



Read about our fundraising stars inside



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Greetings from the Chief Executive

2019 was a challenging year as we faced many levels of uncertainty in the UK and across Europe. However, here at The Friends we have never been more focused in our support of The Wisdom Hospice. The past year brought many big challenges and we were blown away by the continued commitment of our donors and supporters. Once again you have all simply been amazing.

We are constantly inspired and motivated, safe in the knowledge that the funds we raise together ensure the continued security for The Hospice we love. Which enables more patients and their families than ever to receive essential support from The Hospice through difficult times.

As you read through another jam-packed newsletter you may be inspired to contact us and get involved. We always love to hear your thoughts and ideas of how, together, we can continue our valued support of The Wisdom Hospice – THANK YOU!

Congratulations and best of luck to Charlotte

I am sure you will want to join us in wishing Charlotte and her husband Andrew all the very best of luck with their new arrival. Charlotte forms part of the Friends' back bone in supporting the fundraisers administration. She will now be on maternity leave.



Welcome Maisie

We have recently been joined by Maisie McDonagh who has picked up the administration baton from Charlotte. We are very glad to have her on board as she will keep our records ship shape ensuring all the i's are dotted and t's are crossed.

Martyn Reeves,
Chief Executive, The Friends of the Wisdom Hospice



COLOUR IS COMING

SUNDAY 26TH APRIL 2020

We are back at Milton Creek for our 6th year!
Our Colour Me Purple has now raised over £100,000 for The Wisdom Hospice, and we hope you will join us in painting the park this year!
Sign up online now with our Early Bird Discount



Hospice Stories



MCH hold Shine awards for staff in which peers nominate others for awards in various categories. As we know, our Hospice staff are all amazing however; this has been noticed by others and **FIVE** nominations were received.

The Family and Carers Support Team have been nominated in **Team of the Year** category for their expertise in supporting patients and families with their emotional and psychosocial needs.

Priti Joshi (social worker) and **Sarah Thompson** (palliative clinical nurse specialist) were nominated in the **Unsung Hero of the year (clinical)** category as they broke down barriers with a patient to ensure her death was dignified and peaceful.

Diane Martin has been nominated for **Volunteer of the Year**; she has been a valued part of the team since 2013 and supports patients in the Wellbeing Centre as well as on the Ward. Her role as patient helper encourages patients with eating, exercising and activities such as crafts or reading. Nothing is too much trouble for Di, her role has evolved because of her willingness to get involved and the benefit she brings by picking up on the subtle needs of patient's, working with them using her practical and compassionate approach to enhance their levels of wellbeing.

Sarah Robson, the inpatient unit ward clerk was nominated twice in the same category - **Unsung Hero of the Year (non-clinical)** and **won!!** She facilitated a complex patient transfer from The Hospice to home by working collaboratively with G4S. She also boosts the moral of the ward staff by sending them all a birthday card and is one of the first to offer support towards fundraising efforts.

Congratulations Sarah!!



The Hospice Christmas Raffle was a success again this year! For the past couple of years, the raffle has raised over **£1,000** every time.

The money has gone towards improving the patient environment, buying plants for the patio, and any equipment that will best enrich the patients time with us.



From December **Jamie Croswell** will be joining the medical team as an Advanced Clinical Practitioner. He will be joining **Sarah Thompson** and a new member of staff, **Emma Welch** (welcome to the Hospice). They will be working on the ward providing clinical examination's, arranging care plans for individual patients and prescribing appropriate medication as well as supporting patient and relatives emotionally and psychologically. They will also be seeing patients in clinics at The Hospice as well as visiting patients at home who have been referred due to an emergency situation.

Community Palliative Care Team has new members of staff, welcome to **Katherine Longhurst** who is a respiratory physiotherapist by background, **Louise Turner** who worked for the integrated discharge team in Medway Hospital and **Karen Davis** who worked for continuing healthcare in Medway Hospital. All have settled very well into the team.



Goodbye and thank you to **Angela Ryan** and **Jo Collis** in the HPCT. Angela is retiring and Jo is taking up a new post with the Greenwich and Bexley Hospice.



Laughter is the best Medicine

The adage that says 'laughter is the best medicine' is appropriate to describe my experience so far at The Wisdom Hospice. Being a student social worker on placement, I had expected a melancholic and sombre atmosphere. That was quickly dispelled on my second day when I was rummaging the children's toy box in the visitors living room. There was a gentleman's sitting there who paused mid conversation on his phone and said, "I think you are too old for that".

