



# Words of Wisdom

## Newsletter Issue 33



How do you  
Celebrate  
Your Birthday?



Get Set, Fundraise



Fundraisers  
of the  
Future



the Difference

Our Latest Fundraising News Inside

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## Welcome from the Chairman

I write this on the 23rd March, sitting in my garden. It is a glorious spring day with the daffodils and other spring flowers in bloom. This is a sign of hope that we can have in the coming months not least in respect of the COVID-19 pandemic where, with the brilliant help of our scientists, we now have vaccines which will at the very least minimise the effects of COVID-19.

Today is also the day when we reflect on the past year and what a sad and difficult year it has been for so many people. My sympathies go out to all of you who have suffered in so many ways.

The team at The Friends of course have also had a difficult year with fundraising activities having to be cancelled. That makes me even more grateful to you all in the way in which you have responded to the appeal for funds, which we made towards the end of last year. This has raised **£29,404.00**.

The team are already planning future events and I know they will be taking into account, so far as they are able, the inevitable changes which are likely to occur within the NHS and the opportunities that will be open to us to raise funds. I know they are confident that they will be able to ensure their continued support of the Hospice.



## Greeting from the Chief Executive

When I look back over 2020, I can often hear the opening bars of Jeff Wayne's War of the Worlds prefaced by Richard Burton's opening monologue. "No one would have believed..." the challenges that a worldwide pandemic would heap on us.

We all faced difficult times having to make adjustments to our everyday routine and find new ways of coping with life. We were locked down, socially distanced or simply lived in our own bubbles for weeks on end with only the briefest of respite.

Yet one thing was clear, our support for the Wisdom Hospice was never diminished. As a community we came together. I coined the phrase that, together we put the **UNITY** into our **CommUNITY** as we developed new and innovative ways of generating the income that was so important to the Wisdom Hospice.

In this, our 33rd edition of Words of Wisdom, we will celebrate some of your inspiring stories of support and introduce our plans for the rest of this year as we emerge from our latest lockdown, we have to think of new ways to boost our programme of fundraising events.

As I look back over the last year, I take my inspiration from our young fundraisers. If I have taken one thing from them it is a lesson in resilience. I will not be able to name everyone in this short paragraph but please look out for the wonderful ways by which our young supporters fundraising was successful. From brothers Jack and Ryan, intrepid walker Florence and hopping mad George.



**I would like to thank each and every one of you who has donated, fundraised and generally supported the Wisdom Hospice throughout the last year. I am both inspired and humbled in equal measure by our community's continued support.**

I do not feel that we are out of these COVID woods yet however, I do feel that with the great fundraising ideas our team are having we will meet the challenges ahead together.

**Martyn Reeves**



**Viv Garvin** is the Medway Community Healthcare Psychosocial Team Lead. Her role involves managing the Family and Carers Support Team and the Bereavement service at the Wisdom Hospice.

Viv says "We work with patients and their families providing support to those who are facing loss and uncertainty through Cancer and life limiting conditions. In the past year we have also supported our colleagues' at Medway Hospital in providing specialist care to COVID patients and their families

as a step down to home, or for end-of-life care. We have all faced very challenging times this year, the pandemic has changed everyone's normal way of life out of all recognition. So, imagine the impact on the patient and family members who are living with terminal illness and the loss of loved ones and trying to manage the pandemic when time for them may be short.

In many ways it's given an insight into how difficult and life changing it is for those facing end of life care and living with the complexities of just getting through each day. I work with an amazing team of professionals who have really dug deep into their resilience. Their determination and commitment to find alternative ways of working is very inspiring. Their passion and resourcefulness when faced with the lockdown has been incredible.

Some positives for us as a team are being able to welcome a new colleague to the Family and Carers Support Team. His name is **John Adams**; he is a very experienced Social Worker, so welcome John".



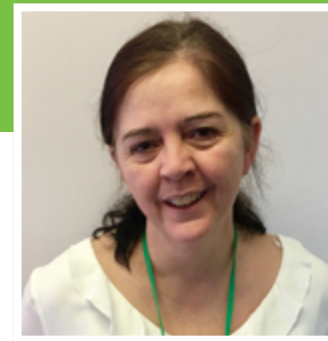
**Deborah Knight, or Debs as she likes to be called, joined the Wisdom Hospice's Housekeeping Team in August 2020.**

"Debs is a ray of sunshine, she announces her arrival, in our offices, with a cheery "good afternoon everyone". We are so grateful to Debs and the Hospice's Housekeeping Team for their diligent cleaning of our offices which has made us feel safe when we are at work". Thank you - The Friends.



## Community Nursing

**Sharon Lane** is the Palliative Care Nursing Team Lead with MCH. Part of her role is managing the Hospice's team of Community Palliative Care Nurses.



Sharon says "Over the past year our Community Palliative Care Team have certainly seen an increase in the number of referrals coming through to our service and we have continued to provide a face-to-face service to our patients and their families since the pandemic began in early 2020.



Our current team has now been established for a year so some of our staff are still relatively new to palliative care but have taken on every challenge with professionalism and compassion, despite their own fears and concerns of either contracting COVID themselves, taking it home to their own families or passing it on, unknowingly, to our own patients.

It has not been unusual to see our team frustrated or in tears back in the office with the heart-wrenching stories they have heard from the patients and families that they have seen. The stories are more poignant as families have been unable to say goodbye to their loved ones in person. Despite all adversity the team continue to remain positive, and every person thoroughly enjoys their work.

**Despite working in palliative care there is still a lot of laughter, happiness, and satisfaction in what we do. There is nothing better than the reward of knowing that you have done your absolute best to make another person feel as comfortable, safe and supported as possible at a time in their life when they are most vulnerable".**

# Fundraising Outside the Box

During these challenging times over the last year, our Fundraisers have had to get creative and find new ways of fundraising under the guidelines and we are so grateful that they have.

