the single and support North London Hospice you can do so on iTunes or Amazon Music.

Thank You! Thank You! Thank You!

We are extremely grateful for the continued support of our corporate partners and local companies within our community, who, despite the challenges of the last year, have continued to raise funds for our work and donate goods to our staff.



£7400

Carter Backer Winter, has chosen NLH as its charity partner for 2020/21, and has continued its fundraising efforts throughout the autumn & winter, selling masks and holding quizzes plus themed events. Staff also plan to take part in the Three Peaks Challenge in 2021 and delivered lovely Christmas hampers for patients on our IPU. So far the team has raised a wonderful £7400.

We were delighted to receive a donation of 8000 masks from Amazon thanks to the support of Amazon Wish Lists.



8000 masks



£12,094

The lovely staff at New Southgate Cemetery presented us with a cheque for a fantastic £12,094. Manager Victoria said: "Many of our families here were cared for by North London Hospice and knowing the wonderful work you do and the lovely words we hear again and again from our clients, we feel you are a most appropriate beneficiary."

Our thanks go to Reventus for raising £1610 for North London Hospice! Despite the cancellation of their conference due to the COVID-19 pandemic, Reventus still wanted to support the charities they had originally planned to, including us. After their initial donation of £375 staff went onto hold a Christmas Jumper Day, a Quiz Night and have joined our 50/50 campaign and raised an additional £1235.



£1600



£1000

The Finchley Business Club has supported the hospice since 2003, donating an incredible £66,000 in that time. In September we were delighted to receive a £1000 donation from the FBC. Our thanks go to Stephen Webb and members of the club for your continued support. Here's our Corporate & Special Events Manager Jo Leigh being presented with a cheque from the Club in 2019.

Our support groups have provided the backbone to fundraising since North London Hospice launched in 1984. Their annual events raise thousands of pounds each year for patient care and new service provision - like this one by our Mill Hill Support Group in 2019. The pandemic meant that these regular events were cancelled during 2020 but the incredible members of the Mill Hill Support Group, Oakleigh Gardens Support Group, Northern Heights Support Group and North West Support Group have still managed to donate £41,000 between them over the last year, for which we are extremely grateful.



£41,000



£29,000

A huge thank you to the community at the New North London Synagogue who have raised an incredible £29,000 for North London Hospice in their annual Kol Nidrei Appeal. We are so grateful for your generous support during this challenging year.

Among the tasty treats that have continued to help keep staff morale high, was a delivery of yummy doughnuts & cookies from Greggs Distribution & Bakery in Enfield. The kind gesture was in response to the excellent care that was provided by our medical team to their colleague Shelley, who was cared for by hospice staff.



Tasty treats

Fantastic Fundraisers

Each year hundreds of you take up personal challenges to raise funds for North London hospice. Your determination and dedication help to maintain many of our services. Here we highlight the efforts of a few of our *fantastic fundraisers*.

The 40th Race

Six hospice supporters took part in The 40th Race in October and raised a wonderful £38,691 for patient care. The run replaced the cancelled 2020 London Marathon and enabled those that had trained hard for the annual event to still complete a marathon (over 24 hours) and raise much-needed funds for charities across the UK.

Our incredible participants – Andrew Strudwick, Claire O’Neill, Andy Dawson, Jonathan Barr, Elliot Carty and Catherine Carroll – all made the journey their own, running routes that took them from east to west and south to north London. Claire O’Neill, sister of our very own Dr Jo Brady finished her marathon at our Finchley hospice, with sister Jo at her side for the last few miles.

£38,691



£200



Chop Chop

A huge thank you to 12-year-old Alfie Pruden who grew his hair for almost five years in order to donate it to children’s charity the Little Princess Trust & to raise funds for North London Hospice, which cared for his granny Sheila. Alfie raised £200 for patient care and donated 19 inches of hair to LPT. Well done Alfie!

£45



Pam’s Lavender Bags

Our volunteer gardener Pam Tuttiett has done wonders in our Finchley garden and has made lovely lavender bags using plants from our garden which were sold in our coffee shop and raised around £45 for patient care.