We both burst out laughing and it changed my day and my experience of hospice care. Most days are punctuated by laughter and good humour. Patients and their families will use humour as a coping mechanism, one of them said "if you don't laugh you will cry". Statistically you can claim that it takes 43 muscles to frown and only 17 to smile, I did not realise that I would find so many reasons to smile here.

Taffy Mazungunye Student Social Worker on Placement



Sarah Slater joined The Hospital Palliative Care Team in November and comes

with several years' experience of working on the specialist cancer ward in Medway Hospital. She describes herself as a feeder - likes to bake and looking forward to new experiences and learning lots. Sarah is completing the Brighton marathon in April and would welcome any tips on getting through it in one piece.

Christmas Fayre

Total raised £8,247.23

Christmas comes but once a year, but the fantastic fundraising lasts all year round! We have thrown open The Hospice doors to host our 35th Christmas Fayre. In the last few years, the scale has easily doubled, thanks to some SUPER supporters...

SupaGlazing sponsored our marquee and heaters for the second year, expanding our useable space yet again by covering our carpark, proving a great space to hold choir performances and seating to enjoy hot food and drinks.

Rapid Relief Team in Gillingham supported us again this year, with what are widely known as the BEST burgers cooked up in their professional set up. Keeping the whole Fayre hydrated, once again fell to **Beantown Coffee**, serving up their speciality hot chocolates along with barista level coffees and teas. They very kindly provided all our volunteers with free tea and coffee on the day, so we could keep the Fayre running at full speed.

The Fayre relies on the support of some amazing stall holders, who were eager to be involved with us again this year. We are always happy to have some familiar faces alongside some new and exciting stalls, and we are very grateful to all of those who choose to donate their takings from the day. Of course, we cannot have a successful Fayre without the army of volunteers, who give up their Saturday's to man stalls, put up Christmas trees and help us tidy it all away again after. We also need to thank our wonderful neighbours for their patience as our influx of visitors arrived in the area. Thank you for your understanding.

We were so happy to see so many come to support the Fayre this year, with the entrance taking £905 in donations!

By coming along this year, you are continuing to support the amazing work and care that The Wisdom Hospice provides, making sure no one in Medway and Swale has to face terminal illness alone. Even buying raffle tickets for our Grand Christmas Raffle helps make a huge contribution and we are so in awe to say this year we have raised **£8,247.23**. We are so proud of this total and amazed that we raised even more than last year!

We cannot thank you all enough, but we will never stop trying!

Thank you!



Volunteer for Us!

Volunteers are the magic that make all our events happen, they are vital in making sure we can run our events and hold collections. If you think you could be one of these magic people that make all the difference, why not volunteer with us?

Let the team know by email or dropping us a call to let us know what you would like to volunteer at.

Morrison's Info Stall

Monday 13th to Sunday 19th January
Shifts Available
Morrison's Sheppey
Manning our Events Information Stall

Quiz Night

Saturday 14th March ~ 6.30pm-11pm
Hook Meadow Community Centre
Helping with Registration, Scoring,
Marking, Selling Raffle Tickets etc.

Spring Coffee Morning

Friday 3rd April ~ 9am-2pm
Wisdom Hospice, Education Centre
Helping with Serving,
Manning Stalls, Washing/Clearing Up,
Selling Raffle Tickets etc.

Colour Me Purple

Sunday 26th April ~ 9am-2pm
Milton Creek Country Park, Sittingbourne
Marshals, Admin, Merchandise Sellers,
Paint Throwers etc.

Medway 10k

Sunday 7th June ~ 8am-12noon
Medway Park and surrounding
10k Gillingham route areas
Marshals

The Friend's Hempstead Valley Stall

Monday 2nd to Sunday 8th March
Shifts Available
Hempstead Valley Shopping Centre
Manning our Merchandise Stall

MMSFL Collection

Wednesday 1st, 8th & 15th April ~ 7pm-9pm
Chatham Town FC, Maidstone Road
Bucket Collection at the ground

MMSFL Collection Charity Day

Sunday 10th May ~ 9am-5pm
Bucket Collection at the ground and
Manning Merchandise Stall

Restoration House Tea Rooms

Thursday's and Friday's
28th May - 25th September
Morning/Afternoon Shifts
Restoration House, Rochester
Making Sandwiches, Washing/Clearing Up

Summer Fayre

Friday 17th & Saturday 18th July
The Wisdom Hospice
Setting-Up, Manning Stalls
and Clearing-Up



Hempstead Valley



Twice a year we are given the opportunity to host a stall at Hempstead Valley Shopping Centre selling our seasonal merchandise at Easter and Christmas.

