

Spring/Summer 2022

NORTH · LONDON
HOSPICE

Life

Keeping you up to date with news from North London Hospice

**Sign up for
Big Fun Walk 2022!**

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www.northlondonhospice.org



A MESSAGE FROM THE CHAIR...



2022 is a busy year of **milestones, celebrations, and big plans at North London Hospice**. We mark 30 years since the opening of our Finchley site, celebrate the incredible commitment of some of our longest serving supporters and, at the start of the year, unveiled our new four-year strategic plan – giving us the framework from which to continue to meet the needs of our patients and families and support more people within our community.

In December we celebrated the work of our **Mill Hill & Totteridge Support Group** and thanked its members who have **raised £5 million for the hospice over 32 years**. A tremendous achievement, I'm sure you'll agree. As a small **token of our gratitude**, we held a special afternoon tea at Finchley, and each of the group's members were presented with an engraved glass paperweight and flowers. Special mention was made of the leadership of **Penny Gluckstein** as the Chair of the group and the phenomenal contribution made by **Helen Bloom** and her **circle of friends** who have to date raised £500,000 in support of the hospice.

At the Board meeting on 25 January, **Geoffrey Hill, Honorary Treasurer and Trustee** stepped down after **27 years of**

dedicated service in support of the work of the hospice. Geoffrey's loyalty and commitment has been **hugely appreciated** as reflected in the presentation of a long service award at the staff conference in December. Geoffrey will remain a firm supporter of the hospice.

The increased opportunities to meet face-to-face over the last months have been welcomed. We've been able to safely reintroduce some social and creative group activity at our **Health & Wellbeing Centre** and I was delighted to attend a **lively and successful staff conference**. There was real delight in being together with colleagues again to celebrate the work in every part of our organisation. I would like to particularly mention the contribution from our **retail staff and volunteers**, who, despite the challenges of the lockdowns, have maintained a high level of income over the last two years to support the work of the hospice.

It's been wonderful to see the return of many favourite events and activities... and I hope you are looking forward, as much as we are, to the **return of our Big Fun Walk as a live event** – the first since 2019.

The launch of our **new four-year strategy** in January was the culmination of months of work by **teams across the three boroughs**, who have created a vision and framework for the future growth and development of North London Hospice, so that more individuals and families can be supported. You'll find more **details** on the plan on **Page 5**.

I am looking forward to working alongside staff, volunteers and supporters during the year ahead - and maybe **walking alongside some of you on the Big Fun Walk on Sunday 1 May**.

Stay safe, stay well.

A handwritten signature in black ink that reads "Lis Burgess Jones".

Lis Burgess Jones
Chair of Trustees

JOIN YOUR COMMUNITY
IN SUPPORTING YOUR
LOCAL HOSPICE

BIG FUN WALK 2022

SUNDAY 1 MAY

- 8.5 mile walk East Finchley to Westminster
- London's most beautiful parks • Stunning views • Live entertainment • Free lunch, refreshments, a goody bag and much more...

Adults: £12.50 Children: £7.50 Under 5s: FREE

Register at www.bigfunwalk.co.uk





30 YEARS OF CARE AT WOODSIDE AVENUE...

2022 marks the 30th birthday of our Finchley building and three decades of care on our Inpatient Unit.

When our building at 47 Woodside Avenue was opened in 1992, it became **Britain's first multi-faith hospice** site and was the culmination of four years of fundraising and the realisation of a long-held vision of **hospice care for all in North London** by **Dr Chris Hindley** and **Harriet Copperman OBE**.

Since its official opening, which was followed by a visit from **Queen Elizabeth II**, our Inpatient Unit has provided end-of-life and respite **care to more than 10,000 patients**. It has also become the home for our Barnet community nursing team and the central hub for many of our support services that have developed over the years, including social work and bereavement support, our learning and development staff, our First Contact service and our out of hours and palliative care support teams that enable us to **offer 24/7 care**.

It's a building where we not only help people to **die peacefully and with dignity** but somewhere we help

create special memories too – by hosting weddings, christenings and special birthdays to daily afternoon teas, musical performances, and **precious time with loved ones**.

And it's a place that's been full of surprises for so many over the years. We've had countless recollections from patients, families and visitors of what they expected when they walked through our doors: **'warm and friendly'**, **'modern and welcoming'**, **'a 5* service'** and, our favourite, **'a building that gives you a big hug'**, are just a few.

Thanks to our supporters who have helped us finance new kitchens, garden projects, patient facilities and currently our revamped café and lounge area, **you are helping to keep the home of North London Hospice in good shape and ready to support our community for the next 30 years.**



Serving the Boroughs of Barnet, Enfield and Haringey

BECOME A HOSPICE HERO AND SET UP A REGULAR GIFT.

