



Words of Wisdom

Newsletter Issue 34



Our latest fabulous fundraising news...

Inside this issue...

Chairman's Welcome	2
Chief Executive's Greeting	3
Hospice News	4
The Two Martins	6
Lights for Love	8
Running for a Reason	9
Community Spirit	10
Marion Wood	12
Knit, Stitch & Natter	13
Restoration House	13
Big Friends Thank Yous	14
Corporate Support	18
Facebook Fundraisers	20
Shop with Wisdom	22
Virtual Events	24
Trustees	26
Your Hospice Lottery	28
The Ultimate Queen Tribute	30
Pencil Us In	31
My Friends Noticeboard	32

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Welcome from the Chairman

Although COVID-19 is likely to be with us for the long term hopefully we are through the epidemic stage so that life can return to relative normality. There will however inevitably be change and like everyone else we must adjust to that.

Medway Community Healthcare (MCH) are working with other agencies to see how the service they provide is best delivered and this includes palliative care. The Trustees have recently had two meetings with Martin Riley the Managing Director of MCH so that we may understand what effect those changes are likely to have, and in particular, on the work of the Hospice. It is clear from those discussions that MCH is committed to the Wisdom and are keen to work with us not only to maintain but enhance the service provided.

These discussions have been part of a review which we are having as to how we might best be able to support the work of the Wisdom Hospice not only in our fundraising activities but making the wider public aware of our role.

The Friends can only continue to exist with your ongoing support, not only in fund raising directly, but making people aware of what we do, thus enabling us to increase the number of our active supporters. As part of our review of our continuing activities I would very much like to hear from you with any ideas of the sort of activities you would like to see the team organise.

I thank you all again for the help and support you continue to give.



Greeting from the Chief Executive

As I sit down to write my message to you it is with a real sense of optimism as we begin to look forward to progress away from restrictions. I have been transfixed by The Olympic coverage especially by the heroic efforts of Team GB. I am just as inspired by the Olympic like effort our own fundraisers continue to go to in support of The Wisdom Hospice.

I will celebrate my 10th year with The Friends this year. When I look back over the last 10 years I do so with a sense of pride as I consider what we have achieved together. One of my trustees had some wise advice for me when I joined The Friends, she said that we should concentrate on the roots of our charity as, if the roots are good, then our charitable tree will grow strong.

We branched out into Retail with successful shops in Sittingbourne, Chatham and Rochester as well as adding a new Lottery to our portfolio of income generation, we now have over 5,500 regular players in our weekly draws.



At our core is our Fundraising, either from personal Donations from our supporters or the money raised from our events be that the events arranged by us or the national events that you take part in. We are constantly adding to our Fundraising Menu, and it seems to be feeding your appetite.

As I now look to the future and consider the next 10 years. The Friends have taken time to reflect on where we

are but more importantly where we want to be to meet the future needs and challenges that the Hospice will inevitably face.

Ray has already mentioned the joint meetings we have had. It was unsurprising that our trustees' and fundraising team share similar values and commitment to the hospice.

We are stronger together and I believe our future is bright, it is purple. I look forward to working with you all to ensure we maintain our much-needed support of the Wisdom Hospice.

Martyn Reeves

Hospice Stories

Hannah Smith

(Wellbeing and Therapies Team Lead)

My first experience of the Hospice was over 25 years ago when my nana and grandad were volunteers! I have memories of visiting the hospice with my nana. Fast forward to 2015 and the beginning of my running journey and I ran Silverstone half marathon raising money for the Friends. Then in December 2019 I joined the Wisdom Hospice as the Team lead for therapies. Fundraising is important to me and I went on to run the London Marathon in 2016 for the Samaritans and 2019 for the British Heart Foundation. Then when lockdown meant events couldn't happen, I helped Olly with his 2.6 challenge.

My previous roles within the NHS have included Brain Injury Rehabilitation, Stroke and Neurorehabilitation. Working within Palliative Care is rewarding and challenging but the support from my colleagues means I am never on my own. The last year may have brought more tears and heartbreaking stories than I have experienced in my career but it has given me the honour of supporting patients at the end of their lives.

Running is one of my hobbies and has played a big part in helping me work through the pandemic and the last year. Lacing up and getting out for a run helped even more so in lockdown when you couldn't see friends and family. It gives me a chance to escape, and spending time outdoors helps keep me grounded.

