

# Life

Keeping you up to date with news from North London Hospice

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# A Message From The CEO

It's hard to believe as I write this, that I have been Chief Executive of this amazing charity for over 12 months. Joining during a pandemic has had its challenges. It's been difficult to meet and engage with groups of staff and volunteers as we adhere to our social distancing rules, and I haven't been able to meet with many supporters to thank you in person for your continued support.

But, times are changing and we are entering a new phase in our journey as the leading provider of palliative care in Barnet, Enfield, and Haringey. Our new strategic plan (2021-25) has been approved and is focused on sustainable long-term impact. Our ambition is for everyone to have the best possible end of life experience, including all the things that are important to individuals at the end of their life. Our new vision **'The best of life, at the end of life, for everyone'** will enable us to be ideally placed to innovate and support more people in the community.

As restrictions are relaxed elsewhere, we maintain many safety precautions at our three sites, but have been heartened to welcome an increased number of friends and family to visit loved ones at our Finchley site. Whilst in August our Health & Wellbeing Centre held its first face-to-face group sessions in 17 months and more fundraising events are being held in the community. We are looking forward to welcoming people back to Finchley for our Light Up a Life event in November and to the first Super Sunday shopping event at the RAF Museum which will raise funds for the hospice.

We are so pleased to see so many of you taking up your own personal fundraisers once again, whether its marathon runs, mountain climbs or bake sales...we are grateful to see so many people supporting our work.

We know that what we do makes a difference and looking forward we want to make a bigger difference, for more people. We traditionally enjoy close relationships with the communities that we serve and, as such, have responded to local demands for new, or increased, care and support for people who are dying and bereaved.

We can't put a value on what our services mean to all the patients, families, and friends we have cared for and supported over the years and will continue to support for years to come.

**Thank you** to our staff, volunteers and the community who support us – the heartbeat of our charity – for the incredible work you do and the support you give.



**Declan Carroll**  
Chief Executive Officer





# Light Up A Life 2021



Our annual Light Up A Life event in 2021 will take place on Sunday 21 November. And this year we invite you to join us in person once again (Government restrictions allowing) outside our Finchley hospice as we remember those we've cared for and switch on the lights on our beautiful horse chestnut tree – each light sponsored in memory of one of our patients.

The event will as always be uplifting and reflective and the lights on the tree will be switched on every evening until mid-January.

For details on the event and to make a dedication please visit our website:

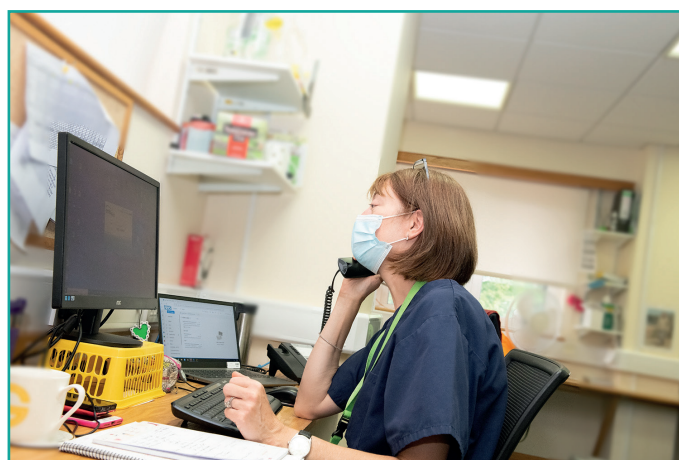
[www.northlondonhospice.org/events/light-up-a-life-2021/](http://www.northlondonhospice.org/events/light-up-a-life-2021/)

Our Light Up A Life ceremony is one of our main fundraising events of the year and raises thousands of pounds to fund end-of-life patient care and family support in our community.

## View our 2020/21 Quality Account

Our 2020/21 Quality Account detailing North London Hospice's quality of service over the last year and priorities for improvements has been published and is available to view on our website.

The Quality Account (QA) shows that, despite the pandemic and the need to rapidly change many of our processes, we still provided care and support to more than 3,000 patients and their families during the year.



The report details the challenges we faced and how we adapted many of our services, using digital technology to continue providing consultations and virtual group activity. It also includes information on our key plans for development over the coming year, including how we plan to build on the digital experience, continuing to offer choice to our patients on conducting assessments virtually or face-to-face, plus further digitalisation of many of our leaflets, providing service users with fast and easy access to information.