Just £5 or more a month will make a big difference.

Your regular donation will give North London Hospice a steady income to help secure our long-term future.

Visit www.northlondhospice.org and click 'donate'.



Registered with
**FUNDRAISING
REGULATOR**

MAKEOVER TO MODERNISE OUR FINCHLEY ENTRANCE & LOUNGE

The **front of house** and **lounge area** at our Finchley site is undergoing a **makeover** this spring to give it a fresh, warm, modern feel to welcome patients and families into the building.

The **refurbishment** takes place in the building's **milestone 30th year** and will provide comfortable private seating areas for patients and their loved ones to talk and receive support. Work also includes a bistro style café with a range of new furniture and soft lighting, a new welcome desk area and a chill out zone for all to use, including younger visitors, ensuring the visitor experience is as comfortable as it can be.

Each year we welcome more than 12,000 people through our doors and for many, it is their first experience of visiting a hospice. Visitors often remark on the warm and friendly atmosphere they find on entering our buildings and we hope the work will be completed by the summer. We can't wait to show you how it looks!



NORTH LONDON HOSPICE WELCOMES NEW DIRECTOR OF FUNDRAISING



This spring we are delighted to welcome **Anna Cooper**, as our **new Director of Fundraising and Corporate Engagement**.

Anna joins the hospice from Versus Arthritis (previously Arthritis Research UK) and takes over from **Robin Langrishe**, who has successfully directed the organisation's fundraising department for almost 11 years.

A local resident in Barnet, Anna brings a wealth of experience and knowledge of all aspects of fundraising after seven years as Head of High Value Partnerships at Versus Arthritis, and is looking forward to developing our relationships with both individual and corporate donors.

As a charity, the **hospice's fundraising operation is vital to its work**, and Robin and his team have developed a diverse supporter base and maintained income through the pandemic, the toughest financial challenge in the hospice's near 40-year history.

Robin said: **"It's been an absolute**

honour and pleasure working for North London Hospice. I have met so many wonderful supporters and my lasting memory will be of the amazing community that supports the hospice, enabling it to continue to give the best end-of-life care. **North London Hospice will always hold a special place in my heart and I will continue to fundraise on a personal level to support its work with my trek to Peru in May. Thank you again for all your support."**

Anna said: "I'm super excited to join the hospice team. **I can't wait to meet lots of our supporters and start working on the new fundraising strategy, which will increase income in the coming years, enabling the hospice to support more people.** I live in Barnet and feel privileged to be joining a much-loved organisation that provides such incredible support within my community. When I'm not working I am either running around after my five-year-old twins or running around Arncliffe Park for exercise! I'll even be donning a hospice vest when I take on the Berlin Marathon in September!"



NORTH LONDON HOSPICE LAUNCHES AMBITIOUS STRATEGIC PLAN

In autumn 2021 we launched our **ambitious Strategic Plan** which sets out our **priorities for the next four years**. Our aims focus on sustainable long-term impact and growth that provide people with personalised care of the highest quality through a single point of access.



We aim to increase the number of people we provide care and support to, by 5% each year and will build new partnerships, share our specialist expertise, and develop new models where needed to ensure care is delivered when and where people need it.

The Strategic Plan also introduces our **new vision for the hospice: The best of life, at the end of life, for everyone**. This vision is at the heart of everything that we do, and our Strategic Plan will enable us to provide this for more people across our North London community.

“The needs of patients, families, and the local community we serve are changing all the time and we recognise that we need to change too,” said **Declan Carroll, Chief Executive Officer** of North London Hospice.

“Our Strategic Plan sets out our ambitious plans and captures our passion for reaching more people and doing what we can to help those who need us. We know that what we do makes a difference and moving forward we want to make a bigger difference, for more people,” he added.

North London Hospice has traditionally enjoyed close relationships with the local community. Underpinned by a series of strategic objectives around reach, duty and commitment, the Strategic Plan will support innovation in the development of new models of care across Barnet, Enfield and Haringey. You can find more information on our website.

TRUSTEE GEOFFREY HILL TAKES UP NEW HOSPICE ROLE

North London Hospice **Trustee Geoffrey Hill** has retired from our Board of Trustees after **27 years of service**, but we are delighted he will become a patron of the organisation. Geoffrey's successful career as a chartered accountant has meant the hospice has benefited from his financial expertise for almost three decades. His guidance has been instrumental in ensuring the hospice has a sound financial base from which to serve its community.

During his time with the hospice, Geoffrey has been the **Honorary Treasurer** and **Honorary Secretary** and **chaired the Board's Finance Committee**.