**Lucy Allen** took to social media to help with her Fundraising. She has been running a very successful Facebook Charity Auction Group where she sells donated items for charity. We are grateful that she has chosen to support us as one of her charities, as she has raised an astounding amount so far. She has already donated **£5,310.20!** Thank you to all that are helping support her page and buying the auction items, these bargains are helping bring in fantastic fundraising.



**Gillingham Rotary Club** took their fundraising ideas well beyond the box, by hosting, or rather not hosting a Non Event Gala Charity Ball. It is possibly the only type of event that could go ahead due to lockdown restrictions at the time. The date was unimportant, and the great advantages to purchasing a ticket; aside from the £25 cost potentially funding a palliative care nurse for an hour, was that no one

need dress up, pay for a taxi or fork out for drinks or raffle tickets. For an event that no one was actually attending, donations began to come in, and to their own surprise they raised over **£4,000** including Gift Aid.

**Zak Baker** and his two mates, **Callum Frost** and **Alex Deeley** were playing games online with each other anyway. So turning their gaming time into a fundraiser was an easy thing to do! The hard part was doing it for 19 hours straight. Zak chose to support the Wisdom Hospice, as his Nan had received Hospice care before she passed in 2019.

They put together a **JustGiving** page, picked a date and shared it around. With a little support from their mums and their friends they had soon raised hundred's. They chose games to play for the entertainment value of their audience, some of which were quite stressful, what with kitchens being set on fire... They had 225 watchers tune into their stream over the 19 hours. Their mates joining in to give them a boost if they were flagging. In the end their efforts help raised **£890**, which is 19 hours well spent! We look forward to their future fundraising escapades.



**Andy Salter** would usually be out riding his bike with friends on a Sunday. Only 20 miles or so, visiting a pub on the way back, just to be outside for a while. Lockdown changed that, and he found himself missing the cycling. So he set himself up with a static bike in the garage. But garage walls aren't as motivating as green scenery and Andy was soon looking for a challenge to aim for to keep him motivated till the world opened back up again.



Despite his wife telling him to start small, Andy had the idea to cycle the distance from Lands End to John O'Groats... The longest distance in the UK. He mapped out his 'route' and all of the towns on the way, so he could have some stopping off points. In order to make the whole thing worth while, Andy thought he might as well get some sponsorship out of it, and got in touch for one of our fundraising packs.



Andy's best friend, **Corrin** was struggling with cancer at the time. She was receiving Hospice care during the pandemic outbreak at the beginning of 2020. Knowing how vital this care was, and that the Hospice had been unable to receive national grants, Andy set pedal to the garage floor, got on his bike and got fundraising.

He put together a **JustGiving** Page, and shared weekly updates of how he was doing, even circulating it through his work. He planned for the whole distance to take him 10 or 11 weeks to cover. Cycling 9 miles in the morning, and another 9 miles in the evening. Without the opportunity to coast some of the way, like you can on a real bike, the distance pushed Andy to keep going to make his target. Sadly, his friend Corrin passed away before he could complete the distance. Andy knew then, that he couldn't stop now. That last week was the hardest, and he found himself sleeping and cycling to make it to the end. Andy said, "I didn't expect to raise as much as I did, I think it helped that it went on for a few weeks. JustGiving made it really easy to share it around and get sponsorship. There are so many charities struggling during this time, so I am glad my little cycle could help make a difference". **Well, Andy your little cycle raised £1,922.13 including GiftAid and that will help make a fantastic difference in the future.**

# Corporate Support

Earlier in 2020, we received a grant of **£2,500** from the **Countryside Communities Fund**, which oversees funding for community projects across the country in response to the COVID-19 pandemic. Later in the year we gratefully received a further **£5,000** grant from the **Rochester Riverside Community Board**, which oversees funding for community projects across Rochester. **Andrew Usher**, MD, Countryside commented: "The challenges of this year have made this funding particularly important, and we are so proud to support The Friends of the Wisdom Hospice".



The Wisdom Hospice shares a great relationship with **John Lewis Bluewater**. **Sue Buhagiar**, who is their Community Liaison Co-ordinator, said "We are proud to continue with our ongoing support for the Wisdom Hospice. The ethos of our founder John Spedan Lewis truly aligns with The Friends of the Wisdom Hospice and makes a great partnership". They have continued to support us with **£500** raised from in-store fundraising last summer and have presented a further **£1,000** to us from their **Community Matters Foundation**. They have also donated old stock to our Charity shops to provide some fantastic items to sell on.



We were grateful to receive support from **The Cygnet Hospital** in **Maidstone**. **Simba Kaseke**, Hospital Manager and his colleague **Kez Davies**, who coordinated the fundraising presented us with a cheque totalling **£458.15**.

They had raised this from an auction amongst the staff. Kez said they were looking for a local charity and the staff voted for the Wisdom Hospice, they were all grateful for the wonderful care and support offered by the Wisdom Hospice Team. The Cygnet Hospital itself supports 68 people through mental health rehabilitation and recovery.



We are so grateful to have an amazing support network of companies, businesses and funds who continue to champion the work of The Wisdom Hospice and ensure that the services we provide for continue to support those patients and families who are facing life with life limiting illness.

When we missed out on national grants, our story made the **Kent Messenger**. **Richard Watts Charity**, who have a long-standing relationship of supporting the Wisdom Hospice, came to our aid.

We were awarded an Emergency Grant of **£5,000** to support our funding of the Hospice's running costs. This came at a time when we were very concerned about our fundraising moving forward. Thanks to the swift support from Watts and other vital grants during this uncertain time, today we are feeling certain of our future and our continued commitment to supporting Hospice care in Medway and Swale.



The Friends of the Wisdom Hospice have received a surprise and much needed donation of **£30,000** from **Lloyd's**, as part of the Lloyd's charitable response to COVID-19, thanks to the nomination of local Lloyds employee **Conner Keane**.

Conner works at the Lloyds office in Chatham Maritime. Staff from across the world nominated a wide range of charities close to their hearts as part of their strategy to support organisations and their beneficiaries recover from the impact of COVID-19 and 'build back better'.