**QUALITY ACCOUNT  
2020 - 2021**

To read the full 20/21 Quality Account visit:  
[northlondonhospice.org/about-us/quality-account](http://northlondonhospice.org/about-us/quality-account)



# My Big Fun Walk 2021

Our heartfelt thanks to the 550 supporters who took part in My Big Fun Walk 2021 and raised £81,027 for North London Hospice.

Together, you walked more than 4,600 miles on routes of your own and your fundraising in such difficult times was heroic. It will help us continue to support more than 3,500 patients and their families in our North London community this year.

Special thanks to our Top 5 fundraisers this year who raised an incredible amount for patient care!

They are:

**Doggy Choc Lovers - £4,274.25**

**Pramila Patel - £3,732.25**

**Jessica Munk - £2,961.25**

**Katie Cohen - £2,937**

**Finchley Ladies - £2,536.75**



We hope you will all join us again for our biggest fundraiser of the year in 2022 (Date to follow soon!)  
For our full gallery of photos from the My Big Fun Walk weekend visit [www.northlondonhospice.org/news](http://www.northlondonhospice.org/news)



## Variety is the spice of life

We continue to help enrich the lives of our patients and families with opportunities to learn new skills and carry on with much-loved hobbies.

Our new monthly table-top gardening group has been a great success. Boxes containing everything needed for the group's online activity are delivered by green fingered volunteers Sally & Jayne, & the group has watched their plants grow from seed. Michael (pictured) said: "It's great exercise for my hands and arms and I'm trying something new."

In August and September we were delighted to welcome people back for some face-to-face group workshops at our Health & Wellbeing Centre, including crochet/knitting and silk painting.



## New volunteering roles

The nature of volunteering activity has changed during the pandemic, so to reflect this we have created several new flexible roles.

Our new pathway into volunteering shortens the journey for interested applicants and we are developing new volunteer roles for those wanting to use their volunteering as a steppingstone into new employment.

We have many new roles that enable volunteers to support us but without the need to commit to regular time slots. These include Collection Box Volunteers, who will build relationships with local businesses that have North London Hospice collection boxes, collect these when full and return them to the fundraising team.

We also have new ambassador roles within our community development teams. These volunteers will represent North London Hospice at events from community fetes to local commissioning group meetings. Training and support will be provided.

Our 650 volunteers are vital to our work. Find out about volunteering with us by visiting our website [www.northlondonhospice.org/work-for-us](http://www.northlondonhospice.org/work-for-us)



## Join the Local Hospice Lottery

Playing the Local Hospice Lottery is an easy way to support our work and there are some big prizes to be won including a top prize of £2,000 each week. It costs just £1 to play. Look out for canvassers in your area or visit the Support Us section of our website for more info.



# North London Hospice physiotherapists help Peter regain his freedom...

## One step at a time

Peter Jennings, 79, enjoyed an active retirement – skiing, sailing and running. When he was diagnosed with cancer and subsequent sepsis and pneumonia, he spent weeks in and out of hospital and his leg muscles weakened which resulted in a decline in his mobility. He became ‘trapped’ in his first floor flat, as he was unable to manage the stairs to the ground floor.

But after a year of intensive work with

North London Hospice’s physiotherapy team, Peter is now back on his feet and celebrating steady and regular improvements in his balance and mobility, something he thought he might never manage again.

“When I was carried up the 16 stairs to my flat by the ambulance crew on my last return from hospital, I thought that was it...I was trapped in my flat and I might never walk without a zimmer frame again.”

Peter was referred by his GP to North London Hospice and began work in his home with our physiotherapist Rob Fairclough. Goals were set each week and Rob was soon encouraging Peter to try walking up and down a few stairs.

*“Within just a couple of weeks, Rob encouraged me to walk right down to the ground floor and I felt a sudden freedom at being able to get out of my flat for the first time in six months.”*

Rob also persuaded Peter to join the Health and Wellbeing Centre’s weekly Zoom physiotherapy course. “This was really helpful”, said Peter, “and I still join the group every week”.



When his mobility improved further, he began sessions with Michelle Mandler, the physio at our Health & Wellbeing Centre. “Michelle has been absolutely brilliant”, said Peter.