Geoffrey Hill said: *“Who would have thought that a chance conversation in a taxi with a professional colleague who asked if I knew anyone who might be prepared to volunteer their time on the Board at North London Hospice, would result in me being in that post for 27 years!”*

“Now in my 75th year, it is time for me to pass on that role to my excellent successor, Andrew Harris. It has

been a pleasure for me to act in this capacity and I cannot believe where the years have gone. I shall continue to support and promote the hospice in any way that I can.”



Chair of Trustees Lis Burgess Jones added: *“Geoffrey has brought a wealth of knowledge to the Board of trustees, for which we are extremely grateful, and I'm delighted he will remain connected with the hospice in his new capacity as patron, where he will continue to support and promote its work within our North London community.”*

We are also delighted to welcome **Penny Gluckstein** as a **new patron** of the hospice. Penny has been a committed hospice fundraiser for more than 30 years (see P7 & 8) as well as a trustee and volunteer. Find out more about Penny and the roles of our patrons in the next issue of Life.

SUPER SIX HOST SHOPPING DAYS THAT RAISE £10,000 FOR PATIENT CARE



Six women all living within a three-mile radius of North London Hospice....Six women that have all experienced support from North London Hospice....**Six women that have worked tirelessly to raise £10,000 for patient care.**

For **22 years** the **annual Festive Gift Fair** run by **Valerie Spencer** and **Annette Shain** was a much-loved shopping event that raised thousands of pounds for the hospice. In Winter 2021, after a lull during the pandemic, the event was back with not one, but **two shopping days that raised a fabulous £10,000** to support the hospice's Out of Hours service.

The main event was held for the first time at the RAF Museum, Hendon and was followed five weeks later by a second at the Oakleigh Park Lawn Tennis Club.

The newly formed Team N20 organised leaflet drops and used social media to spread the word. The days were a great success and shoppers were treated to an array of stalls offering unique and artisan products, from fashion, stationery, hats, jewellery, sportswear, pet accessories, food, candles, homeware and flowers. A silent auction and tombola boosted funds further, as did the addition of street food caterer, Miriam's Table at the second event.

Our thanks go to the six wonderful women who organised both events - **Valerie Spencer, Allison Rosenthal, Annette Shain, Lilian Cordell, Ros Rogers, and Susie Tibber** - and raised a fantastic amount of money to support our overnight service, which offers telephone advice and home visits to patients and families during the night, a time when they often need us the most.

Thanks also to Oakleigh Park lawn Tennis Club, Carpe Diem in Whetstone and Miriam's Table - Bukharian Street Food, for their support at these events.

2022 PROMS FESTIVAL TAKES SHAPE

The **Proms at St Jude's** music and arts festival which raises funds for North London Hospice will take place this year from **25 June to 3 July**. Concerts - classical, jazz and folk - will be held in St Jude's Church in Hampstead Garden Suburb, NW11.

The opening night will feature Orchestra Nova performing a programme of works by Mendelssohn, and Schubert, including *Death and the Maiden*. On the second evening, in homage to his father, **Darius Brubeck** will be playing jazz standards, including some that Dave made famous, plus a selection of South African jazz.

Master cellist Robert Max, who has been a Proms stalwart since Proms' first season in 1993, is back, this time conducted by his son Noah, playing Tchaikovsky and Haydn. Also making a return - from last year - are **Tom Fetherstonhaugh** and **Fantasia Orchestra**, with a programme including Rachmaninov's Piano Concerto No. 2.

For anyone who loves 60s and 70s music, **Joni and Me**, on Saturday 2 July, will see **Joanna Eden** performing songs by Joni Mitchell, Carole King and other folk legends. The Last Night, on Sunday 3 July, will have a royal theme, in honour of HM The Queen's Platinum Jubilee year.

To ensure you don't miss out on getting tickets, join as a friend, which enables you to book before the general public and represents an important contribution to North London Hospice. For more information on the rest of the Proms programme, go to www.promsatstjudes.org.uk



OUR MILL HILL & TOTTERIDGE SUPPORT GROUP – 32 YEARS & £5 MILLION RAISED FOR OUR HOSPICE

In 1989 Magistrate Penny Gluckstein was asked to help raise money to build a new hospice in northwest London. A resident in Mill Hill, she was well connected, so invited all her friends, plus the heads of local schools, councillors, members of the Women's Institute, and many other local organisations to a meeting at a church hall, to encourage others to join her on this fundraising mission.



A week later she was sat in her living room with **25 women** who had offered to help, and they set an ambitious **target to raise £50,000**.

That was the launch of North London Hospice's much loved **Mill Hill & Totteridge Support Group**. This band of committed members with skill, determination and little black books bursting with contacts, began their journey on what would turn into **32 years of support and £5 million raised to fund patient care** at our hospice.