£2675



DJ-athon

A 24-hour online DJ-athon was held in memory of Vicky Sergides in December by the Foundation set up in her name. Vicky was cared for by NLH and died on our in-patient unit and each year the Foundation holds events in her memory. A fantastic £5350 was raised from the pre-Christmas event and proceeds were split between the hospice and to support families who have had a recent cancer diagnosis and need financial support.

Free Will Month



NORTH LONDON
HOSPICE

WILL MONTH

This May we are inviting you to be part of North London Hospice's **FREE** Will Month.

An opportunity to have your Will professionally written or amended, whilst at the same time supporting your local Hospice.

To find out more please register your interest online at www.northlondonhospice.org/willmonth

YOUR DATA MATTERS

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FR Registered with FUNDRAISING REGULATOR

Making a will is one of those things that lots of people put off, but it can be the best way to provide for your family and loved ones. An up-to-date will could save money on inheritance tax and ensure there are no disputes about how your possessions are dealt with.

North London Hospice is offering you the chance to have your will written for free in May this year. We have teamed up with several local solicitors who are generously offering their will writing services free of charge to North London Hospice supporters.

There is no obligation to include a gift to North London Hospice in your will but we hope that you choose to do so. Every gift, no matter what size, will ensure that we can continue to support those facing the end of their lives through illness in the future.

Apply on our website today (www.northlondonhospice.org/willmonth) and we will send you an information pack with a list of solicitors who are taking part. If there are any restrictions due to the pandemic in May, solicitors may be able to offer appointments by phone or video call.

We are also able to offer an online will writing service. You could write your will in 30 minutes with professional support from Farewill.

Email legacies@northlondonhospice.co.uk to find out more.

Helen's Blooming Marvellous!



Congratulations to Helen Bloom, a member of our Mill Hill & Totteridge Support Group, whose annual personal appeals have now raised more than £500,000 for the Hospice.

Helen has been writing to her friends and contacts for more than 20 years, asking them to support her yearly fundraising appeals, and this has contributed to a number of projects, including our recent kitchen refurbishment, medical equipment, education projects and many other hospice services.

On behalf of all the patients, families and staff at North London Hospice, thank you Helen for your continued support, and thanks also to all those who have contributed to your appeals.

Light Up A Life 2020



Hundreds of supporters joined us for our first virtual Light Up A Life remembrance ceremony which was streamed on our website and Facebook page.

We were delighted you felt the

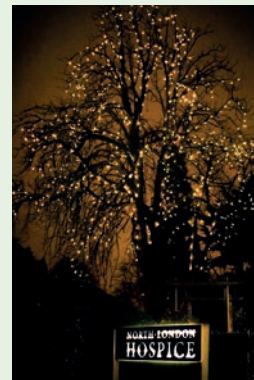
event managed to capture the essence of Light Up A Life and provided a way for our families to come together, all be it virtually, to jointly remember their loved ones and watch as the lights on our beautiful horse chestnut tree were switched on.

Our thanks goes to Grant Morgan who shared his family's moving experience of the care his 22-year-old son Jack received from our team.

Thank you also to the Mill Hill Rotary Club, who donated £150 this year as they were unable

to supply their usual mulled wine and mince pies, a firm favourite at LUAL.

Your generosity enabled us to raise £47,074 from the event which included over £6000 in donations from 134 in-memory dedications that were made on the new dedications page on our website.



Sad Loss Of Three Valued Volunteers

We were all saddened to learn of the deaths of three of our wonderful volunteers over the winter.



Our Hindu chaplain Rev Deva Samaroo, who died in October following a heart attack, joined the Hospice pastoral support team in 1992 just a few months after our Finchley building opened. He provided support to many patients

and families during his 28 years as a dedicated NLH volunteer.

Our front of house volunteer and keen hospice fundraiser Pramod Tailor passed away in January. Pramod was much loved by our NLH team and his cheerful nature and positivity will be sorely missed.