*“She is so professional. We discussed what was important to me and set objectives. I said I wanted to walk just with the support of a stick, even though I thought this was impossible for me to achieve. She sets me objectives each week and we do a whole range of different exercises to help me achieve them.”*

Peter has continued to make steady progress. With Michelle’s encouragement, he has managed to walk half a mile locally from his flat and taken a trip to the park. “To make my walks more interesting, I

caught a bus and walked a long way round the lakes on my own,” he said. “I even stopped for a cup of tea and a piece of cake in the Community Café. This trip out gave me a wonderful feeling of freedom and independence that I have not had since

I was first diagnosed with cancer. I owe so much to Rob and Michelle. Their encouragement and professional help enabled me to make so much more progress in my mobility than I thought I could manage. I certainly could not have achieved it without them.”

Michelle Mandler commented, “No matter where you are in life, there are always things that are important to you. When we help a patient achieve those goals, it’s very rewarding, especially when you help them get back to doing something they love.”





## Please donate your preloved goods to our shops

Our shops have been busy over the summer, but stock is starting to run low.

If you're having a clear-out we would welcome donations of good quality pre-loved clothing, accessories, jewellery and household items. For large quantities or furniture please call our Collections Line and we'll be happy to collect - 020 8343 6813. Don't forget to ask for a Gift Aid form for your items. We can claim an extra 25% at no cost to you.

We've had some incredible donations over the last six months – from designer clothes, shoes, furniture and antique jewellery to this World War II British RAF radio control unit (pictured) from a Vulcan bomber! – an incredible find for any collector of war memorabilia. So, pop in and see us.... you never know what you might discover.



For our shop locations and opening times please visit [www.northlondonhospice.org/shops](http://www.northlondonhospice.org/shops)

### Shop volunteers needed

If you can spare a few hours a week, help us by volunteering in one of our 18 shops across North London. We need cashiers, window dressers and people to sort and steam clothing. To find out more email [retail@northlondonhospice.co.uk](mailto:retail@northlondonhospice.co.uk)

## Park Life for Joe!

Joe Attridge marks 16-years as a volunteer at North London Hospice next February and is a great support to the team on our Finchley Inpatient Unit.

He regularly takes patients to the local park to get some fresh air and enjoy the sunshine (or rain or snow!). Over the years, Joe has taken patients on an incredible 2,500 trips to the park!



## Free Will Month This November

Making a will is something 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 ensures your wishes are respected and avoids difficult decisions and legal complications for your loved ones.

North London Hospice is offering you the chance to have your will written for free in November thanks to several local solicitors who are generously offering their will writing services free of charge to our supporters.

There is no obligation to include a gift to North London Hospice in your will, but we request that you consider doing so.

A gift in your will costs you nothing now but can make a difference for years to come. Every gift, no matter what size, will ensure we can continue to support those facing the end of their lives through illness in the future.

**We are also offering you a free online and telephone will writing service. You could write your will in less than 30 minutes, from the comfort of your own home, with professional support from Farewill.**

Visit our website today ([www.northlondonhospice.org/willmonth](http://www.northlondonhospice.org/willmonth)) request an information pack.



### FREE WILL MONTH

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

An amazing opportunity to have your will professionally written or amended by a local solicitor or online, whilst at the same time supporting your local hospice.

To find out more please register your interest online at [www.northlondonhospice.org/willmonth](http://www.northlondonhospice.org/willmonth)



Where death and dying wasn't in people's minds before, the priority for end-of-life care has become everyone's business, and I welcome that.



Our Medical Director Dr Sam Edward gave a heartfelt account of the realities faced by hospices during the first wave of the pandemic in 2020. A year on she looks back at the challenges of the second and third waves and how the learnings from the pandemic are influencing the future of hospice care.

Over the last 18 months Dr Edward has led our medical team through the most challenging time in its 30+ year history, assisted the herculean effort on intensive care hospital wards, provided specialist palliative advice to medical teams across London.... and cried when she got the news that some of that help was repaid with the offer of early vaccination for our frontline hospice staff.

"The second and third waves were more brutal than the first, hospitalising more people and claiming more lives than we could have imagined. Yet, the steep learning curve during the first wave, meant we were better prepared to cope with what was to come.

*"At North London Hospice we cared directly for many more patients with Covid through the winter but by then we had introduced processes and screening programmes, which were a huge help in ensuring we weren't overwhelmed.*

"We've provided more support for families – many had received no support until arriving at our doors and we've been able to offer practical help from our social work team as well as patient care."