Conner chose to nominate The Friends of the Wisdom Hospice as he has been a supporter of The Friends since he was at school. But, more importantly, his mum, Leanne, has been a nurse at the Wisdom Hospice for 12 years.

Conner said "As well as Mum being a Clinical Sister at the Hospice, she is also a big advocate for charities. She has been the main driving force inspiring me to try to put The Friends of the Wisdom Hospice forward as a charity whenever possible. I am truly honoured to be able to partake in this opportunity to thank The Friends for all their hard work, support and dedication they do every year" Thank you are two very small words but mean so much. We are so thankful to Conner for thinking of and supporting the Wisdom Hospice in our hour of need.

# Community Spirit

The saying an army marches on their stomach is true. Our Wisdom army of nurses and staff care with all their hearts, but it runs on snacks. So we owe a big thanks to **Tescos Express** for providing staff with the fuel to keep on going. The stores and managers that contributed are **David Howes - Strood Darnley Road Express, Kevin Clarkson - Strood Frindsbury Express, Mike Terry - Chatham Kestral Express, Darren Morris - Gillingham Sturdee Ave Express.**



The best Kebabs ever going to the best Hospice ever! Well that's what supporters on Facebook said about **Master Kebabs** and their generous catering of the Hospice staff's lunch. They cooked up a storm and delivered it with a smile, all to make sure the staff knew how much their amazing work was appreciated. Thank you Master Kebabs! You are award winning for a reason!

Caring and Curry, a perfect partnership in our community. Thank you to **Indian Ocean** who cooked up a beautiful lunch, catering to a variety of dietary needs and even sending special consignments down to our team in Medway Hospital. They said "They are amazing people whose love and devotion to a very difficult job is an inspiration - made even more remarkable during COVID. Please remember how much we appreciate what you are doing."



**Cookham Wood Young Offenders Institution** officers, **Wayne Husdon** and **Tyler Tierney** (pictured) organised and held a staff raffle at the end of 2019 to support us. They raffled off three hampers, filled with booze, chocolates and vouchers to the staff. They raised **£350** in total and the **Prison Charity Fund** matched that in order to donate an amazing **£700** to support the Wisdom Hospice. A cause close to their hearts, with colleagues having personally experienced Wisdom's care first hand or with friends and family.



The Friends support The Wisdom Hospice who, in turn, provide support and care back to our community. We feel that support come back tenfold, with so many going the extra mile with gestures and fundraising not only to support financially, but caring for and supporting our staff and their wellbeing.



Supermarkets have been superhero's during this time, and we have also been able to benefit from their support. Shoppers at **ASDA Gillingham** and **ASDA Sittingbourne** nominated the Wisdom Hospice through their Green Token scheme meaning we received £1,000 between the two stores! Thank you ASDA shoppers for using your green tokens to support us.

**Marks & Spencers Strood** have been hands on fundraisers for us before, with staff coming to volunteer at the Hospice, helping it look it's best. They have since had collections in store and made a donation to us of **£1,232.08**. We are so grateful to them for their continued support in these difficult times!



The **All Saints Women's Fellowship** is a social group in Hempstead. They have been on a break since the first lockdown a year ago. The only two meetings they have managed in that time, were to discuss a merger with another Hempstead social club, The Thursday Club, to ensure their future continuation. We are grateful for this, as their annual charity fundraising, which they donated to us at the beginning of 2020, was much appreciated.



Their fantastic fundraising was a result of a very good year in 2019. They raised funds from their annual fundraising meeting, which involves a 'poundland' stall, as well as book, cake and guess how many sweets in the jar stalls. They also ran a stall at the Hempstead Village Fete, a toiletry tombola and a chocolate themed higher or lower at the Village Xmas Fair.

We have been lucky enough that they chose to donate their **£1,000** in our hour of need. **Rhonda Peck**, their Event's Secretary said "It's always a joy to do so. You are an amazing organisation and this past year must have been so difficult as the normal fundraising has not been able to take place"

# Star Volunteers



**Volunteering is not only good for us but also it could be good for you too!**

Due to the current restrictions many of our regular operations have been paused which means our army of volunteers have had to temporarily stand down and we miss them.

However, we have not forgotten how valuable our volunteers are and we want to celebrate and remember all the wonderful ways that, together, they help us do what we do. Whether they are helping here at the Hospice, guiding us as Trustees, helping in our shops, or supporting our events in the community. Our volunteers do so much for us and we really could not do what we do without our wonderful band of helpers.



Over the year of 2019-20 our volunteers collectively donated over **20,000 hours** of their time across a wide range of roles from making and serving teas at Restoration House to Marshalling at our Colour Run.

If we look at the value of their support, it is easily quantifiable adding up to around £200,000 of added value to The Friends' everyday operations.

However, volunteering for The Friends is not just about saving money. It is about making a difference, not only for us but also for them. The benefits of volunteering include making new friends, giving time and skills to the local community, learning new skills, or even finding a way into paid work or a change of career.

Pat Wade, Sue Turner and Andrew Paternosta are just three of our volunteers. They may volunteer in different ways, but they all share the same passion for the Wisdom Hospice and for volunteering.



If you would like to find out more about volunteering for the Friends please give Emma a call on **01634 831163** or email her at [emmadengate@fowh.org.uk](mailto:emmadengate@fowh.org.uk)

## Andrew Paternosta



Andrew is somewhat of a serial event volunteer. He says "I have volunteered all over the UK mostly at sporting events which have included English badminton, hockey, swimming, handball and netball events. I have also helped locally for Medway Sport and for The Friends at their events. I am currently also volunteering for Kent and Medway NHS at a local vaccination hub.

**Why do I do this? I like to make a difference helping out at different locations, like Wembley. Also I get to meet interesting people and I like the variety of roles"**

## Pat Wade

Pat is a stalwart volunteer at the Hospice. An ever regular on reception she is always happy to help out.

Pat says, "I have been volunteering at the Hospice for over 10 years now. I work on the hospice reception as well as helping out at many of The Friends events when needed. I love my time at the Hospice as I feel that I can help the staff and support the vital work that they do. **As a retired person I have the time to participate and be there when needed. I would encourage anyone that has any spare time to help out and volunteer. It is so rewarding.**" Pat also regularly volunteers at our Chatham shop, Restoration House and, along with Sue, they are the behind our Knit Stitch & Natter group.