He was a passionate fundraiser for our

charity, organising personal challenges and regular bag packs at local supermarkets. The family has set up this donation page in his memory www.justgiving.com/fundraising/in-memory-of-pramod-tailor-02

Talented poet Douglas Sager joined our very first online Compassionate Neighbours training course and instantly made a big impression with his humour, tales of activism and the work that he'd done to raise awareness of the genetic, progressive

disease he'd been diagnosed with, Charcot-Marie-Tooth. Douglas was also a regular volunteer at our hospice shop in Muswell Hill.



He sadly passed away in hospital from a covid related admission on 21 January.

Our thoughts are with Deva, Pramod & Douglas's families and friends at this time.

Proms At St Jude's Reaches £1 million milestone

Congratulations to our friends at Proms at St Jude's who - since founding the week long festival of music, culture and heritage walks in Hampstead Garden Suburb in 1993 - have raised an astonishing £1 million for charities including North London Hospice.



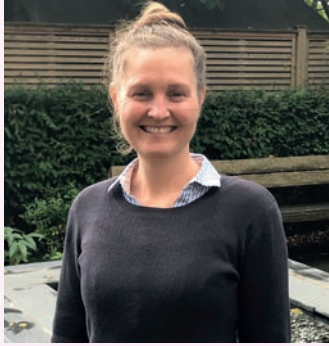
NLH Director of Fundraising Robin Langrishe said: "Proms has been a huge supporter of the hospice for many years and on behalf of all of our patients, families, staff and volunteers, we would like to thank them for their contribution to patient care and to congratulate the team for raising a wonderful amount of money for charity. We can't wait for Proms 2021!"

Night Lights

New lighting has been installed in our Finchley garden ensuring our outdoor space looks as good at night as it does during the day, providing a peaceful view for our patients at any time.



Keep On Moving! - Michelle Keeps Patients Active



Michelle Mandler is a Specialist Physiotherapist. As part of the North London Hospice Health & Wellbeing Centre team she helps patients to both maintain function or rehabilitate.

She offers a range of sessions, both group and 1-2-1, from seated exercise to breathlessness and fatigue classes.

"I see a lot of patients with physical impairments as a result of their illness. This could be loss of muscle or breathlessness, and together we look at ways to maximise their function through exercise."

Michelle's work can be hugely rewarding, enabling patients to achieve life goals after receiving support from her. Whether it's a last family cruise or the chance to get back on a horse, Michelle has helped patients make their dream a reality.

"If people have something they want to aim for we support them to try to make that happen. I had a

patient with a lung condition and she and her husband loved to cruise and wanted one last trip together. She found it difficult to walk any distance without gasping so her aim was to be able to get from the cabin to the dining room. That was her goal and enough for her to enjoy the holiday. We worked on her breathlessness and I was delighted that she was able to enjoy a wonderful last cruise with her husband.

"On another occasion I worked with a very resilient young lady who had mobility issues but wanted to ride a horse again. We got to the stage where she was

able to pat and then sit on a horse.

"It's very rewarding when you can help someone get back to doing what they love."

Michelle moved to the UK from her native Australia six years ago and joined NLH in 2016 after working as a locum at other hospices. "Working within a hospice setting pulls together a broad range of skills.

"No matter where you are in life there are always things that are important to you. If I can help a patient achieve their goals it's very satisfying. But you never know what's important to someone until you ask."

Queen's Birthday Honours

Congratulations to our Deputy Chair of Trustees Simon Morris and NLH Patron Maureen Lipman who have both been recognised in the Queen's Birthday Honours.



Simon was awarded an MBE for his services to the Jewish community & social care in London & the South East whilst Maureen was made a Dame for her

services to charity, entertainment and the arts.

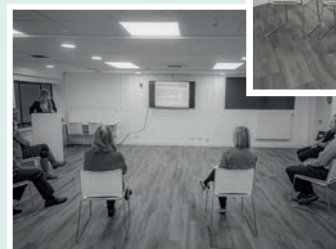
Simon's expertise in the fields of social work, fundraising and charity work has been invaluable since he joined the NLH Board of Trustees in 2011 while Maureen has been a devoted supporter of our organisation for many years.