There were treasure hunts, annual ladies' lunches with a wide variety of speakers, gala dinners at London's top hotels and their much-anticipated lavish festive gift fairs that at their peak would raise £30,000 a year for the hospice. But they were also known to roll up their sleeves and shake collection tins at local shopping centres when there was a target to meet.

"When I stood in that hall with the then head of the hospice, Penny Montgomery, and asked for volunteers to join me to fundraise, I had no idea I was starting a 32-year journey with North London Hospice," said Penny.

The Mill Hill & Totteridge Support Group has played a key role in funding the work of the charity over the years, especially its major expansion projects. *"When plans were approved to build the Health & Wellbeing Centre, the hospice was set the challenge to raise half the funds to meet the building costs in just three months. If we managed it, the government agreed to pay the other half."*

The funds were raised and the centre in Winchmore Hill now provides a wealth of medical, holistic and social support that enables our patients and their families to live their lives as well as they can for as long as they can. It also houses our Enfield community nursing team.

During the last three decades members came and went but the core group have remained a strong team, **intrinsically linked to the work of the hospice**, volunteering their time in many areas of our work, from our retail operation, as part of our front of house team and for **Penny** as a **trustee, volunteer on our Inpatient Unit** and currently a **Compassionate Neighbour**.



Those core members are **Sandra Jacobson, Helen Bloom, Diane Scott, Maddi Rayner, Hanna Samson, Margaret Silver, Valerie Tomlinson, Val Wachman** and of course **Penny Gluckstein**.

"We've been able to see first-hand the importance of the work of the hospice and I'm delighted the achievements of our group have supported the care it provides. When I think back to that first meeting at my home and whether we would meet that £50,000 target...we never dreamt we would raise this much over the years. For the core members, the support group has played a big part in our lives."

Now that most members are in their 80s, they have decided to **hand the baton to the next generation of fundraisers**, and we were **delighted to celebrate their achievements and thank them for their enormous contribution** at a special tea and presentation with our **Chief Exec Declan Carroll** and **Chair of Trustees Lis Burgess Jones** at our Finchley site, where it all began.

And although the Mill Hill Support Group may have come to an end, we are pleased some of its members will stay connected to the hospice as volunteers. We are also **honoured** to be the beneficiary once again of Penny's **Highwood Ash Open Garden** in the spring (See events page for details).

Thank you, ladies, for your unwavering commitment to help fund our work. Thanks to you and the many other members over the years, thousands of patients and their families have received our vital support.

MAIN PHOTO L TO R – PENNY GLUCKSTEIN, MADDI RAYNER, HELEN BLOOM, DECLAN CARROLL, LIS BURGESS JONES, DIANE SCOTT, SITTING FRONT L VAL WACHMAN (LEFT), HANNA SAMSON



CATCHING THE LIGHT PHOTOGRAPHY EXHIBITION



Our **patient and family photography group, Catching The Light**, hosted a successful second exhibition at our Health & Wellbeing Centre in December.

The new collection of photographs, **curated by professional photographer Francis Ware**, reflects the passions of five of the group's members as they ventured out with their cameras during some of the brightest and darkest days of 2020.

Visitors, including **Enfield Southgate MP Bambos Charalambous**, enjoyed viewing the work, and the group were delighted to sell a number of framed photographs, proceeds from which will support future patient care.

USING ART IN THERAPY

Allowing sand to slip through your fingers can conjure many thoughts and emotions. Carving patterns, pictures or just feeling the texture in a two-foot square tray of yellow sand are just a few of the options available to North London Hospice's patients using art therapy as a means to understand and manage their feelings and emotions.

Art Therapist Christina is based at our Health & Wellbeing Centre, surrounded by rich paints, pastels, brushes, clay, polished coloured stones, beads, and an array of canvasses on which patients can 'find their voice'.

"Art therapy can bring a lot of understanding to things that have often been unspoken for a person," says Christina. *"Working with sand, paint, clay or pencils can enable a patient to find their voice through art. To create something visual can help them make sense of things they've found difficult to face or explore."*

Christina initially trained as a **social worker** nearly 40 years ago and found art has been a useful tool throughout her career. Her own artistic development

led her to train as an **art psychotherapist**, which she completed eight years ago.

"Patients are free to work with whatever inspires them. The work is theirs to keep and is often never seen by anyone else. The creations are personal. Words come and go and can easily be forgotten but artwork stands alone. It can become an anchor from which to explore and return to when needed. Making art can shift perspectives, and the creativity it releases can be playful, insightful and mindful of the present moment."



Ann-Marie Wilson is supported by the team at our Health & Wellbeing Centre and found art therapy extremely helpful. **"After chemotherapy, I knew I had lots of seemingly inaccessible feelings – and**

I wasn't sure how to get to them. Christina helped me initially move from controlled art to playful expression, safe content to raw vulnerabilities. I moved from 2-D painting through collage to 3-D claywork. The whole experience was more cathartic and healing than I could ever have imagined. I will always remain grateful for the experience."