The therapies team along with the other teams at the Hospice have worked throughout the pandemic. Despite the unknown and our own anxieties, we have all adapted and delivered therapy and found ourselves going that extra mile when patients couldn't see their own families and when we couldn't see ours. Unfortunately, our Wellbeing and Therapy Centre had to shut its doors at the beginning of the pandemic. The therapy team took activity packs out to patients, one of the team trained to be able to offer hand massages and another to incorporate Tai Chi into our exercise sessions.

Physiotherapy will provide rehabilitation to help people function with as minimal dependence on others as possible. Our team helps patients to remain active for as long as possible. Occupational therapy is important in ensuring a patient is safely discharged from the hospice with appropriate equipment and support services. The team also supports patients in the community, including those who wish to remain at home during the final stages of their illness.



Angela Schoonewagen

(Wellbeing and Therapies Facilitator)

Angela joined the hospice's Wellbeing and Therapy team over 3 years ago. Her role has changed over the last year following the closure of the Therapy Centre.

"I now do home visits supporting patients by assessing them for equipment, breathlessness sessions and manual handling assessments. Our priority is to help patients feel safe and comfortable in their own homes, we also have the opportunity to talk to patients about their Advanced Care Planning and My Wishes. These conversations can really help patients consider and understand the options and availability for their ongoing health care needs and planning these with them meeting their needs and wishes. I similarly visit patients on the wards at the hospice offering them the same support. I can see between four to six patients each day across Medway as far out as Cliffe on the peninsula and Swale which takes me over to the Isle of Sheppey it is a big area to cover. I love the variety, the patients and the people that I meet in my job. Also, I have learnt many new skills in palliative care over the last year. I feel that we are helping keep patients safe in their own homes and support their comfort."



Toni Martin (Therapy Assistant Practitioner)

This is Toni's second spell at the hospice having previously worked here between 1997 and 2006. Toni brings with her over 20-years oncology and palliative care experience.

The hospice has a special place in Toni's heart as her father died here in 2001 and she is glad to be back within the hospice family, re-joining in 2017. Her main role in the team is to support patients in their exercise, physiotherapy and assessment and provision of OT equipment for activities for daily living. Toni assesses their mobility, assists with exercises as well as helping them with relaxation techniques. She has also recently completed some training and is now able to offer Thai Chi in her repertoire of care. "I have adapted the Thai Chi methods that I have learnt so that each patient is able to take part and benefit from this form of exercise. The patients learn how to maintain a safe posture, which will help reduce the risk of falls as well as helping them with relaxation and their general wellbeing. I love this holistic approach to patient care. I feel it empowers people helping keep them feel safe and keep mobile. We also run six-week activity courses similar to what we would have offered to groups at the Therapy Centre. The course includes art, relaxation, talking and singing therapies again helping support our patient's wellbeing. Like Angela I love what I do especially the patients and their families that we support. Sometimes I may be the only person that a patient sees that day."



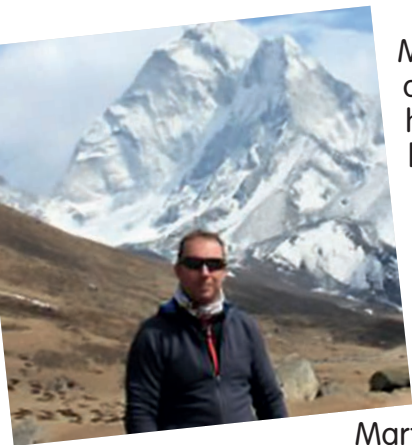
The Two Martins...

Our first Martin is **Martin Riley** Managing Director of Medway Community Healthcare. Martin has also recently been appointed the Senior Responsible Officer for the Medway and Swale Integrated Care Partnership.



Medway Community Healthcare CIC (MCH for short), is an award-winning social enterprise and Community Interest Company established in 2011. MCH work with lots of local partners to support and improve local communities, keeping people healthy and making sure that we are part of a wider picture of all-round health and wellbeing in Medway and beyond. They are one of the largest employers in the area with over 1500 staff.