We'd like to say a big thank you for shopping with us this year as you have helped raise over £2,300.00 from getting your Christmas cards from our stand or little Easter gifts too.

Our stall would not be a success without the wonderful group of volunteers who give up a few hours of their day to man the stand for us, thank you for your time and healthy competitive sales!

Thanks again to Hempstead Valley for their support and we look forward to our stall coming back in March for Easter.

If you would like to volunteer your time on this stall, please get in touch!



Lights for Love

"Lights for Love offers great solace and joy to so many in our local community. It's a very special event offering precious time to pause and remember those close to our hearts and this year was no different. Hundreds of loved ones were remembered at our three services through lights sponsored in their name and dedications made in our remembrance book."

Emma Dengate, Fundraising Co-coordinator
Organiser of The Lights for Love Campaign

Over £11,000 has been raised from the Lights for Love campaign that will not only go towards bereavement services but into the running of the whole Hospice so all services will continue to benefit our community.

Our thanks go to all who support our services. Especially the teams at Rochester Cathedral, Highsted Grammar School, St. Michael's Church and Minster Abbey from the Clergy, administrative staff, Hospice staff and volunteers.



Innovative Fundraisers

We get so many off the wall fundraising ideas pitched to us, but Wendy Stepney's has to be unique.

Wendy and a group of her beautiful friends got together at Bridgewood Manor along with Wendy's filmmaking daughter Carla to film a Cancer-Oke. Wendy's husband, Carla's dad, Brian died peacefully at home thanks to the loving care of his family and support from The Hospice's community team. Wendy said that it has taken her a long time to come to terms with her loss. However, she feels that the time is right, and she wants to give something back and say thank you to The Hospice that so lovingly cared for her and her Brian.

She says "it took a long time for me to even wear make up again, to make myself look beautiful" this is a sentiment that may resonate with many others. But she is beautiful and so are her friends.

Wendy and her lovely ladies have made their own music video lip-syncing to One Direction's 'What Makes You Beautiful' in the hope that it will encourage supporters to donate to The Hospice that Wendy and her family owe so much to.

To see the film head over to our blog on our website! You will also be able to donate and support the Cancer-Oke campaign.

Wendy is also helping organise another fundraiser, this time a Queen Tribute night on the 5th of June at Mid Kent College.



Facts and Figures of The Friends

It's great to be able to reflect on our 2019 and summarise with some outstanding numbers, figures and totals from across our events, fundraising and volunteers. We are always trying to improve and grow, with new and different events and reaching new audiences. We see new faces at our events and welcome familiar ones too, we are proud to always welcome you all as Friends.

Here are some of our highlights from this past year so we can show you the difference your donations, hours of volunteering and support have made. Each time you sign up to an event or even just buy your Christmas cards it means we can help another patient, another family in need of Hospice Care. We are proud to be able to support the families of Medway and Swale that are facing terminal illness and that we can continue to do so with your unwavering support.

£33,000
Claimed from Gift Aid

Thanks to your tick in the box for Gift Aid we have claimed an amazing amount back already!

£96,000
from Supporter Fundraising

We have seen even more people setting up their own fundraisers, whether it's an event or a sky dive it's helped bring in an amazing total.

Supported by
18,000
Volunteering Hours

Whether it's at our shops or our events, each pair of hands helps make sure we can achieve these wonderful figures.

A
Brand-New Website

In October we switched over to our new site and have already seen £1,800 in average monthly income as well as 63% more users on the new site.

£6,900

From 217 Collecting Pots, Buckets and Loose Change Boxes

All those pennies and pounds add up! By just popping your change into our pots, buckets and boxes you have helped fund a Specialist Palliative Care Nurse for two months.

Over
£18,000
Raised from Merchandise

Thank you for every Olly badge or Christmas pudding you have bought with us this year, at our stalls or online you have helped us bring in this amazing total!

Over
3,000
Facebook Likes

Every single like on Facebook is the chance to gain one more supporter and help spread the word about the wonderful work that The Hospice does.

Over
1,285
Referrals to The Hospice

The more health care professionals that are aware of our services and the benefits of early referrals the more people we can help support. So, thank you for spreading the word and helping reach even more people.

Over
£254,000
in Donations

Each donation makes a difference, we do our best to make sure each donation is acknowledged with a letter.