#### Visiting

Visiting remains at the core of what we do, enabling families to be together, and this has been one of the most challenging areas to manage.

"We've all been scarred by situations where we haven't been able to keep patients and their loved ones together at the end and this has, at times, taken its toll. However, visiting on our Inpatient Unit is slowly opening up in a safe and secure way. We routinely conduct lateral flow testing for people visiting our symptom control patients, and for terminal care we now allow two named visitors in the last weeks of life and up to six people during the last hours of life. It has been a real journey to reach this point where at last we have the tools (testing and PPE) to enable us to do this"

#### Vaccination Support

We experienced two outbreaks of Covid-19 on our Inpatient Unit during the second and third waves but fortunately there was much less serious illness amongst our staff. This was largely thanks to the vaccination programme. Thanks to a partner GP practice, our frontline staff were invited to receive the vaccine in the earliest phase.

*"On 18 December I got the call from a GP surgery in Enfield that they would vaccinate our staff as category 1 workers. I have to admit I cried. I felt so*

*strongly that hospices should be recognised for the work we were doing on the frontline. So, to have one of our partners call us early and offer to vaccinate our staff so they could be protected.... it was huge and such an emotional relief that we weren't at the back of the queue. This meant we could keep our staff and patients as safe as possible and carry on!*

*"But what was truly breath-taking was that after that kind offer, our staff volunteered to assist with the vaccination programme in their own time. When I had my second dose, I was greeted by my PA, who was checking people in and one of my North London Hospice colleagues administered my vaccine. I felt such a sense of pride that our staff were saying thank you to the people that helped us. It spoke volumes about our incredible team here at North London Hospice."*

#### The Darkest Days

"I volunteered through the darkest days in January on the intensive care unit at the Royal Free Hospital. It was a fascinating and very grounding experience. I've taken a lot of learning from that month that I'm able to use at the hospice."

*In the community, the impact of the pandemic was huge. GPs and district nurses were hit, but even with an outbreak among our community team, we never stopped visiting patients at home. They needed us more than ever. We saw a massive rise of over 25% in referrals to us, and a huge increase in demand for our out-of-hours and overnight service. Visits went*

*through the roof for our night service, and we were busier than ever supporting rapid response and emergency providers."*

#### We've come out stronger than ever

"The strength of the hospice is its spectrum of services. We are 24/7. We were able to put professionals in place when people were desperate for help. We struggled through the first wave, but our new processes kept staff and patients safe later on. We've also done a huge amount of work with care homes, enhancing their services."

#### Demand for hospice care will continue to grow

"The NHS recognises that for at least the next 18 months the secondary consequence of the pandemic will be borne out in waiting lists. The numbers of patients we are seeing at home is still increasing and likely to continue to increase for at least the next two years. The need for our services will be greater than ever.

*"Covid has really brought hospices and the funding of hospices into the public eye, we, like many organisations have been supported by government in an urgent but short-term way. But the real challenge is going forward and the next two years. Our contract money from NHS is unlikely to increase in the short term, but the gap of the cost of what we are providing is going to widen. Where death and dying wasn't in people's minds before, the priority for end-of-life care has become everyone's business and I welcome that."*



## North London Hospice photography group unveils 2021 exhibition

North London Hospice's photography group, Catching The Light, is delighted to share its brand new 2021 exhibition.

The group, run by our Health & Wellbeing Centre, is made up of patients, family members, carers and bereaved relatives, all with a common creative interest in photography.

Their second exhibition is an eclectic mix of cityscapes, portraits, wildlife and nature images, many capturing life during the pandemic.

The 2021 exhibition is available to view online and contains interviews with the photographers about their collections of images.

We hope to hold a live viewing of the exhibition later in the year but to view it now please visit our website: [www.northlondonhospice.org/news/our-photography-group-catching-the-light-unveils-fabulous-2021-exhibition/](http://www.northlondonhospice.org/news/our-photography-group-catching-the-light-unveils-fabulous-2021-exhibition/)



**SUPER-SUNDAY SHOPPING DAY**

AT THE **ROYAL AIR FORCE MUSEUM** london

For tickets and more information please visit our website  
[www.northlondonhospice.org/events/supersunday/](http://www.northlondonhospice.org/events/supersunday/)

Join us in aid of North London Hospice

**Sunday 7 November**  
**From 11am – 4pm**

- Jewellery • Games • Homeware • Candles
- Paintings • Toys • Clothes • Gifts
- Tombola • Leather goods
- And so much more!