Finchley Conference Room Refurbishment

The refurbishment of our Finchley Conference Room is complete and it looks fantastic. The room is used by our Education Team to host a wide range of specialist end-of life and palliative care training for our staff and partner organisations.

The Conference Room now has a fresh and modern look with new flooring, white décor, new air conditioning, lighting & furniture. The equipment has also been updated and the room is now equipped with a moveable sensor camera, ceiling mounted microphones, a TV screen & speakers.



It Was All About Dad



93-year-old tailor Martin Miller from Southgate spent his last two weeks at North London Hospice's in-patient unit in

Finchley, where he was peaceful, pain free and surrounded by the love of his family and his favourite music.

"It was all about dad," said daughter Joanne Miller. *"You just don't realise what goes on within a hospice until you experience the care. It's such a different environment to a hospital."*

14-years ago Joanne didn't know what a hospice was until a chance visit to drop off a birthday donation. "It was so different to what I expected and

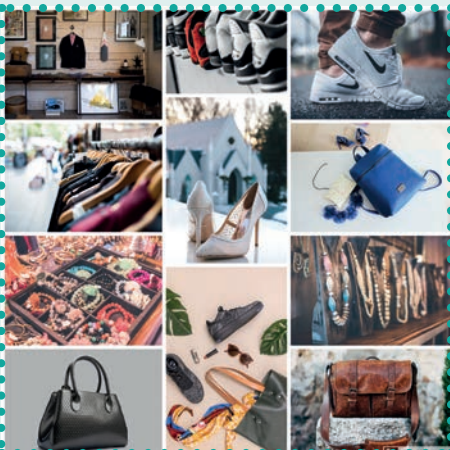
I wanted to be part of it. I've now been a volunteer for 13 years."

But even as a volunteer, Joanne says she didn't really appreciate the support the hospice provides to a family until her family experienced it for themselves. "When dad came in I saw what really went on, on the other side. We were all taken care of. At the end the nurses played music he enjoyed and he passed away peacefully and with dignity. We were at peace and dad wasn't suffering."



"The hospice took care of the practical things afterwards and made it as stress free as possible for us. Knowing they were there for us all, was such a comfort."

Donate To Our Shops



You will be able to donate your preloved goods to our shops once again very soon.

Our 18 shops across Barnet, Enfield & Haringey will reopen as soon as government restrictions allow, so please

save any unwanted good quality adult and children's clothing, accessories, jewellery, household goods and furniture (with fire retardant labels) to donate to us.

Once we reopen you'll be able to deliver goods to any of our 18 shops or arrange a collection by calling our Collections Line on 020 8343 6813.

Updates on shop reopening will be posted on our website and social media. In the meantime, if you are passing on an essential journey, you can leave donations in our unit at the bottom of the car park at our Finchley site and at the rear of our High Barnet Furniture Shop.

Please consider Gift Aid when donating. We can claim an extra 25% on donations at no extra cost to you. Download the form, complete and pin to your donation here: <https://northlondonhospice.org/shops/>

Thank you for your continued support. The pandemic has had a huge impact on the ability of our shops to raise vital funds for patient care, but with your help, we hope to have good stock available to buy once shoppers are able to return.

Co-Op Shoppers Can Support Our Hospice

We are *delighted* to have been chosen as a beneficiary of the Co-Op Community Fund. Up until October 2021 each time you shop at the Co-Op in Barnet, Finchley or Hampstead Garden Suburb or use Co-Op Funeral Care in East Finchley or Southgate we could benefit from a donation. Simply visit this page to choose to support us <https://membership.coop.co.uk/causes/54766>

Funds raised will help develop an online forum for the bereaved families of our patients and pay for training and support services for the forum.



Dates for your diary

Wednesday 17 March 7.30pm – Virtual Bingo Night with Epson

On Zoom in partnership with the company, Epson. NLH supporters are invited to join our virtual Bingo Night with Epson. £5 for six games and all proceeds donated to NLH. Email Jo Leigh in Fundraising to sign up jleigh@northlondonhospice.co.uk Games start at 7.30pm.