"We're incredibly proud of what we do, and all of our achievements reflect the passion, dedication and commitment demonstrated by our brilliant, hardworking, passionate staff. Our purpose is to provide community services across Kent, Medway and beyond and our commitment is to lead the way in excellent healthcare."



Martin has had a long career in healthcare starting out in 1995 when he joined the NHS starting in health promotion as an exercise physiologist, and has since worked both in commissioning and provision within a variety of NHS organisations.

Having graduated from Canterbury, Martin then went on to complete a post grad diploma in health education before undertaking further studies in health management at City University, London.

Martin says of his role in regards the importance of the Wisdom Hospice, **"Our specialist palliative care teams offer a range of services; from in-patient care to the wider community palliative care at patients' homes. The support all the teams offer to patients and families is incredible and I am proud that this service is part of MCH. Our successful partnership with the Friends of the Wisdom Hospice is critical to ensuring that the hospice continues to provide high quality care."**

Managing Director of Medway Community Healthcare
and The Friends Chief Executive



The other Martyn is The Friends Chief Executive, **Martyn Reeves**. He joined the Friends after a busy career in the Motor Industry. Martyn is the Friends' first Chief Executive and was employed to raise the income and profile of The Friends.

"I vividly remember the first time I heard about the Wisdom Hospice, I saw a recruitment advert in my local paper, The Friends were looking for a Chief Executive. I had just had my first hospice experience when one of my friends needed end of life support. His care to that point had been good but once his local hospice became involved it became joined up. Even I was asked how I was getting on by the hospice team. I then fundraised for that hospice as my way of saying thank you in his memory. Obviously, I applied to The Friends for the job as I wanted to become involved with a hospice. When I look back over my 10 years with The Friends, I look back with a sense of pride when I consider what we have achieved together. I am humbled, each day, by the



extraordinary lengths that our supporters consistently go to in their support of the hospice. Wisdom Hospice supports two communities Medway and Swale, I have always seen them as one. Our income has certainly increased over the years as we have expanded our operations. It is a very rewarding job working with a great team that share the same values in support of The Wisdom Hospice."

Martin Riley joined The Friends at their recent Trustees Workshops and the two Martins have continued to meet as they discuss how, together, MCH and The Friends can work closely in their shared support of and commitment to The Wisdom Hospice.

The two Martins are competitive people, keen cyclists they share a genuine love of the great outdoors. They are working together on ideas to challenge each other and maybe extending the challenge to their teams and the wider business community developing some healthy rivalry so as to collaborate and fundraise to generate much needed funds in support of The Wisdom Hospice. Watch this space!

Lights for Love 2021

Lights for Love offers great solace and joy to so many in our local community. It's a special event offering precious time to pause and remember those close to our hearts. Last year, hundreds of people were lovingly remembered at our services through lights sponsored in their name and through dedications made in our remembrance book.

You are invited to the switching on of our lights at any of these events. These services bring us together to remember loved ones through music, the reading of poems, and light.

So, join us to remember and celebrate the life of someone special this Christmas at: -

Rochester Cathedral, Friday 26th November at 5.25pm
Highsted Grammar School, Tuesday 30th November at 6pm
Minster Abbey, Thursday 2nd December at 6pm



Dedicate a light to
someone special this Christmas

How to Dedicate

Thank you for remembering your loved ones and dedicating lights in 2020. Your support has not only allowed you to remember your loved ones in such a special way, but also helped make every day count for all the patients and families staying with us over the festive period.

Lights for Love 2021 is active now and you can make as many dedications as you want at

www.fowh.org.uk/fundraising-events

Alternatively, please call Emma on
01634 831163
if you need any further information.

Running for a Reason

We often look for reasons for why we do the things that we do. They give us meaning, a purpose or a cause. And knowing we are contributing to something greater than ourselves feels good to do. And that is what **Graham Benham** did when he started 'Running for a Reason'.

Please meet Graham Benham from the Royal Mail sorting office in Sheerness. He's the man in a red polo on the left holding the cheque.

A well-loved postie and a supportive husband, so much so, that when his wife had a dress to get into in time for their daughter's wedding, they decided to slim down together. Within a few months, Graham had lost 4 stone and decided to see if he could still run like he used to enjoy doing when he was younger. Graham would run along the Sheerness seafront, lost in his own thoughts. And he found himself wondering why was he running. He had been watching the wind turbines off the coast and considering their purpose which led him to consider his own. "They turn to create clean energy, they turn to do good. So, I am going to run for a good cause."