LIGHT UP A LIFE 2021

We welcomed more than **300 people** in person to our annual **Light Up A Life** event, **our first in-person event for almost two years**. The remembrance event, in which we join with the families and friends of our patients to remember their loved ones, was a beautiful evening. We sang, reflected, and heard from the family of **Karen Abbott** about **the importance of the hospice's care** both during Karen's final weeks and in supporting the family after her death.

Guests also watched as the lights on our beautiful tree were switched on, each one twinkling in memory of a loved-one. **Thank you to all those who dedicated a light - the event raised £65,000 for patient care.**



VOLUNTEER MAUREEN MARKS 25 YEARS WITH NORTH LONDON HOSPICE

A great big **thank you** to our volunteer, **Maureen Hajdu**, who has reached **25 years of service** at our Muswell Hill shop. She celebrated with staff and fellow volunteers who presented her with gifts to mark the milestone.

"It never fails to amaze me how much money the 17 shops raise to support our wonderful hospice. When you consider the average price of an item is £4.50, we provide almost a million pounds in income each year to support patient care."

Maureen is one of **450 volunteers** who support the work of the hospice. Find out more about the varied volunteering roles with us here: www.northlondonhospice.org/work-for-us

THE CHICKPEA CHALLENGE

After attending one of **North London Hospice's training courses** to learn about the value of empathy, student **Ryan** embarked on an **unusual fundraiser** – to spend a day with chickpeas in his shoes!

The Oxford International College student was inspired by an exercise where participants were encouraged to put dried chickpeas in their shoes to experience how physically debilitating chronic diseases can be.

Ryan has gained huge support for his initiative with schools and colleges across the UK and the world also taking up the challenge.

"One third of adults suffer from multiple chronic diseases," said Ryan. "The backbone for this initiative is the virtue of empathy, where we are aiming to help participants put themselves in other people's shoes. By feeling real discomfort when walking, participants will be able to better empathise and relate to those living with chronic discomfort or pain, such as Arthritis."

Participants are challenged to walk on chickpeas for between one day and two weeks and **raise sponsorship** in return for **North London Hospice**. *"It's where I had the original idea and also a place that cares for a large number of patients who have multiple chronic conditions."*



OUR ANGELS OF THE NIGHT

At North London Hospice we provide care 24-hours a day, this includes supporting patients and families at home during the night. Our 13-strong Palliative Care Support Service team of registered nurses and healthcare assistants provide care, advice, a hand to hold, an ear to listen and sometimes a shoulder to cry on, at a time of day when it is often needed most. They've been referred to as the 'angels of the night' who provide around 10,000 hours of overnight care to patients at home each year.



HOW MANUELA BECAME A PCSS NURSE

When I came to England, I had **13 years of experience** as a qualified nurse. But I had little knowledge of hospices because in my country they do not exist.

My dad died at home from bowel cancer, and it was a very difficult experience **caring for him at home**. I had a very supportive family, but the nights were extremely hard. I worried whether I was doing things correctly. I felt lonely and exhausted. During those long nights, I often wished I had a professional with me for **reassurance and support**.

Now as part of **North London Hospice's Palliative Care Support Service** I try to make sure that patients have all the care and support they need to die peacefully at home, and we are there to support their families in those first hours after a death too.

This job has made me a better nurse. The nights are still very long, tiring, often cold and sometimes sad, but I always finish feeling satisfied.

I love my job on the PCSS team. I really feel like I make a difference to people's lives. To be able to support and care for patients who want to stay at home and help control their symptoms, enabling them to have a peaceful death with their family around them is the most rewarding feeling.

A NIGHT IN THE LIFE OF A PALLIATIVE CARE SUPPORT SERVICE NURSE

Nurse **Vicki Coules** is part of our **PCSS team**. Here she gives us an insight into her world at night.

5pm – allocation and information – I was allocated my patient earlier this afternoon. I spend time on my laptop sourcing information like diagnosis, current condition and family support. It's important to have as much information as possible to be prepared, know what to expect and what my patient may need.

8pm – having dinner and getting ready – kids to bed and I sit down to have dinner with my husband and catch up on the day. He asks where I'm going that night and reminds me to take my sky guard to keep safe. Quick shower, change into my uniform and I check my bag to make sure I have enough supplies.

9pm – calling the family – before I leave, I do my 9pm call to let the family know I am coming. It's nice to have a little chat to break the ice and find out how they are before I arrive.