Entrance fee **£3**  
Kids go free

RAF Museum, Dermot Boyle Wing,  
Grahame Park Way, London NW9 5LL

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YOUR DATA MATTERS

### CBW team scale new heights for hospice care

As Life magazine went to press, 13 intrepid staff from Carter Backer Winter were making final preparations to scale the Yorkshire Three Peaks in a bid to raise thousands of pounds for North London Hospice.



Accountancy, tax and business advisory firm CBW chose us as their charity partner for 2020/21 and set a target to raise £50,000 for patient care through a variety of fundraisers. The team of walkers were in great shape for their 11 September challenge which involved covering 24 miles of terrain as they climbed the three peaks in the Yorkshire Dales.

What a great team! Thank you for your continued support. To donate to their fundraiser visit: [www.justgiving.com/campaign/cbw](http://www.justgiving.com/campaign/cbw)

# Out of Hours Service Support



Thank you to our supporters who gave to our Out of Hours Service Appeal over the summer. Funding for the team that supports our patients and families with telephone advice and home visits during the night runs out in November. The appeal raised more than £50,000, which will be a significant help as we strive to keep the service running.

The team of six community nursing specialists and health care assistants provide specialist care and advice to families at a time of day when it's not readily available and has been a huge support to hundreds of families, including Leon Ettinger and

his children Jackie and Stephen (pictured).

*"My mum died in the hospice and whilst this was a wonderful facility the fact that the Out of Hours team now exists gave Dad a peaceful end at home which he so deserved. We couldn't have given him that without the dedication of the out of hours team," said Jackie.*

Learn more about this crucial night-time service from Lecia Simmonds, one of our out of hours healthcare assistants (P11).



## Buy our first Christmas E-card

This festive season we are offering the opportunity to support us, and the environment, by purchasing our new Christmas E-card to send to friends and relatives.

It couldn't be simpler or faster to buy our first ever Christmas E-card. Follow this link and support patient care: <https://www.dontsendmeacard.com/ecard/90re>

The online Christmas greetings card follows North London Hospice's environmental pledge to reduce our impact on the environment wherever we can in 2021.

But if you prefer to send cards in the post, we have a good selection of favourites from the last few years available in all our shops.





# Families get huge comfort from knowing we are here for them 24/7

Lecia Simmonds loves her job. She's part of our small but vital out of hours service team of nurses and healthcare assistants who support patients and families at home during the night.

The team offers advice and visits between 8pm-8am; providing support and administering pain relief at a time when they often need it the most.

Lecia spent six years as part of our in-patient unit team before moving to the overnight service. "The out of hours service is so important to patients and their families. You're caring for people in their own homes at a time of the day when it's often hard for them to get the support they desperately need.

"When we go to a patient's home, often just seeing us arrive at the door relaxes them straight away. They know help has arrived and their distress levels drop.

*"Our patients and families really value this service. It's the night hours that can seem the longest when you are in pain, so being able to call the hospice and know we will be there, whatever the hour, is hugely comforting. They know they are not alone. They sometimes call for advice and when we say 'would you like us to visit?' they are so grateful and it takes away some of that anxiety."*

"As an HCA (healthcare assistant) we visit patients at home, often with our community nursing specialists, and while pain relief is being administered to settle a patient, I will talk to the families and put them at ease. We care for their emotional and psychological needs too. Families get huge comfort from knowing we are here for them 24/7.

"When a loved one dies it can be a distressing time for the family, and even more so in the middle of the night, but they can call us and we will visit and support them through those first hours and the administration that needs putting in place.

*"Our out of hours service has been an incredible support to so many families over the last 18 months that I can't imagine not being there for patients and families at a time when they often need us the most."*



## Meet our Registered Paramedic, Alice Mason

Did you know we have a registered paramedic in our team? Alice Mason joined our Barnet community nursing team after six years with the London Ambulance Service. Her rapid response and patient assessment experience add to the expertise of the team that cares for people in their own homes.

As well as providing patients with symptom management she also helps them with advanced care planning, which helps ensure the wishes of patients and families are understood and communicated.