At the centre of all these figures is the patients and families that The Hospice can help support. Your generosity does make a difference, so

Thank you from The Friends



Shop with Wisdom

by John Hale-Brown, Head of Retail



What an amazing year 2019 has been for the shops. Our shop teams have grown in volunteers over the year, our donations have been growing and because of this our tills have been ringing! In July we welcomed our third shop just down the road from The Hospice itself in the heart of Rochester High Street. The shop has been a real positive addition and is making a big impact on the money being raised for The Hospice!

Now you may have seen in the shops recently that we stopped selling plastic carrier bags and instead are now offering fully recyclable paper bags. This is just a step in trying to be more environmentally friendly but it doesn't just stop there. Charity shops are able to offer supporters a sustainable and ethical option in donating their pre loved items which stops so much going to landfill. The benefit that you may be surprised to know is that in 2018/19 councils in Britain had to pay £91.35 in landfill tax for every tonne of waste they put into the ground! By reducing this amount of waste, charity shops saved local authorities around £30m in the UK over that time period. This is money they retain to spend on services for local residents instead!



Now having three shops we do try and move stock around if they have not sold in one place after a certain amount of time, (often in the back of my tiny car but a journey that I would have had to make). We also sell unsaleable stock to recycling companies who then go on to sell to the markets abroad, often being Africa. So we do still make money for The Hospice this way but more importantly we are not just sending unsaleable items to landfill. This is clothing, shoes, handbags, CD's & DVD's, books and homeware items, but not forgetting the amount of items that we are able to sell within our shops, giving items a new life.

So remember, if you are in need of a new top or pair of jeans why not take a look in one of our shops first! Not only will you grab a bargain and help a local cause, but you will do your bit for the planet as well!

No more plastic carrier bags sold in this shop



Back in November all our shops paid their tribute to the fallen by dedicating their windows to Remembrance Day.

A special thank you to Rosemary Joyce who volunteers at Chatham. Rosemary had been planning for a whole year by making and installing the shops' display. Rosemary even had a full page in the Kent messenger showing her beautiful display. We are very proud to count her amongst our volunteers.



2020

This coming year we have some very exciting things planned...

Firstly we are aiming to increase our online presence on our shops in many different ways! If you want to keep up to date then follow #shopwithwisdom and follow our Facebook page www.facebook.co.uk/wisdomhospiceshop

We will also hope to welcome shop number four over this next year! That's even more ways to support us from donating to us, volunteering with us, working for us and of course purchasing, all in aid of supporting The Hospice. Our three fabulous shops will of course be bringing you more events, fantastic window displays and of course bargains galore.

HADRIAN'S CHALLENGE

Hadrian's Challenge

- a challenger's perspective
By Ella Guillon

Fifteen years ago, I lost the most important man in my life, my Dad; Bill Reader, to the dreaded Cancer. He fought for two years but ended his days in The Wisdom Hospice where they cared for him and gave him the dignity he deserved.

All donations from his funeral went to support The Wisdom Hospice. When I found out about Hadrian's Challenge from my friend Suzanne Halsey, I knew it was not only an opportunity to challenge myself but to continue to raise funds for the most worthy cause.

Suzanne also lost her father whilst under the care of The Hospice, her father and mine were close childhood friends, so it was special for me to take on this challenge together in their memory.

The multiple elements to this challenge excited me, but having never hiked, biked or kayaked those distances before I made sure I did as much training as I could, doing spin twice a week, road cycling and circuit training. Having a whole team with you, who were all taking part for their own personal reasons, but all shared a love and support for The Hospice, encouraged you on even when the going got tough.

I found the hiking the most challenging, with hilly and tough terrain, our guide Mark tried to reassure us that it was only a couple of kilometres before the next stop. We cottoned on by the second day that it was always more than a 'couple of K'. The cycling route saw us tackle some serious 'rolling hills', which actually means killer hills! That was one for the thighs, with snacks being busted out for sugar rushes and praying the padding in our shorts would help to ease the numb bums! We finished off our second challenge day with the kayak which was a much-needed rest for the legs but still a lot of fun.

It was a tough and challenging weekend, but I loved every minute of it, and it takes a lot of minutes to cover 110k! Thanks to Martyn for bringing the idea into reality, putting this event and team together. Thanks to Fraser and Mark with Adventure Café for looking after us all and supplying the snacks!

And thanks to our team, Myself, **Suzanne, Paul, Brandon, Darren, Jamie, Sue, Richard, Martyn** and **Beth**. What a great group of people to share this journey with, you couldn't have asked for a better team.