9.30pm – travelling – thank goodness for sat navs! If it's my first visit it can sometimes be a challenge to find house numbers, especially in the dark. I always keep my fingers crossed for a parking space near the house and remember to check in on my sky guard.

10pm – arriving at my patient's house – I mask up and ring the bell whilst wondering what to expect. I introduce myself and have a brief chat to the family to find out how the patient is today and how the family support are too. Families are always so happy and relieved to have our support. They are often exhausted, and our arrival means they can get some rest. Others want to have a chat about the patient, their family and what to expect. I always encourage relatives to get some rest but sometimes they just want to be with their loved ones.

10.30pm – caring for my patient – I introduce myself to the patient, sometimes they are awake and can tell me how they are feeling and what they need but a lot of the time they are unconscious. I assess them for pain and distress, check syringe drivers that supply pain relief and make them as comfortable as possible. It's easier if patients are in a hospital bed but some people prefer to be in their own beds or even on the couch.



Midnight – coffee time – I always have my coffee and snacks around this time. The sugar and caffeine boost helps me to stay alert.

Middle of the night – keeping an eye – hopefully my patient is settled, however I may need to administer drugs for symptom control, reposition, provide mouthcare etc. Sometimes patients can't sleep and want to chat; one night I spent the night watching national geographic with a patient, whilst making sure they remained comfortable. Hopefully I don't need to disturb relatives tonight. It's difficult sometimes to judge when to wake them up if I feel a patient is close to dying.

6am – notes – typing my notes on how the night has been, any issues or medications needed and if anything needs to be followed up during the day. Having a work laptop these days has made the admin side of things easier.

7am – end of my shift – a settled night for my patient and a big smile on their relative's face in the morning after a good night's sleep is the perfect end to my shift.

I head home and take my kids to school before settling down for a few hours sleep and keep my fingers crossed that I hear my alarm in time to do the school pick up.

I love my job on the PCSS team. I really feel like I make a difference to people's lives. To be able to support and care for patients who want to stay at home and help control their symptoms, enabling them to have a peaceful death with their family around them is the most rewarding feeling.

DIARY DATES

FREE WILL MONTH – FEBRUARY, MAY & NOVEMBER

In 2022 we are holding three of our popular Free Will Months – in **February, May** and **November**. Supporters can have their wills prepared free of charge in return for a donation or pledge of any size to North London Hospice. Find out more here:

www.northlondonhospice.org/willmonth



BIG FUN WALK 2022 – 1 MAY

Our biggest event of the year is back! Join us for our 8.5 mile walk from East Finchley to Westminster through London's beautiful parks and past its historic landmarks. Walk in memory of loved ones or just in support of your local hospice and raise as much money as you can to support patient care. **For info and registration, visit www.bigfunwalk.co.uk**

UK 3 PEAKS CHALLENGE – MAY - OCTOBER DATES

Experience a fast-paced and physically challenging adventure as you take on the three highest peaks in England, Scotland and Wales. Considered one of Britain's toughest outdoor challenges, you'll scale Ben Nevis (1,344m), Scafell Pike (978m) and Mount Snowdon (1,085m) in the National 3 Peaks Challenge and raise vital funds for North London Hospice. **Find out more here: www.northlondonhospice.org/events/3peakschallenge**



**LEAD BY PROFESSIONAL
GLOBAL ADVENTURE CHALLENGES LEADERS**



HIGHWOOD ASH OPEN GARDEN – 14 MAY

A 56-year labour of love, this **3 ¼ acre country garden in the heart of Mill Hill** features rolling lawns, two large ponds with koi and a modern gravel garden, plus many interesting plants and sculptures. A visit in May should also be perfect for the camellias, rhododendrons and azaleas. Entry is £5 for adults. Children are free. Proceeds donated to North London Hospice. **Book your tickets here: www.northlondonhospice.org/events/highwood**

PROMS AT ST JUDE'S – 25 JUNE – 3 JULY

A highlight in our calendar is the wonderful Proms At St Jude's, now in its 30th year. A week of **live music**, **literary talks**, **heritage walks** and **comedy** in the setting of beautiful St Jude's Church in Hampstead Garden Suburb that raises thousands of pounds for our hospice each year. **Info and tickets here:** www.promsatstjudes.org.uk



ASICS LONDON 10K – 10 JULY

With entertainment and iconic landmarks on route, ASICS London 10K is the **fun summer running event**. Start in Green Park and head through central London and the city towards Embankment and be treated to the best view across the river of the London Eye. **Join our ASICS London 10K team here:** www.northlondonhospice.org/events/london10k

LONDON MARATHON 2022 – 2 OCTOBER

Raise funds for patient care whilst taking part in one of the **greatest marathons in the world**. If you're only going to do one – make sure it's this one! **Full details and application here:** www.northlondonhospice.org/events/london-marathon-2022