Alongside his 15km postal route, Graham took on running 5k every day for 5 days, so he would have done 100km. Every day he ran in memory of someone different who had received end of life care and raised money for the cause that supported them. His brother, his parents, his sister-in-law. He had some vests made with their photo and name on so passers-by knew why and who he was running for. One Wednesday he ran for **Mick Bundock**. A long-standing colleague of 25 years who received support from the Wisdom Hospice at the end of his life. Graham remembers him as the selfless colleague who gave up his holiday so Graham could be present at a poignant D-Day Commemoration.

To remember Mick, he ran from Mick's home to Queenborough and ran along Mick's Royal Mail Route, receiving lots of support from his regular customers. He promoted



his fundraising using JustGiving, which made it really easy for people to donate and support him along his 100km. On the last day of his challenge, he even has the Fire & Rescue team follow him along his seafront finish to see him complete it and celebrate at the finish line with him.

Graham raised £3,000 with amazing donations from a whole community of supporters and split this across different charities that helped those he ran in memory of. We are grateful to receive £500 donated by Graham in memory of Mick Bundock.



Community Spirit

Abbey Capers took to our High Streets entertaining us with their own brand of lively folk music throughout the Summer around Medway and Swale. Did you see them at Sheerness Market, Sittingbourne, or Rochester High Street? They raised **£609.00!** Thank you for the music and your amazing support.



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.

Janet Marshall was so moved by the care her mother Betty Davies received during her two weeks stay at the hospice that she wanted to give something back. Janet is a keen gardener so offered to come along and brighten up some of the pots on the hospice's patio garden. Janet says, "When Mum was referred to the hospice, she was very nervous about her stay. She thought she was coming here to die. I reassured her that this was not the case, and that the hospice team would take good care of her and make her comfortable. Thanks to the wonderful nurses at the hospice my mother enjoyed her stay, the nurses looked after her so well. However, this is not all, they also are taking good care of me. I have



kept in contact with Viv and Tracy visits my mother at her care home where she now lives. I wanted to give something back, the hospice and its gardens are such a tranquil place. I am so grateful for what they have done and still do for both my mother and I."

Betty caused quite an impact with the staff at the hospice. Tracy Rayner, Family and Carers Support Team Counsellor, reflects on a lady that made quite an impact during her stay at the hospice. "Betty" or 'Her Majesty' as she preferred to be addressed was a special patient because she had so many stories to tell of her life's journey. Coming to the hospice was another change that was quite daunting for her at the beginning. Betty quickly learned that we were all here to care and support her. She formed special bonds with the staff who got to know her, and she said, as she left, that she had enjoyed her stay and did not want to leave. The hospice team gave her a wonderful send off, the nurses formed a guard of honour clapping as she made her way to the ambulance. I held her hand all the way right up and into the ambulance. I asked her what music she liked. She quickly replied rock and roll and Elvis. The ambulance crew found some Elvis music which she sang along to as she left the hospice. As promised, I have kept in touch with Betty who has settled into her new home."



Fifty, Fundraising & Fantastic

What do you do for your birthdays? Do you go all out or use it as an excuse to do something different?

When **Sarah** and **Nicky** turned 50, they decided to come up with some fantastic fundraising ideas. Joined by **Rachel**, they decided that they are going to do something different every month for the year. For their May challenge, they decided to run 1km every hour, for 24 hours straight. Starting from 30th April at 8pm to 1st May at 7pm. All to help the Wisdom Hospice.

Even though they have been running for almost 4 years, running with no sleep and very little rest in between their kilometres was mentally and physically challenging. They were cheered on by friends and family at all hours, some even running along with them, helping to keep their spirits up and their feet moving. They had a great finishing reception as they completed their 24th kilometre in the 24th hour. To make it all worth it, their efforts raised a fab **£1,100.00!**

This 24-hour challenge is an amazing example of finding your own way to fundraise for us. A simple idea or challenge combined with a JustGiving page can make a massive impact and generate some amazing sponsorship. Thank you ladies, for not only using your birthdays to help support the Wisdom Hospice, but for the extra kilometre you have gone to help raise money to support those and families living with a terminal illness who need our help the most.