A **BIG** Friends Thank You to...

2019 was the year of change for **Su Ormes**. Battling through a difficult 2018 after losing someone close to her, she took on a solo trek to China to make sure she was living life to the fullest. She completed her trek in September and has raised an amazing **£5,126.21**!



Thanks to **Chris Sousa-Phillips** for holding the 2nd Halling Dog show in the heat at the end of August. Chris holds the annual event in memory of his Father, Paul. The Paw-fect day raised **£531.73**!



Gary Lorton's year as Club captain at Sheerness Golf Club has drawn to a close. With the Wisdom as his chosen charity in memory of his father, John Lorton, he has held different events and competitions throughout the year raising an amazing total of **£3,900**!



Well done to **Bernie** and friends who took on the Simplyhealth Great Bristol Half Marathon in September in memory of her dad Andrew Jameson, they have raised a wonderful **£1,100**!



Rosemary Jones held an Afternoon Tea after losing her beloved niece, Katy Holmes, this year. The event, held on what would have been Katy's 32nd Birthday, raised a wonderful **£270.00**.



Well done to our Royal Parks Runners, **Beth, Nikki, Claire, Lizzie, Gary and Kaz**. Between them they have raised over **£2,000**!

Our thanks go to **Rita** and the congregation at **The Temple of Light Church** for the donation of food from their Harvest Festival.

A collection also raised **£56.89** and our thanks also go to the **Kaur Family** who contributed **£22.49** which they had collected personally.



Our very own Trustee **Margaret Barker** holds a Coffee Morning for us every November, with delicious soup and cakes in her home. This year the wonderful event raised **£586.90**!

Thanks to **Wainscott 50+ Club** for their amazing donation of **£750.50** from their fundraising over the year.



Well done to **Jen and Aaron Davey** who completed the same Tough Mudder in memory of Jen's Dad, Michael Oakley and raised **£306.27** by getting muddy!

Well done to the **Cygnat Audit Team, Daniel, Jordan, Laura, Debbie, Charlotte and Katy** for their triumphant completion of the London South Tough Mudder raising **£580.49** between them.



Thanks to **Richard Gordon** who bravely completed the London to Brighton Bike Ride in memory of his beautiful wife Diane, who spent her last days with us in the Wisdom Hospice and raised a wonderful **£666.34**.

Plus a further **£117** in GiftAid from his sponsors!

CHALLENGE 2020

NightRider

Stratford, London 6th & 7th June

Take on cycling a 50k or 100k distance overnight through the streets of London. Starting and finishing at Lee Valley Velo Park the route takes you past all the sites London has to offer. Full support, back up, regular breaks, breakfast and medal provided.

Suggested Sponsorship £250



Regatta London

20th September

Take on the famous River Thames by Kayak, Canoe or Paddle Board for one amazing day. Making the most of the Thames Barrier closure, you have the opportunity to take over the famous water way. With the options of two routes, take in the iconic London Landmarks from the water.

Thames Bridge Trek

12th September

Join thousands of walkers as you take on a 25km walk along and over the River Thames. Zigzagging over the historic bridges, heading down stream via a fully supported route – join as an individual or as a team – Starting near Putney bridge, and cross 16 bridges across the Thames finishing with Tower Bridge.



Canterbury Trails

London - Canterbury 8th & 9th August

New from Rat Race, Run or Trek 100km in 2 days along England's most famous Pilgrims route. With an overnight stay in the Medway Towns and finishing at the magnificent Canterbury Cathedral. You can expect an iconic start and finish, detailed waymarking and yummy pitstops and devoted marshalling.



Fancy a tougher challenge or heading further afield?
Head over to our website to see some great events like an Arctic Adventure in Finland with Discover Adventure, Wales End to End Cycle trip or a 4-day challenge with Global Adventure Challenge. There are loads to discover and if there isn't anything there that's exactly what you're looking for let us know and it could be our next Friends Challenge!

How Backing a Good Cause can Boost Business

The Friends have had great success in recent years encouraging local businesses to volunteer time and skills in support of The Wisdom Hospice. We have teams from a variety of companies who help to maintain our outside spaces, have decorated offices at The Hospice, marshalled at our events and helped out at our shops.



The Friends were recently invited to speak about the 'win-win' benefits of backing a local charity or community project. These benefits were spelled out to the businesses at the first Kent conference of it's kind in October. The event, Corporate Social Responsibility 2025 - Fit for the Future, heard how encouraging staff to devote time to helping a charity or raising money for a good cause had many benefits for the company itself.