## Sue Turner



Sue began volunteering after her father received Hospice care and she has found her regular role as one of our Chatham Shop volunteers.

"I love digging through the donations looking for treasure. **When I started volunteering it was to give something back, but I get so much more out of it.** Community, support and friendship. I enjoy working at the shop so much, and my time supporting Knit, Stitch & Natter putting my creative and sorting skills to good use". Sue can also be seen at many of our events, especially ones that involve cake, as she is also a great cook! We all love the homecooked produce she shares with us.

# Leave a Legacy

A gift in your will is a memory that never fades. Every gift really does make a difference to those we care for when they need it most. So no matter how big or small your legacy really will have a lasting impact on hospice care for years to come.



**Margaret Barker is a long standing trustee of The Friends and has supported the Hospice from its very beginnings in the early eighties. Her reputation as a fundraiser for the Hospice cause got her involved with The Wisdom when she moved to the area with her husband. Our very first treasurer, Michael Stickland, garnered her support and we have been grateful for it ever since. We asked Margaret about her legacy and what it means to her to support the Wisdom Hospice in her Will.**

"I don't think of myself as a prolific fundraiser, really I have only been holding my coffee mornings at my home. Or volunteering with The Friends in the office or at their events. I buy my Christmas cards and raffle tickets and give in small sums as and when I can. But not knowing what could be around the corner, I am careful to support within my means.

Even with my small knowledge on the subject, I know that gifting in your Will has benefits when it comes to inheritance tax; which can be a good motivation to consider charities when making a Will.

But for me, leaving a gift in my Will means that I am able to make a final donation which will help continue the Wisdom Hospice. When my husband died, I had to take care of my own finances. I have ensured that I can support my own future and afterwards, that of my family. But when those considerations are finished, I have chosen to support The Friends and those charities that I feel I have benefited from in my hour of need or that support and care for people in my community.

For me, it's a thank you. I want to give back and I have planned to do so. As a trustee I felt like it was the right thing to do, but I also know the substantial and vital impact of the Hospices service's. The difference that their level of care and compassion makes; providing dignity in dying. It's something I want to ensure is continued long after I am gone.

Remembering The Friends in my Will was something I wished to do. I know what ever size of the donation, it will be put to good use. I am no great fundraiser, but I have honest approach on the subject and I feel it is something anyone could consider when making their Will".



Often a gift in a legacy comes out of the blue. One such nice surprise was the legacy of the **Goodyer** family. The Friends were then challenged with finding the best use of their generous gift.



After discussions with the hospice's own **Dr David Oliver**, a neighbouring property in High Bank was purchased and named **Goodyer House** by The Friends. The house was officially opened in 2011 by the Bishop of Rochester and has provided counselling rooms and overnight accommodation for families of patients receiving care on our wards.

## A Gift in Your Will: Leave a Lasting Legacy

Writing a will ensures those who mean the most to you, including your favourite charity, can receive a proportion of all you have worked so hard for over your lifetime. Remembering The Friends of the Wisdom Hospice in your Will, is your gift of kindness that will live on for others to benefit from our support.

Legacy is a legal term meaning a gift made in a will. The gift becomes a Legacy after the death of the kind person leaving the gift. There are three types of legacy; 1) **Pecuniary** - a sum of money

- 2) **Specific** - property, shares, jewellery, works of art or other specific items
- 3) **Residual** - the balance of an estates in whole or part after other legal expenses have been met.

**If you would like to talk to someone about leaving a gift in your Will or about how to go about making or updating your current Will please contact Emma at The Friends Office either by phone 01634 831163 or via her email [emmadengate@fowh.org.uk](mailto:emmadengate@fowh.org.uk). Emma would be happy to speak to you.**

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

If you thought Father Christmas was busy in December, **Holly Taylor** has been busier! She spent the festive period covered in saw dust, making over 250 wooden name tags, hand painting Russian dolls, Nativity Sets and more than a few advent count down calendars.

All of this hard work and calligraphy has gone towards raising **£1,000** for her fundraising in memory of her cousin **Katy Holmes**. "Being able to use my crafting each Christmas to raise money to support the Hospice has now become a tradition" Holly, thank you so much for your using your creativity to continue to support us. Here is Holly with all her boxes to deliver.



**Kayleigh** and **Paige** both have a strong emotional connection to the Hospice after loosing both their respective Grandad and Father under the care of The Wisdom. They have been regular supporters of the Hospice since. When they saw our COVID Appeal they knew they needed to do something to help. Between them, they chose a walking Half Marathon. Starting and finishing at the Hospice, they both got a little bit of training in before they took on their challenge in May. Using JustGiving to make their fundraising contact free and easy they set off to complete their challenge on a scorching day.

They didn't let that stop them however and completed their challenge raising an amazing **£835** in sponsorship, which Kayleigh's employer **Lloyds**, then topped up with a further £500 making their challenge total

**£1,335.00!** As if this amazing sponsorship wasn't enough, they also held a bonus ball game online, where the £150 winner chose to donate their winnings to The Wisdom as well! Thank you both for your support, and going the extra mile for us!

**Telcare** sponsor all our physical quiz nights, back when we could have in person events, and when we jumped on the virtual Zoom Quizzing Trend, we were so glad that they were happy to be on board with us!

**Lisa Settle** said "Telcare is glad The Friends have found a way to continue holding their Quiz nights and we are happy to continue sponsoring these events allowing The Friends to continue with their vital fundraising". Thank you so much for enabling our virtual fundraising and supporting us through this difficult time.



Thank you to **Chris Newbury** from **WildWood Media** for all of his support, time and guidance in the making of our Lights for Love film.

It made the process so much easier, even with COVID restrictions and we have had an amazing response towards the finished film.