*"I am proud to be using my skills as a paramedic in a different setting within palliative care. I have met some amazing patients and it is a rewarding experience to support them and their families during this point in their lives," said Alice.*



## *Having the support of North London Hospice's Health & Wellbeing Centre has been like having a lattice fence. It's given me the framework to build my life with cancer.*

There is no stopping Ann-Marie Wilson once she puts her mind to something. The psychologist, founder and director of charity 28 Too Many and recently published author is in training for her latest challenge – the Virtual London Marathon.



Ann-Marie has been supported by North London Hospice's Health & Wellbeing Centre in Winchmore Hill for the last six years and is taking part in the 26.2-mile marathon to raise funds for the hospice, and to tick another thing off her bucket list.

"I always wanted to do a marathon and I was due to run one around the time of my diagnosis," says Ann-Marie, who was diagnosed with stage four lymphatic cancer in 2015. "And if you're only ever going to do one, the London Marathon is the big ticket. I didn't think I'd ever be well enough so doing the Virtual London Marathon has given me the chance to tick this one off my bucket list!"

Following her diagnosis, Ann-Marie referred herself to North London Hospice and has received a range of support over the years; from art therapy, acupuncture and acupressure to sessions with our psychologist, clinical advice and guidance and even help clearing out her loft, thanks to our Compassionate Neighbours volunteers!

*"Having the support of the hospice's Health & Wellbeing Centre has been like having a lattice fence. It's given me the framework to build my life with cancer – whether its pain relief, psychological support or learning new hobbies – I'm a founding member of the hospice's photography group. I live in the moment but the North London Hospice has helped me deal with the tricky stuff that you want to put off. I don't have family and I couldn't have done it without them."*

Ann-Marie will have Angie, her friend of 30 years, walking by her side on October 3 when they set off with 50,000 others around the globe to complete their own virtual London Marathon in under 24 hours. Participants can walk, jog or run the distance on a route of their choice.

"I'm on a 19-week training plan, walking four days a week. I do my big walks on Saturdays, which eventually reach 22 miles. We've trained in some beautiful settings – Richmond Park, Kew Gardens and in the summer, the gardens at Buckingham Palace where I was invited to attend a picnic!

"I have a 'can do' attitude when I set my mind to something. I like to have targets in my life. That motivates me and I turn that motivation into energy." And her motivation for this challenge is to raise as much money as she can for the hospice and its services.

*"The hospice has been my rock. I've managed to reduce my medication with the support of the community nursing team. The hospice is my go to place, an anchor from which I can live my life. It's my safe place and somewhere that I want to know will always be there not just for me, but for others in the future too."*

You can donate to Ann Marie's fundraiser here: [www.justgiving.com/fundraising/ann-marie-wilson7](http://www.justgiving.com/fundraising/ann-marie-wilson7) or if you feel inspired by her story, consider a challenge of your own to support our work. We have walks, runs, jumps and much more.

Visit the 'support us' section on our website [www.northlondonhospice.org](http://www.northlondonhospice.org) for info.





# Dates for your diary

## 3 October – London Marathon 2021

Come and support our runners taking part in one of the most famous marathons in the world whilst raising thousands of pounds for our hospice.



## 3 October – Virtual London Marathon 2021

Today is also the day 50,000 people across the globe will take on their own Virtual London Marathon – running 26.2 miles in under 24 hours. We're delighted to have yet more supporters taking on this challenge, setting their own routes and raising funds for patient care. Please give them a wave or a cheer if you see our trademark green t-shirts being worn by a runner near you.



## 9 October – Jump! for Hospice Care

We're looking forward to our new skydiving challenge on 9 October to mark Hospice Care Week. For more information on how you can do a skydive for the hospice, please visit [www.northlondonhospice.org/events/skydive/](http://www.northlondonhospice.org/events/skydive/)



## 10 October – Royal Parks Half Marathon

This half marathon winds through four of London's royal parks. Come and cheer on our runners. Visit <https://northlondonhospice.org/events/royal-parks-half-2021/> for more information.



## November – Free Will Month

Our popular Free Will Month returns for the month of November. See Page 7 for info or visit [www.northlondonhospice.org/willmonth](http://www.northlondonhospice.org/willmonth) to request an information pack.



## 7 November – Super Sunday Shopping Day @ RAF Museum

For unique gifts and luxury food this is the shopping event to attend! Our wonderful Mill Hill Support Group will be hosting their annual festive shopping day in the Dermot Boyle Wing of the iconic RAF Museum this year. The 50 stalls will be selling a range of goods incl. food and drink, clothing and fashion accessories, beauty and skincare plus jewellery. Visit and shop from 11am – 4pm and you'll be supporting patient care as well.