ROYAL PARKS HALF MARATHON – 9 OCTOBER

Winding through four of London's royal parks, this has to be **one of the most scenic half marathons**. Book your place by August. **Details here:** www.northlondonhospice.org/events/royalparkshalf

SKYDIVE WITH SKYLINE – ALL YEAR

Experience the thrill of jumping from 10,000 feet in a sponsored skydive for North London Hospice. Our trusted tandem skydive partner, Skyline Events, will organise the logistics for your day and give you all the training you'll need. **Full details here:** www.northlondonhospice.org/events/skydive



TONY AND MARY'S GIFT TO NORTH LONDON HOSPICE



Tony and Mary Flach were supporters of North London Hospice for many years, **volunteering** in our Finchley coffee shop when the site opened in 1992. We were **honoured to receive a legacy gift** when Tony died in 2020, aged 97. This gift will be put towards the refurbishment of our coffee shop – a **fitting tribute to Tony and Mary**.

"Knowing how much our parents had supported North London Hospice, my brother, sisters and I were very happy to carry out our dad's wishes with a financial gift to the charity," said Tony and Mary's son, Martin. "They enjoyed chatting to families in the café area so it's wonderful to know that their legacy will help give this area a makeover so patients and families can continue to enjoy time together there".

Our **Free Will Months** throughout the year offer the opportunity to have your will written online, by telephone or with a solicitor's appointment. **We will cover the cost where needed to prepare the will and ask for a donation or pledge in return.** Visit our website for information: www.northlondonhospice.org/willmonth

WILL MONTH

This February and May we invite 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

Your easy, fun & affordable way to help North London Hospice keep caring within the boroughs of Barnet, Enfield and Haringey – with a chance to win up to £25,000 too!

WEEKLY PRIZES:
£2,000
£1,000* ROLLOVER
£100
8 X £25
190 X £10

JOIN ONLINE TODAY!
www.localhospicelottery.org/support-nlh
OR CALL - FREEPHONE 0800 316 0645

*If the £1,000 prize is not won, it rolls over each week to a maximum of £25,000 (excluding Super Draws where the £1,000 prize will remain £1,000). During applicable weeks there is a 1 in 10 chance of the rollover being won.

local hospice lottery

NORTH LONDON HOSPICE

Weekly Prize Fund £5,200

PLUS £10,000 SUPERDRAWS every March, September AND December

Rollover* can reach as high as £25,000

Promoter: Local Hospice Lottery Ltd, North Court Road, Chelmsford CM1 7FH. Local Hospice Lottery Ltd is registered in England and Wales (Company No. 3226004) at Farleigh Hospice, North Court Road, Chelmsford CM1 7FH and is a wholly owned subsidiary of Farleigh Hospice (Registered Charity No. 284670). Local Hospice Lottery Ltd is licensed and regulated in Great Britain by the Gambling Commission (www.gamblingcommission.gov.uk) under account number 4716 and is a member of the Hospice Lotteries Association and the Lotteries Council through whom Local Hospice Lottery makes annual contributions to GambleAware (the leading charity in the UK committed to reducing gambling-related harms). For more information and advice visit www.begambleaware.org. North London Hospice is a Registered Charity, No. 285300. North London Hospice is one of a number of hospices throughout Great Britain supported by Local Hospice Lottery. Local Hospice Lottery will give between 55% and 80% of profits from individuals playing in support of North London Hospice to North London Hospice. This is expected to be at least £150,000 over five years from February 2021. A full list of the hospices supported, along with Terms and Conditions, can be seen on the Local Hospice Lottery website or provided on request from 'Freepost Local Hospice Lottery'.

18+ All players must be aged 18 or over

BeGambleAware.org Play the Local Hospice Lottery responsibly.

Registered with FUNDRAISING REGULATOR

NURSE CALL SYSTEM MEANS HELP IS ALWAYS JUST SECONDS AWAY

The Nurse Call System on our Inpatient Unit provides patients with the comfort of knowing that at the touch of a button, a nurse will immediately come to their bedside.



Our current system was installed 30 years ago when the Inpatient Unit was built and now needs updating, so our 2022 Spring Appeal asks supporters to consider a contribution of any size to help us fund the replacement.

Unlike the current Nurse Call units



that are wired into the walls, the new devices work wirelessly, can be attached to the bed, and have a lead with an alert button that rests next to the patient, so they **do not have to move to call for assistance**. Being a wireless device, it can be **easily detached from the bed** and transported **with the patient should they wish to spend time in our lounge area or in the garden**.