Businesses were told that a well-thought-out CSR policy could boost morale, raise the profile of the company, increase productivity, help it win new customers and even reduce costs by making staff more environmentally and socially aware.

Corporate social responsibility expert Tracy-Anne Barker, from TA Barker Associates, organised the event to highlight the way CSR – also known as 'social value' – can be as good for the company as it is for the charity.

"Businesses regularly tell me how much more motivated their staff are when they are encouraged to link up with a local good cause, how much the team spirit improves and how that increased goodwill and energy boosts business performance" she said. She also pointed out that companies and local authorities were increasingly asking potential suppliers to demonstrate their support for the wider community. "A CSR policy is increasingly important for businesses looking to compete".

We were privileged to be invited to speak and grateful for the support Tracy-Anne is giving The Friends. We hope that her initiative is a great success as it can only bring added benefit to our charity.

If you would like to find out how your company could bring added benefit to The Hospice please call Martyn on 01634 831163 or email martynreeves@fowh.org.uk

GO-KART ENDURANCE CHALLENGE 90MIN

Be the Driving Force of Fundraising!

Hit the track and join in with some fast-paced fundraising this March! Join adrenaline hungry teams of three at Buckmore Park and buzz around their renowned kart circuit. Forget the boring team functions; outdoor karting provides all the thrills and excitement of competitive racing. We actively encourage some healthy cheating to strengthen the competitive edge and our fundraising! You can bid your way up the grid and buy more laps to put your team ahead, and if you slip us a few quid we will even Black Flag your competitor and delay them with a pit time penalty.

This 90-minute endurance challenge is ideal for businesses, company team building, supporters and friends who all share two things in common. A love for The Wisdom Hospice and a need, a need for SPEED!



Thursday 19th March 6:15pm

£270 per Team, that's £90 per driver.

Full safety gear and kart hire, and buffet meal included

BOOK YOUR TEAM ONLINE NOW

More **BIG** Friends Thank You's to...

Rebecca Hill held a Charity Night on the 16th of November in memory of her Dad, who passed in 2018 under the care of The Hospice. Thanks to all who supported the night, you helped raise an amazing **£4,814.43**.



Julie Davies has been on a running journey and her goal was to tackle the Billericay 10k in memory of her parents Enid and Bernard Collins.

She completed it, with a smile on her face and a brilliant total of **£600.00!**

Thank you for all the donations made in loving memory of **Christine Williams**. Her family wish to share the wonderful total of **£689.66** that has been donated to the Hospice in her name.

We apologise for the previous error of her name in our last edition.

Christine's Niece **Julie Drew** has bravely completed a sky dive in her memory and raised a total of **£1110.47**.

In total the family have amounted a wonderful **£1,800.46**.

Thank you.



Amazing thank you to **Sarah Foster** and Family for the fantastic fundraising they have done as part of **Hyde's Hero's**. Sarah lost her mum suddenly this year, and in memory of both of her parents care at The Wisdom Hospice she has raised a wonderful **£215.80** from her Garden Party and **£675.73** from a Christmas Fundraiser. That's **£891.53** in total! Their fundraising will continue in the new year with an Alice in Wonderland Tea Party in April!



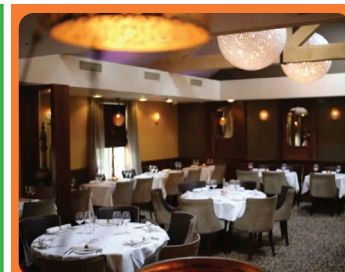
Lukehurst's of Sittingbourne nominated The Friends of their charity for the night at a sales event in October. The Lukehurst family have been long term supporters of The Hospice. A raffle was held with every pound raised being matched by Lukehurst's. The evening raised **£1,000**.



Emma had the privilege of accepting a cheque for the wonderful amount of **£500** raised from The **Sheerness Freemasons** Summer Spectacular 2019 event.

Huge thanks go not only to the Freemasons and everyone involved in making this special event happen but also to **Travelmasters** who nominated us as their charity. It was such a surprise and we are so grateful for Travelmasters support.

Thank you all.



Thank you to **Sally Wells** and her committee from **On We Go**, who have chosen us as their charity and held a Curry Luncheon at the Shozna and raised **£1,000!** We wish them continued success in their fundraising efforts!



Thanks to **Watts Armshouses** who held a Coffee Morning and raised **£425.16** which they have wonderfully donated to us.

Thank you to **Nicola Sutton** who saw Halloween as a Fundraising opportunity and collected **£70** in donations outside of her fantastically decorated home!