One of the last events that happened in support of The Friend's before lockdown, was **Dave Saunder's Charity Music Night**. Dave has music in his blood, and putting on a show is something he can do. After putting the word out there, with support from his own band, it spread like wild fire and he was blown away from the support he received from semi professional acts that wanted to be involved.

With his daughter, **Kellie** and partner, **Wendy** in full event mode the night was a sure success, raising **£718** from the night and a further **£500** donation from Kellie in memory of her Mother **Kathleen**, which means they have reached an amazing total of **£1,218.00**. **Dave is hoping to make this charity night an annual occurrence, so stay in touch for more info on this in the future.**

The **Bull family** have been great supporters of ours, after loosing their mum in 2004. This time it was **Victoria's** turn to do the fundraising.

Having seen the Hospice's need for funding, **Alison** had an overnight idea. They set 6am alarms for the next day with the aim of running 120 miles between them in a month. 24 days in, they completed their target only to raise it even higher adding on another 40 miles.

Neither of them runners, they ended up completing 200 miles! Some times running twice a day, they have truly earned their amazing sponsorship total of **£2,400!**



**Kent White Collar Boxing** have been supporting us since 2018 with their Boxing Nights. They have raised a staggering amount by training up boxing rookies to take part in a Charity Boxing match for us. They have been unable to fundraise for us this past year, but before the pandemic hit we managed to get together for this photo to acknowledge the amazing total of **£15,000** that they have raised so far!



Brian and Frank are hoping to get back to what they do best, and train up their next round of rookies for the ring. They just have to sell tickets to their friends and family and they have 8 weeks of free training to get them fighting fit and ready to fundraise!

**Look out for more dates from Kent White Collar Boxing, and if you fancy your turn in the ring, please get in touch!**

Thank you for all your support and fundraising efforts on The Friends' behalf. If you would like more information about how to start fundraising or your fundraising need some support, please call The Friends on 01634 831163 or email [info@fowh.org.uk](mailto:info@fowh.org.uk)

# Donating the Difference



"With some of our usual fundraising avenues closed off to us this last year, we were sat thinking how are we going to make up this gap. Maintaining the funding we provide is my job, but this year I found myself worrying about it even more.

We have been so grateful for the support we have received, of people donating what they would have spent on their commute whilst they are working from home, or what they would have spent on a night out. It never ceases to amaze me the generosity of our donors. At a time where the future has felt uncertain for us all, you are thinking of us". *Martyn Reeves, Chief Executive.*

When we were all out shopping, it was very easy to just chuck your change in a charity pot. But when we all were staying at home, avoiding cash and coins, putting money in a pot for charity required intent and coins to do so! We were surprised when we had calls for loose change boxes, that we could post out or started to have collection pots being emptied and donated back to us when we couldn't collect them ourselves. Since April 2020, we have received **£676.27** in loose change boxes! And from those collection pots that still got use **£2,458.57!** Thank you for every penny, pound, and pence you put in those pots. They all added up.



**Happy Birthday to You!** All of you, with your Lockdown Birthdays, thank you for turning them in to Fundraisers! We know you couldn't go out to eat, or have a party, you couldn't even blow the candles out on your cake and share it! But what you could do, you did. You took **Facebook** up on their offer of a Birthday Fundraiser and shared it with your friends who donated. They gave the gift of making a difference. They donated to us, because you chose to support us and because of that we have received **£4,227.43** in **Birthday Fundraisers!** We hope

that next year your Birthday will be better, but we will always be glad to see your Birthday Fundraiser on our feed.

Donations this year have truly made such a difference. In a time where everyone was affected in some way in 2020, the overwhelming support that came from supporters donating what they could, or what they would have spent, helped make sure we can continue to make a difference into the future.

The **Eric Robertson Memorial Golf Day** has been a regular occurrence in our calendar for the last 20 years. Eric, a keen golfer himself, scored a hole-in-one with apparently the 'cheapest gold ball on the market'. In order to remember Eric and this rather momentous achievement, his friend Derrick set up a Golf Day around that lucky date to raise funds for the Hospice that cared for Eric and his family, at the end of his life.

So far in the history of this event they have raised in total over **£22,000.00**. An amount Sue, Eric's wife, is very proud of.

"We have been running this event, every year for the past 20 years, donating what we raise from the tickets and raffle to the Hospice. It's just a fun day. We have everyone back to the garden after and have a BBQ and I cook some curries. We hold a raffle and auction off some Robertson Memorial Day shirts. I usually spend the evening running about making sure every one has eaten and I have missed it this year. So I just thought, I haven't been anywhere, or bought anything, I'll just donate what we would have raised this year. I just didn't want there to be a gap on the record. We have this tacky little trophy that we have Eric's hole-in-one ball on and we put all the golfers names on it and we have a gap from this year, so I didn't want it to pass by forgotten".

Sue donated **£1,000** in place of the Golf day that they would have had in 2020. Fingers are crossed though that their usual July date may be in the clear for them to get back in the swing of things, and carry on their fundraising.

**If you are interested in taking part in the next Robertson Golf Day, please let us know and we can keep you updated.**



# Fundraisers of the Future

We fundraise to ensure the future of The Hospice, but this next generation of supporters are ensuring our future fundraising is in safe hands. They are stepping up to the plate, ready to make a difference with their fantastic fundraising achievements, and we couldn't pass the opportunity to celebrate them.

Ten year old **George Thomas** is part of the **Holmes** family, they lost **Katy Holmes**, George's Aunt, in 2019 and the family has made an astonishing effort in fundraising for the Hospice since.

George's school prompted him to take on some fundraising for a charity close to his heart as part of his mindfulness topic.



George chose the challenge of completing 100 star jumps on one leg, each day for a week and with the modest target of £50; he started jumping.

If we know anything now, it's that the Holmes family don't do anything by halves, and that includes fundraising. The support for George's challenge has culminated in an amazing total of **£1,175.00** which is an amazing achievement and one we think Katy would be so proud of.