March 2020 – Local Hospice Lottery in support of NLH

Join our brand new weekly lottery, £1 to play each week, chance of winning £2,000 each week. 201 weekly prizes on offer. To sign up visit www.northlondonhospice.org/support-us

19 - 25 April – NLH Virtual Marathon

Walk or run 26.2 miles over 8 days, finishing on the original date of the 2020 London Marathon. That's roughly 3.3 miles / 5km a day. Use a running machine at home, your garden or your local streets or park to clock up the miles! No registration fee required. Contact fundraising@northlondonhospice.co.uk to discuss.

May 2020 – Free Will Month

Our popular Free Will Month returns and provides a chance to have your will written for free in return for a donation to NLH or pledge to leave us a gift in your will. See P10 for further information.



Thursday 6 May & Tuesday 6 July 4pm – Ceremony of Remembrance

Our online Ceremony of

Remembrance to remember those we've cared for is open to families, friends, carers and supporters. To join on Zoom please email ceremony@northlondonhospice.co.uk for the login details and indicate the name of the person you are remembering.

Saturday 8 May 2-5.30pm – Highwood Ash Open Garden

What's better than an English garden in spring? Not much we say, and the Open Garden



at Highwood Ash in Mill Hill is certainly sure to delight. The garden will be open from 2-5.30pm with all proceeds from the ticket entry going to North London Hospice. Make this a date in your diary – it's a wonderful way to spend an afternoon.

Saturday & Sunday 19 & 20 June – My Big Fun Walk



Back for 2021! We're asking you to once again personalise Big Fun Walk and make it your own. Walk in your local area in memory of

loved ones and/or to support North London Hospice. This is our biggest fundraiser of the year so please walk for us once again to help keep our services running. Suggested routes available. Sign up now for our Early Bird Offer. Visit www.BigFunWalk.co.uk to register.

Saturday 26 June – Sunday 4 July: Proms at St Jude's

This fantastic festival of music, great literary talks, fascinating heritage walks and family events will be back this summer and

raising funds for North London Hospice and Toynbee Hall. How events take place is still being worked out so visit www.promsatstjudes.org.uk/ for updates. But one thing's for sure, the line-up of artists and writers will be as exciting as ever.

Challenges 2021

* Hackney Half Marathon in May *Hadrian's Wall Trek in June *London to Brighton in September *Jump! For Hospice Care in October. We also have virtual runs, cycles and treks on offer for you to complete in your own time. Visit www.northlondonhospice.org/support-us for info & to sign up.

Sunday 12 September – Bubble Rush

Bring on the bubbles! We're delighted to be partnering with Bubble



Rush to bring you a 5K Fun Run with a difference right in the heart of North London. Perfect event for the whole family. More info at www.bubble-rush.com/

Compassionate Neighbours Training – Every 6 weeks

Our Compassionate Neighbours volunteers support people facing chronic or life-limiting illness in their community. They help them stay connected to their communities and avoid



loneliness. We provide full training for our CN volunteers and sessions take place every six weeks. To find out more visit the 'Our Care' section on our website www.northlondonhospice.org

Our Impact In Our North London Community

By Philip Cuthell, Head of Fundraising

As we reach a year since the pandemic began, we reflect on the most challenging year North London Hospice has ever faced. Our end of year financial report that was published in March 2020 recorded the positive news that we had increased the number of patients we care for in the community by 24%. And we're pleased to say that we have managed to continue caring for this increased number of patients throughout the pandemic.

The growing need for good palliative and end of life care was evident before the pandemic but that need has grown throughout the last year. And with that demand goes the need for a charity such as ours to receive continued financial support from our community.

With our calendar of fundraising events cancelled for 2020 and our shops closed for much of the year, you rose to the challenge and continued to support us in any way you could. We wanted to show you what a difference your support and generosity makes.