Thank you for all your support and fundraising efforts on The Friends' behalf. If you would like more information about an event or would like to work in partnership with our team, please call The Friends on 01634 831163 or email info@fowh.org.uk

Olly & The Ivy

A wonderful afternoon was had by all at Olly and the Ivy. Everyone thoroughly enjoyed the meal, hosted at Upchurch River Valley Golf Course, and as normal we were all on the dance floor enjoying the entertainment from Mike Harris. An amazing total of **£2,455.20** was raised and we can't thank you all enough for supporting the event.



Lipstick and Champagne

Book tickets online
or contact
The Friends Team

Wednesday June 3rd, 2020

**Upchurch River Valley Golf Club
12pm for a 12:30pm Sit Down**

£25 per person. Ten guests to a table

Join us for this Ladies only Luncheon, with a three-course meal and entertainment. Including live music and dancing.



Quizzical Fundraising

Questions have been raising more than just an eyebrow this year. We have had some wonderful supporters holding their own quiz nights to raise money for us, this year they have raised over **£7,000.00**.

They are a great, simple and effective event to host and help towards our fundraising, just remember to write your questions and answers down in advance. Maybe this year you feel like trying your hand at becoming a quiz master and holding your own quiz! Why not try a spin on a TV Quiz and hold your own version of Pointless or Mastermind at your local pub or social club! You could be the next Anne Robinson!



"Having held two previous fundraising nights for other charities, we decided to hold one for The Friends in memory of my Dad. My advice to anyone wanting to hold their own quiz or charity night would be have a complete checklist and follow it, find your venue, quiz theme, quiz master and prizes. See what else is on in the local area and choose your date. Use social media and local community boards to advertise and give yourself plenty of time to arrange it. It is a great way to bring people together in a community and raise money for charity"

Rebecca Hill organised a Charity Night for us in November with Quiz, Raffle and Auction. If you would like to hold your own quiz night or charity event get in touch with The Friends so we can help support your fundraising.

If you would rather attend than arrange don't forget we have our own quiz on

Saturday 14th of March.

With £6 per person and teams of six, it's a great evening out for your little grey cells!
Call to book your tables now, this event sells out fast!

Harvest Coffee Morning

Hot drinks and soup season snuck up on us in October. We celebrated with our Harvest Coffee Morning, serving up homemade Pumpkin soup, made by our very own Clare. With cakes, pies and desserts galore and our Knit, Stitch and Natter group had a wonderful selection of autumnal goods, from glutney's to knitted pumpkins on their stall.

We saw a wonderful turn out and no one left hungry! Thank you to all who contributed towards the event, either by baking, eating or buying, you helped us raise an amazing **£1,415.00**.

We can now say our Coffee mornings have raised over **£2,000.00** for Hospice care this year.

Not bad going for a bit of cake!



Knit, Stitch & Natter

2019 was another amazing year for us, thank you to all who knitted and Nattered with us, and for all your donations and creations.

They have helped us fill our stall throughout the year and across the seasons, with your spring, summer, autumn and winter themed knitting. Culminating with the Harvest Coffee morning and the Christmas Fayre we have raised over **£2,000.00!**

KNITTING NOTICE BOARD

Dates for your 2020 Diary

Our next Knit, Stitch and Natter meetings, held in the Education Centre at The Wisdom Hospice, from 2pm to 4pm are on:

8th January
4th March
6th May
1st July

Entry is £3 which includes cake, hot drink and a raffle ticket.

TOKYO 2020



Knitting Donations

Thank you for all donations we received this year. If you have any clean balls of wool, any weight or colour, we are always happy to give them a home. Please leave your name and contact details with your donation at the Main Hospice Reception so we can send a thank you!

Spring Knitting Appeal,

The season will soon be upon us and we will be looking for seasonal themed knitting to support our appeal. Knitted bunnies and flowers sell really well, we still have a lot of chicks left over from last year so please could we ask that you look for alternative patterns on our website.



Summer Fayre

Our knitting group is privy to insider information - the theme of the Friend's 2020 Summer Fayre.

In order to celebrate the Summer Olympics, we are 'turning Japanese'! The Japanese theme means we can make lots of cute little knitted toys called 'Amigurumi'. Please visit our website to find some of these patterns or look for anything labelled Amigurumi, feel free to be creative and fun with your makes!