At the start of 2020, **Chloe Leftley's** (left) best friend, **Louise Patient** (right), heartbreakingly lost her mum, **Karen**. Chloe didn't know much about hospices or how they are funded, she just heard how grateful Louise and her family were of the support and care that they received. So when Louise wanted to raise money to give something back, Chloe was on board.

Even in a pandemic, they found a way. They decided on taking on couch to 5k; not being runners, this wasn't a challenge that they would find easy. This 9 week plan required dedication and motivation to stick to, but together they ran through it. Raising support for the Hospice as well as a wonderful total of **£945** that they both should be very proud of.



**Florence Hatswell** is only seven. But even at such a young age, she knew she wanted to help support the Hospice that looked after her **Wendy**.

Florence's mum, Helen, was Wendy's best friend. They raised their families together, so Wendy was a big part of Florence's life. Wendy was diagnosed with MND and had received regular support from the Wisdom Hospice for the duration of her illness. Not being able to spend what time they could with Wendy this past year has been difficult for them all. Wendy was the motivation for this challenge, but Florence was the driving force behind it.

Helen suggested they walk, something which they enjoyed doing with Wendy and would be a good way to remember her. So they started **Walk for Wendy**. An original distance of 23 miles, in two weeks, was set, the distance from their home to the Hospice. Within 8 days they completed it, so they upped the ante - to a 35 mile total. They walked together and talked about Wendy and what she would have made of their progress, receiving fantastic support from neighbours, friends and family as they did so.

The experience has felt so positive for both Florence and Helen and they are overwhelmed with the support that has helped them raise **£813.00**.



Meet **Ryan & Jack Adams** (L-R) These two young men donated their birthday money in memory of their Aunt who died here at the Hospice. With their £30 each they thought it might be nice to buy the patients some ice cream on a hot day back in August. That donation of **£60** made all the difference to the patients under the care of the Hospice that day. **Thank you!**





# Shop with Wisdom

by John Hale-Brown, Head of Retail

**Hello again, I am thrilled that we are able to have the doors back open and able to be trading once more!**

It certainly has been a very different year for everyone. I think from the shops perspective what we found challenging was the stop start of closing and then reopening to then have to close again. It has been tough and we all still have challenges to face but our shops are open, many of our amazing volunteers are back and already raising funds for the Hospice. This is our purpose, our aim and above all what we want to do.

One of our biggest successes and fortunate timings was the setting up of our online shops. We introduced an eBay shop last January which we have managed to keep trading over this latest lockdown and it has been a huge success. We also have our Depop shop that we set up last summer. Clare, who is our Sittingbourne shop manager, took on the responsibility of our online shops. Clare has been able to make a big success of them both which has helped to bring in funds that have been severely hit over this past year. I am looking forward to our team growing this amazing online venture.

Personally I would like to use this opportunity to thank all our Volunteers, Managers, and Assistant Managers for their incredible work throughout these strange times. It has been an anxious time for us all. Especially when at one point our shops were both within the top three areas in the country with the highest rates! Not an accolade that we like, but something that I remind myself of that even with this news (when we were not in lockdown) that they were still trading. Thank you for your passion, commitment, drive and resilience throughout.

 [www.facebook.com/wisdomhospiceshop](https://www.facebook.com/wisdomhospiceshop)

 [www.instagram.com/wisdomhospiceshops](https://www.instagram.com/wisdomhospiceshops)

**depop**  
**ebay**



**Clare** is our **Sittingbourne** Manager.

"I worked my way up to manager, Sittingbourne was our first shop, and biased though I may be, I think it's the best. The weirdest thing we have sold is a giant sweet corn costume! And the most expensive was a old Olympus camera lense, we sold it on ebay and it went for £225. We always sell really well on Homewear, end of season steals and vintage! This last year has been horrific, read my story on page 26. The cancer pails in comparison, I missed my shop - I even started sorting my own stuff to donate! I am ready to be back in my store with our customers!"



**Kylie** is our **Chatham** Shop Manager.

"I have missed our 4th birthday, so we will need a party when we reopen. Our shop is a lot of fun with a real variety in our stock, but always a bargain! I know my customers, and they really like those meerkat teddys. I had lots of offers on the Moose in my Chirstmas window too. He might get sold this year, for the right price! Our volunteers are like a little family, they are the best, close knit group, I've missed them so much. I am just hoping we can come back bright and colourful and stay open. I am thinking there will be a rush for glitz and glam, with customers wanting to dress up and go out again."



**Alex** is our **Rochester** Shop Manager.

"Rochester is our newest store, it's very high end boutique vibes, with lots of classic finds. We get luxury handbags, I am amazed people could give them up! Our best find was a Gucci watch! My customers love the designer labels, they fly out fast. We also have a big demand for Vinyl so we have a good selection in. Feeling like I haven't been able to support the cause I work for whilst we have been closed was hard. But coming back to our amazing volunteers and the kindness, generosity and understanding of our customers is very much appreciated. Wholeheartedly thank you for all the support, we're ready to be back and raising money."

# On To The Next Challenge...

As the world gets back to a new normal, we have some challenges coming up for you to take part in, to change up the pace a little bit and try something new or something you have missed from the last year.

Royal Parks Half Marathon is a stunning 13.1 mile central London route, which takes you past some of the capital's world famous landmarks and Royal Parks. The physical event has been rescheduled to 10th October 2021. And we still have FOUR places to take part in this iconic Half Marathon.

Sally Hopson is one of our runners who will be taking part for us this year "I started running in lockdown for my mental health and found I actually really like it. The Royal Parks Half gives me a reason to keep going and for a very worthy cause!"



Nightrider is a fantastic opportunity to see all of London best bits from the perspective of a saddle. Hopefully for June 2022 The Friends are taking another ten person team to tackle the 100 km distance. Made up of four 25 km laps, riders get to see the city come to life at night and then rise again with the dawn.



Rob Brack, one of our riders from our 2019 team said "Nightrider was one of the best things I have ever done as a fundraiser for the Hospice, great people, great support and a chance to cycle round our beautiful city all whilst raising money for an amazing charity. Sunrise over South London with fifty hot air balloons dotted around the skyline will always be a moment I will remember and I look forward to doing the challenge again in 2022."