## 21 November – Light Up A Life

Join us as we gather outside our Finchley hospice to remember those we've cared for and watch as the lights on our beautiful horse chestnut tree are switched on, each light twinkling in memory of one of our patients. Make a donation at [www.northlondonhospice.org/donate](http://www.northlondonhospice.org/donate)



## 5 December – Santa Run

Over 4,000 Santa's run, walk or jog 5K or 10K in this fun family event at Victoria Park, East London. Elves, reindeer, snowmen, Christmas bunnies, presents... all welcome to run for us too! Email our fundraising team for more details please visit [www.northlondonhospice.org/events/santa-run-2021/](http://www.northlondonhospice.org/events/santa-run-2021/)



## February – Free Will Month

In 2022 we'll host an online only Free Will Month with Farewill in February. Write your will in less than 30 minutes, from the comfort of your own home, with professional support from Farewill. For more info visit [www.northlondonhospice.org/willmonth](http://www.northlondonhospice.org/willmonth)



# Thank You to our fundraisers

What a team! Family and friends of former patient Jack Morgan raised a fabulous £9,349.50 in the annual **Jack Morgan 5-a-side Football Tournament** during the summer. Thank you to all the teams that participated and special thanks to Jack's best friend **Teddie Levenfiche** for organising this wonderful event.

£9,349



£188.80

## Sponsored Walk

On Friday 11<sup>th</sup> June, Year 6 contributed to help Years from Reception to Year 2, to complete their sponsored walk. We led them around the school campus and Year 6 acted as checkpoints dotted around the school, while cheering them on. This activity was in aid of raising money for The North London Hospice.

Thank you for all your kind donations.

The pupils at **All Saint's Primary School** raised a fabulous £188.80 by hosting a sponsored walk. Children in reception and years 1 and 2 took part in the fundraiser and special thanks go to pupils in Year 6 for organising the event.

£3,829



Our thanks go to North London Hospice supporter **Penny Gluckstein**, who opened her beautiful garden, **Highwood Ash**, to the public once again this year and raised an impressive £3,829.82 for patient care. Special thanks to **The Rising Sun pub** in Mill Hill for the donation of a £100 voucher for the raffle, which helped boost funds on the day.

£5,700



A charity dinner for parents at **University College** raised an impressive £5,700. The event, organised by the school's PTA, was a moving tribute to its former pupil **Jack Morgan**, who was cared for by North London Hospice.

£1,873



**Peter Murray** is an inspiration to us all. The 86-year-old from Palmers Green is reaching the end of his **1,000 mile walk** around North London for our hospice, in thanks for the care provided to his sister. Peter has completed the distance over the summer and has so far raised a fantastic £1,873 thanks to donations from people he's met on his walks in our local community.



# oulous fundraisers!

£11,703



We were delighted to benefit once again from the **30th Hendon Golf Day** which raised funds for North London Hospice and Noah's Ark. After 30 years, this was the final Hendon Golf Day and it certainly went out with a bang, raising a fantastic £11,703 for our hospice. We would like to thank the organisers for their support over many years which has raised thousands of pounds to support patient care.

£300



Thank you **Michael Wasser** for raising £300 from his exhibition of stunning paintings depicting inner landscapes. Gorgeous nature captured at its best.

£13,000



We were lucky to be the beneficiary of two golf days over the summer, the second being at the **Middlesex Golf Club**. Thank you to all who took part and donated so generously. The day raised £13,000 for patient care.

£1,429



A huge thank you to **Noah Jose**, who cycled from London to Brighton in memory of his grandmother **Golda**, who was cared for by the hospice. Noah raised a fantastic amount for patient care.

£15,000



After the 2020 virtual event, we were delighted to be back at the music and literature festival **Proms at St Jude's** in the summer. North London Hospice is a beneficiary of this wonderful week held in Hampstead Garden Suburb, and our staff and trustees joined concert goers for many musical performances and gave brief talks about our work to the audiences. Generous donations from sponsors, advertisers, audiences and volunteers raised £15,000 for patient care, for which we are extremely grateful.

Photo Credit: Mike Eleftheriades

## 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

# 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](http://www.northlondonhospice.org)