Although the pandemic has had an impact on our care and meant we have changed the way some of our services are delivered, we wanted to share some of the positive impacts we made in the financial year from April 2019 up until March 2020.



- 24% - the increase in Community Nursing patients cared for.
- 3% - the increase in admissions on Inpatient Unit.
- 14% - the increased number of referrals accepted for our Outpatient services.
- 99% - of patient's friends and family were extremely likely or likely to recommend our service to friends or family.
- 3,958 - the number of referrals to North London Hospice (5% increase on 2018/19).
- 10,770 - the number of hours of care provided by our Community team.

We increased our capacity to care for more people in the community within North Central London during 2019 as part of a two-year pilot project, and the NHS reported a significant reduction in end-of-life hospital admissions:



- 27% - The reduction in end-of-life hospital admissions across the 5 Boroughs in North Central London because of our Hospice at Home & Sustainable Transformation Programme.
- £2.7 million - the saving to the NHS system because of this 27% reduction

We need you in 2021

This year we are expecting to provide care to more than 3,000 patients, their carers and families - more people than we have ever cared for before. As the pandemic continues, so does the tireless work of our nurses, doctors and care staff. They will continue to provide our vital palliative and end of life care across North London and we continue to need your help to do this.

The support you can give us this year will ensure we can make a real difference to the lives of the people and families who will need our care in the future. We need your help, now more than ever, to make sure we can be there for our local community during these uncertain times.

There are many ways you can support us - from volunteering your time, donating in memory of someone we've cared for, taking part in our new weekly lottery, pledging to leave us a gift in your will, donating to our shops, organising your own personal fundraiser or joining one or ours. The list is almost endless.

Find a way to support us that suits you by visiting www.northlondonhospice.org



NORTH LONDON HOSPICE FINCHLEY

47 Woodside Avenue, London N12 8TT (for SatNav use the postcode N12 8TF)

Telephone: 020 8343 6806 Fax: 020 8343 7672 Email: nlh@northlondonhospice.co.uk

HEALTH AND WELLBEING CENTRE

110 Barrowell Green, Winchmore Hill London N21 3AY

NORTH LONDON HOSPICE HARINGEY

Haringey Community Palliative Care Team

256 St Ann's Road, West Green, London N15 5AZ (from 1 April 2021)

OUR CHARITY SHOPS

By donating your unwanted items to the Hospice you are not only helping us to continue providing our services to the local community but you are also recycling and preventing your items going into landfill.

If you have large items or would like to arrange a house clearance contact our collections team: **020 8343 6813**



Crouch End

020 8340 3269

21 Topsfield Parade, London, N8 8TP

East Finchley

020 8883 6493

123 High Road, London, N2 8AG

Enfield Town

020 8366 1297

60 Church Street, Enfield, EN2 6AX

Finchley Central

020 8349 0290

15 Ballards Lane, London, N3 1UX

Golders Green

020 8731 7807

41 Golders Green Road, London, NW11 8EE

High Barnet

020 8441 3325

94 High Street, London, EN5 52n

High Barnet Furniture Shop

020 3137 2326

120 High Street, London, EN5 5XQ

Mill Hill

020 8959 3162

8 The Broadway, London, NW7 3LL

Muswell Hill

020 8444 8131

44 Fortis Green Road, London, N10 3HN

New Barnet

020 8440 8424

63 East Barnet Road, Barnet, EN4 8RW

North Finchley

020 8445 5148

724 High Road, London, N12 9QD

North Finchley Furniture Shop

020 8343 6814

987 High Road, London, N12 8QR

Palmers Green

020 8447 8884

377 Green Lanes, London, N13 4JG

Southgate

020 8886 4342

71 Chase Side, London, N14 5BU

Turnpike Lane

020 8889 0660

19 High Road, London, N22 6BH

Whetstone

020 8343 9888

1297 High Road, London, N20 9HX

Winchmore Hill

020 8360 5220

743 Green Lanes, London, N21 3RX

Wood Green

020 8365 8622

212 High Road, London, N22 8HH

www.northlondonhospice.org