## One of the biggest Marathon events of the year has gone Virtual!

This has given our supporters the opportunity to take part in the event, without the crowds, from their own home town!

On Sunday 3rd October, you could join 50,000 runners who will be taking part in the biggest marathon ever staged in the world! We have four more places left to run the London Marathon your own way, in your own time! Laura Wooders is taking part. "Doing a marathon has been on my bucket list, so I couldn't pass up the opportunity to do it from my door stop, free of the crowds and the travel. I am really enjoying my training so far!"



# Get Set, Fundraise!

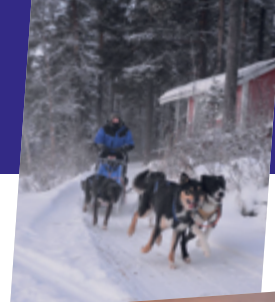
Andy Gray has been fundraising for us for over a decade. After seeing first-hand the value of Hospice care, Andy put together his first fundraising challenge for us in 2013. "I wanted to do something different from Lands' End to John O'Groats. So I came up with the idea to cycle the four compass points, and rode End to End and Side to Side. It was about 1,500 miles and took 15 days. I felt really supported by The Friends, and it grew from there."

I always like to find new and different challenges, and I guess it helps that I do really enjoy the fitness aspect. That is one of my passions. I really like encouraging and motivating others to join me. It's seeing them do things they didn't think they could - setting new limits for themselves. Of course, I sow these seeds, and gently coerce and cajole people into fundraisers and becoming supporters of The Friends. That's almost the easy part, because the Hospice is so good at what they do, their care is vital and you don't need to convince anyone of that." At this point, Andy's ideas get more and more wild and the challenges are almost back to back. He's been involved in a **24hour Golf Challenge**, he went to Sweden on a **200km Dog Sledding Challenge**, **100km overnight Bike Ride** with Nightrider. He has also been instrumental in our **Windermere Challenge** and helped out and volunteered at most of our own events.

To keep him moving through lockdown he signed up to Virtual Monthly Milage runs, with the latest target being 200km in a month! He also thought up the grand idea of 'The Bounce' which involved space 'hopping' the 2.6 miles from the Hospice to our Rochester shop and back for the 2.6 Challenge last year.

He's ready to use his RatRace season ticket at a whole heap of events this year, including some challenge events abroad! Because just running isn't hard enough. But most of all he's also ready to get back encouraging others to join in the Fundraising Fun. His latest recruit, **Ann Spickett**, who has been talked into a few challenges now, has even signed up her whole office team at **Total Accounting** for the White Cliffs Ragnar Relay in September.

This is one of the great reasons why Andy is one of our Trustees. "I feel very proud as a friends Trustee, I think it also gives you good reason to encourage others to fundraise. People take notice of that and it's a great way to represent The Friends and continue to bring benefit to them". Watch out for more of Andy's fundraising escapades throughout the year, and something big he's planning ready for a 60th Birthday in a few years! If you would like to be talked into an event, challenge or fundraising by Andy, get in touch!



# The Big Shave

## Clare's Story

Clare Miller is the Manager of our Sittingbourne Charity Shop. She has worked her way up, starting as a volunteer, then Assistant Manager and now she runs the shop with pride. She is a valued and important member of our team and part of our Friend's Family. So when we heard back in March 2020 that she had been diagnosed with Breast Cancer during a global pandemic, then to go through treatment during Lockdown we were all concerned for her and her family. Clare underwent two operations and then a course of chemotherapy. In her words, she found a way to "kick cancers arse" and take back control. "As if the whole process of being diagnosed with cancer isn't enough, losing your hair from chemo is almost the worst part. It's seeing yourself look sick, looking like a cancer patient. That was heart breaking.



I decided that I wanted to shave my head, to lose my hair by choice, it gave me back control over what was happening to my body. But when people started to volunteer to shave their own heads with me, when they had no real need to, other than to support me. That was heartwarming. Proud isn't enough, I was completely gobsmacked. Knowing how important hair can be, and how hard it was when I started losing mine. For people to choose to experience this with me, to lose their own hair, so that I wasn't alone. I was overwhelmed. We then had 10 people on board, and considering how amazing The Friend's have been for me personally and as a charity. We had to fundraise too. 10 people, £100 each, how hard can it be. That £1,000 target was topped by our **£2,105** total!

I went last during the shave, and it was a brilliant feeling - to have that powerback. I was just a bald woman, not a cancer patient. I could get excited about hats and wigs, and even henna crowns! It helped turn something negative into a positive. I am so grateful to all of those who shaved their heads with me."



Chris, John, Ashley, Lynne, Jo, Karen, Samantha, Vince & Nathan thank you for supporting Clare with her shave. When we say we are The Friends, we are more, we are Family.



# Knit, Stitch & Natter

## KNITTING NOTICE BOARD

### Donations

If you have any creations or wool that you would like to donate or if you are in need of wool or materials in order to get knitting or stitching. Please contact us in the office so we can arrange drop off or collections for you!  
**info@fowh.org.uk**  
**01634 831 163**

We hope you have managed to keep your self busy with your crafting through these lockdowns. When restrictions allowed we found a way to fit in some fundraising with some Driveway Sales! Our last one, hosted by Janet Tabear, in October managed to raise **£577.47**! Pat also volunteered her Driveway in August raising **£587.50**. These have been really successful and it has been great to use your creations for their intended fundraising.

*If you would like to support our fundraising and volunteer your driveway to host a Knit, Stitch & Natter sale please get in touch! If you have the space, we have everything else!*

*Best wishes from Sue and Pat*



## Still in Virtually the same Room

Throughout these months in and out of lockdown, one consistency has been our Volunteer Video Call Coffee Mornings. We got our volunteers Zoomed up because we couldn't bare to be out of touch with them for too long.

Now from those first few brave volunteers dipping their toes in the virtual pond, we have been hosting a call every month. It's a great hour or so to just catch up and see those familiar faces we have been missing.