Thanks to our loyal lottery players

Lottery players pledging £1 a week in support of The Friends of the Wisdom Hospice have now raised over £225,000! Every penny of that goes towards funding the Hospice's essential care and support to many patients and their families. It just goes to show the difference your £1 play can make and from the bottom of our hearts, THANK YOU for all your continued support.

Since our very first draw with Your Hospice Lottery in October 2015 we have generated over 2,000 lucky winners, 12 of which have scooped the £1,000 weekly top prize and one rollover winner claiming £7,500. That's a total of over £45,000 given away in prize money to date. Could you be our next big winner?



Buy a gift of Lottery membership in support of The Friends of the Wisdom Hospice

Are you forever stuck for unique gift ideas for that special someone on their birthday or perhaps you are wondering what to get your mum this Mother's Day?

Why not surprise them with a Gift Membership to Your Hospice Lottery. It's a great way to celebrate because not only will you be supporting The Wisdom Hospice but you'll be giving the recipient a chance to win too!

That special someone will not only get the 'feel good' factor but will enjoy the excitement and anticipation every week they are in the draw that they might win a cash prize, with 176 up for grabs every week from £10 to £1,000! They could even win our rollover jackpot up to £25,000! For just £10 for 10 weeks in the draw you can buy a gift to remember or £52 can buy a membership that lasts the whole year.

It's quick and easy to buy a Your Hospice Lottery gift membership online by credit or debit card, simply visit yourhospicelottery.org.uk/play or you can telephone us on 0800 285 1390.

Lottery players must be 16 or over.

Dates for your 2020 Diary

March

The Friend's Stall

Monday 2nd to Sunday 8th,
9am ~ 5pm (till 4pm on Sunday)
Hempstead Valley Shopping Centre

Quiz Night

Saturday 14th ~ 7pm for 7.30 start,
Hook Meadow Community Centre
BYO Drinks and Nibbles

Go Karting

Thursday 19th, 6.45pm
Buckmore Kart Park
£270 per team of 3

April

Spring Coffee Morning

Friday 3rd, 10am ~ 1pm
Education Centre, Wisdom Hospice
£3 Entry, includes hot drink and a piece of cake

Colour Run

Sunday 26th, 11am
Milton Creek Country Park, Sittingbourne
Sign up NOW online

May

Restoration House Tea Rooms

28th May - 25th September
Thursdays and Fridays - 10am ~ 4.30pm
Restoration House, Rochester
Volunteers Welcome

June

Lipstick & Champagne

Wednesday 3rd ~ 12pm for 12.30 sit down
Upchurch River Valley Golf Club
£25pp for table of 10

Nightrider

Saturday 6th to Sunday 7th
Stratford, London.
Overnight cycle with choice of distance
- 50k or 100k
Contact The Friends to sign up

Medway 10k

Sunday 7th, 9am
Medway Park, Gillingham
See website for details.
Contact Friends if you wish to volunteer.

July

Summer Fayre "Turning Japanese"

Saturday 18th, 11am ~ 3pm
Wisdom Hospice
Entry by donation

August

Canterbury Trails

Saturday 8th - Sunday 9th
10k Pilgrimage to Canterbury

September

Thames Bridge Trek

Saturday 12th
25km walk via 16 Thames Bridges

Regatta London

Sunday 20th
**Take over River Thames by Kayak,
Canoe or Paddle Board**

My Friends' Noticeboard

We are Medway

Medway Champions is a scheme that unites businesses, organisations and individuals across the area in a powerful network to change perceptions of Medway and raise our profile.

Medway Champions are proactive advocates for the towns and area both nationally and internationally.

The Friends are proud to be members
Championing Medway.

For more information please visit
www.wearemedway.co.uk

WE ARE A
MEDWAY
CHAMPION

COLOUR ME IN

Colour Run is back to brighten up your 2020!
Sunday 26th April

If you would like to help support the biggest and most colourful event in Sittingbourne, get in touch!

You can support it by sponsoring a colour station or a section of our event. You can even coordinate the paint to your own company colours or just bring your whole team down to volunteer.

Give us a call or email the team at
info@fowh.org.uk
with the subject Colour me in!

CSR 2025 #makeadifference

Are you a business looking to make a positive difference?
Join The Friends on 20th Feb 2020 and find out how your business can benefit from a Corporate Social Responsibility (CSR) plan and charity partner - we can help you stay Fit for the Future.

Thursday 20 February 2020
18:00 – 19:30
at The Education Centre,
Wisdom Hospice.

Contact us for details
on how to book your place.



CSR 2025
FIT FOR THE FUTURE
Gain the business edge