An update to this important piece of equipment can make a patient's stay more comfortable. **If you would like to make a donation, please visit our website and click 'Donate'.**

PETER MURRAY MARCHES ON! – CHALLENGE EXTENDED FROM 1,000 TO 5,000 MILES

Our fantastic 86-year-old fundraiser Peter Murray has completed his 1000 mile walk for North London Hospice ...and promptly declared he will continue until he reaches 5,000 miles!

The sprightly pensioner who lives in Palmers Green began his challenge in May 2021 and has so far **raised more than £2,500 for patient care**. He crossed the 1,000-mile finishing line at our Finchley site, where he was greeted by our doctors and nurses and presented with a medal and certificate for his incredible achievement. But **no sooner had he taken his final step, the octogenarian set himself a new goal to walk 5,000 miles and raise more money for the hospice.**

"I've been walking up to 10 miles a time in my local community but as I neared my goal my brother Oliver said, 'I bet you can't get to 5,000 miles?' Never one to turn down a challenge, I've decided to keep going until I reach 5,000 miles. It's good exercise and I get to meet lots of wonderful people on my walks and I'm raising money for a great cause."

You can read more and support Peter's challenge here:
www.northlondonhospice.org/news/5000milewalk



AMAZING TEAM MARATHON!

16 supporters took part in the London Marathon in October and raised a phenomenal **£121,779** between them for North London Hospice. If you're interested in taking part in one of the greatest marathons in the world and would like to be part of our 2022 team, you'll find details here:
www.northlondonhospice.org/events/london-marathon-2022

FANTASTIC FUNDRAISERS

The community support for North London Hospice is amazing. We are also very grateful to local businesses that choose to support us. There's been lots of activity over the past few months, here's a few people we would like to thank.



£5,632

Thank you to **Lisa Wright**, her **family** and **friends** who raised **£5,632.50** from a charity concert with UB40 tribute band UB42. Our nurses cared for two of Lisa's grandparents so North London Hospice holds a special place in the family's heart.



£5,000

The wonderful **Gina Inman** raised **£5,000** from a cosmetics fundraiser in support of the hospice, where her mum, Sarah, was cared for. We are extremely grateful for her support. Gina says of the care her mum received: *"From the doctors and nurses' support and the equipment to mum's favourite chef(!), North London Hospice has supported us so well in these difficult times."*



£400

The **Bounds Green Singers** group has been raising funds for North London Hospice for the last 20 years, **in memory of a Bowes Primary School parent** who was cared for by the hospice. Every Christmas they sing at Bounds Green or Arnos Grove tube station, and we were delighted to benefit to the tune of **£400 in donations from their Christmas 2021 carolling.**



£2,150

Thank you to the **staff at Sugro UK and their guests** who hosted a **raffle** in aid of North London Hospice at their **autumn race day at Ascot Racecourse**. Their generosity **raised a wonderful £2150**. Our Inpatient Unit nurse Dawn was invited to join the special day and help pick the winning raffle tickets.

£350

Thank you to the community at **Christ Church Southgate** and **Patricia Harper** for organising a Christmas raffle fundraiser and raising **£350** for the hospice.



£6,761

Thank you, **Emma Price**, for **climbing Mount Snowdon** in support of North London Hospice and **raising a fabulous £6,761** to fund future patient care. Emma took on the challenge **in memory of her mum, Claire**, who was cared for by the team at the hospice in 2021. Thank you also to Emma's boyfriend and her cousin who walked by her side as she scaled Wales' highest mountain.



£10,000

Father Andreas Hajisavvas was cared for by our nurses and doctors. **His daughter, Joanna Kromidias**, and the **Greek community raised more than £10,000** for the hospice in his memory. Thank you for your generosity and for supporting patient care.

Our outgoing **Director of Fundraising and Communications, Robin Langrishe**, is embarking on his **third trek** to raise funds for the hospice in May. After his 2018 challenge in the **Himalayas**, he's dusting off his walking boots for a five day **Inca Trail trek in Peru**. He leaves on 13 May and will cover 60 miles and reach heights of 4,300m. Robin has already raised almost **£2,000** to support patient care for his latest challenge. **You can support him here: www.justgiving.com/fundraising/robin-langrishe**

Thank you to our **fabulous volunteer and supporter Anne Farrell** who has completed her **25-mile trek along Hadrian's Wall** in challenging weather conditions! Anne has **raised an impressive £1,658!** Anne took on the challenge to raise funds for patient care after seeing first-hand the importance of individualised end of life support, when one of her friends was cared for by our hospice team.



£1,924+



£1,658

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 Furniture Shop

020 3137 2326

Unit 2, 120 High Street, 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

NORTH·LONDON HOSPICE

Serving the Boroughs of
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HEALTH AND WELLBEING CENTRE

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Winchmore Hill London N21 3AY

NORTH LONDON HOSPICE HARINGEY

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