But you don't have to have been volunteering for years with us with to join in. If you are interested in volunteering your time, or skills regularly or ad hoc with us. Get in touch! You are welcome to join our volunteer ranks at anytime, with as much time as you have to spare.

So, if you would like to get involved and stay in touch and up to date with us head over to **[www.fowh.org.uk/friends-volunteer/](http://www.fowh.org.uk/friends-volunteer/)**

# your hospice **lottery** **The £1 Difference**

**£1** doesn't seem a lot, you think it may not go far, so how can **£1** make a difference? The difference comes in the form of secure and reliable income being generated for us by our Friend's lottery players. Both you and The Friends can be winners as a **£1** ticket is your chance of winning **£1,000** every week! Every week your **£1** is played is in the Your Hospice Lottery Draw, you could also have the chance of winning a larger prize when there is a roll over.

Your Wisdom **£1** doesn't just work alone, the Your Hospice Lottery draw has Hospice supporters up and own the country keeping their fingers crossed each week. Your support provides consistent income to help ensure our regular commitments to The Wisdom Hospice are met. And regular income like that can be budgeted for, which means that we can plan ahead.

So, when the pandemic hit, and our usual fundraising avenues were cancelled, due to government restrictions. The **£1**'s raised from our lottery players became a vital source of income helping us maintain our funding of the care and services that The Wisdom Hospice provides so well. It all adds up, as last year your lottery **£1**'s helped us raise an amazing **£125,000** towards hospice care.

**So thank you, for trusting your £1 to Your Hospice Lottery and playing each week as our players. The Friends and most of all the Hospice, are all winning from it.**

Signing up to take part in our lottery is easy, simply head over to our Lottery page on our website:

**[www.fowh.org.uk/lottery](http://www.fowh.org.uk/lottery)**

and sign up to play regularly or just purchase a single ticket for that week.

**You could be our next winner!**



# **It Could Be You!**



**With a chance at winning £1,000 every week, it really could be you with the winning numbers next. Elaine started playing our lottery in February 2020, and by August she had won the weekly £1,000 prize.**

**Elaine** is just one of a the lucky **£1,000** winners we have had during our partnership with Your Hospice Lottery. "I play the lottery to support the Hospice, as they looked after my father and brother-in-law. I can't believe I've been lucky enough to scoop the **£1,000** jackpot!"

With 187 **£10** prizes, **£250** prize, **£1,000** prize and a rollover jackpot of up to **£25,000**, up for grabs every week - there are more winners than you think! You don't even need to check your numbers when you win, you'll get a cheque sent to you in the post. It's such a easy way to support The Wisdom Hospice, and a way in which we could all be a winner with your support!

## **A Reason to Celebrate!**

Lockdown affected our income, as player numbers fell because we were unable to recruit new players, due to the restrictions around face to face fundraising. Working with YHL we took the decision to trial a telemarketing drive with one of the UK's leading marketing companies. This has proved to be very successful and we have seen the number of weekly lines played grow to a new high of 5,555! Thank you for continuing to join and support us by playing in our lottery.



Charity Gig  
in Support of  
The Wisdom Hospice

## The Ultimate Queen Tribute November 12, 2021



8 PM TO 10 PM  
Doors open 7:30 PM

**GLASSBOX THEATRE**  
MIDKENT COLLEGE, MEDWAY ROAD,  
GILLINGHAM ME7 1FN

[www.glassboxtheatre.com](http://www.glassboxtheatre.com)

£25  
per ticket  
Includes  
Hospice  
Donation

**GLASSBOX**  
THEATRE

## COLOUR ME PURPLE

Look what has just been confirmed for  
**Sunday 5th September**

Adults £15 Child £10  
Milton Creek Country Park

[www.fowh.org.uk/ColourMePurple](http://www.fowh.org.uk/ColourMePurple)

**Save the Date**

## Pencil Us In!

All dates are  
subject to change

### June

Sat 12th **Virtual Quiz**

### July

Sat 24th - Sat 7th Aug **Virtual Wander**

Sat 31st **Inflatable Race** Brands Hatch

### August

Sat 7th **London Triathlon** Excel

### September

Fri 3rd **Virtual Quiz**

Sun 5th **Colour Run**

Sun 12th **Brighton Weekend**

Bike or Run

### Every Month

**The Great Charity Run  
- Virtual Race**

From 1st to last day of the month  
4 distances to choose from;  
30, 60, 90 or 120 miles  
in the month

### October

Sun 3rd **London Marathon**

Sat 9th **Spartan Obstacle Course**

East Sussex

Sun 10th **Royal Parks Half**

### November

Wed 10th **Ollly & Ivy**

Fri 12th **Mercury Queen Tribute**

# My Friend's Noticeboard

## Did you know you can Donate Online?

You can also pay in fundraising and donate in memory of someone.

Click to  
[www.fowh.org.uk/donate](http://www.fowh.org.uk/donate)

and help support  
The Wisdom Hospice

Or why not Donate by text!  
**FOWH** to **70085** to donate **£5**  
Or  
**FOWH** to **70405** to donate **£10**

Texts cost donation fee plus standard  
rate message charge.

## Play with The Friends!

Join our Lottery and support  
The Wisdom Hospice from  
**£1 a week**

With **187 guaranteed**  
**cash prizes**  
of **£10, £250, £1,000**  
to win every week!

There is even a rollover prize  
of up to **£25,000**

If you're a winner, you'll  
get your cheque in the post!

Head to  
[www.fowh.org.uk/lottery](http://www.fowh.org.uk/lottery)  
for your chance to win now

## Wisdom Hospice Shops

*All our stores are now open for you to grab your next bargain  
and to collect your donations!*

Make sure you call your closest store to book your donation slot.

**Sittingbourne** 01795 473 816  
**Chatham** 01634 406 275  
**Rochester** 01634 407 659  
**Chatham & Rochester**

**Monday - Saturday 9am - 4pm**  
**Monday - Saturday 9am - 4pm**  
**Tuesday - Saturday 9am - 4pm**  
**Sunday - 10am - 4pm**