Dawn's Charity Wing Walk

A big thank you to **Dawn Delsignore** who faced her fears in early June and took part in a wing walk. We asked Dawn why she took this challenge. "The reason I'm doing it is because it is so close to my heart; our dad Bill was in the Hospice for a short while before we lost him in 1999 and recently my uncle Terry had oesophageal cancer and sadly Covid took him in the end over this Christmas. Before Terry died, I had a wonderful chat with him at home saying how the Hospice was amazing and so, that day, together with my aunty Linda, I told him I



wanted to do a wing walk to raise funds for the Hospice. I told him he had to keep strong because he was my inspiration and I wanted him to come and watch me do it! Something he would have loved to have done himself too. Sadly, he didn't make it to see me fly. So now, although he won't be with me down on the ground watching, he will be up there in the sky with me helping me face my fear of heights! And what makes it so much more special is that my aunty Linda (Terry's wife) is coming along to watch in honour of him." Dawn has raised an amazing **£1,005!**

Marian Wood

Think back for a moment to the time before the Pandemic, and visualise once more walking into Reception on a Monday morning. There would be Marian with her lovely friendly smile, full of enthusiasm to hear and to share the week's happenings.



Marian became volunteer in 2011 but then left to care for her husband who later died in the hospice. She herself suffered from poor health for some time too, before returning, first as an occasional volunteer in the Day Hospice, and then more permanently, on Reception. Despite needing regular medical checks Marian entered whole-heartedly into all the hospice activities – the Summer and Christmas Fayres, and many other events organised by the Friends. Visitors to the Ward found her really welcoming and she always had a cheery word for everyone she met. Marian had a passionate interest in gardens and flowers and with friends visited the annual Chelsea Flower Show and other displays. On a more work-a-day level, she helped out at a garden centre so the hospice patio and plant tubs were often the beneficiaries of this hobby. Maybe, as we look around the grounds, some of her carefully tended plants will still be flourishing today. Then there was Marian's love of animals. She contributed to the Cats' Protection charity and to a number of rescue centres. In fact, it was through her recommendation that my husband and I acquired our own rescue cat. But it was her beloved, characterful cat, Belle, who was her inseparable as indulged companion. Like me, you will be delighted to know that Belle has settled down very happily into a new home.

Linda, who was a close friend of Marian's over many years, has put together some beautiful and very special personal memories of her. And what could be better today than sharing them with you in her own words;

"Marian and John were the first friends we made when we moved from Cheshire as we bought their house from them and we remained close friends for 35 years. Many a time we had to travel back to our parents at short notice and always, Marian was so reliable and trustworthy when she stepped in to look after our cat. She loved her Charity shops and whenever we had a day out together we had to visit every one in the town, just 'to see' what goodies they had. Marian loved children, but unfortunately it was never to be for them, but my grandchildren spent many a happy hour with her baking, especially sausage rolls.

As you will all know, her passion was gardening and I have endeavoured to maintain all her good work in our garden. Marian was a proud 'techno dinosaur' but I am sure she would have taken up the challenge so that she could keep in touch with all her friends during these difficult times. She battled through very challenging health conditions only to be taken so quickly by this pandemic. I miss you, Marian."

In all, we can remember Marian with much affection - as a big-hearted, generous giver of herself and her energies right up to the time when she sadly succumbed to Covid 19. She will be greatly missed by us all, but I am sure she would have been thrilled to know that there will be a flowering cherry tree coming into blossom each year at the hospice in her memory.



Knit, Stitch & Natter

The lovely ladies from our KSN group have kept themselves busy this year with their driveway sales. So far, they have held 4 driveway sales covering most of Medway, and from their first 4 sales they raised just under **£2,000**.

At the end of 2019, we asked our ladies to take up an Olympic challenge and knit anything Japanese or Olympic themed for our Summer Fayre. As we all know, unfortunately we couldn't hold our Fayre last year or this year, but the lovely knitted items haven't gone to waste and they have been selling like hot cakes. There is one driveway sale left of the year and its on **23rd October** at **Grain Road** in **Wigmore**, so come along if you can make it. There will be all the normal knitted items including some Halloween and Christmas items, as well as jams, chutneys and cakes. We will also have a selection of our Friends Christmas cards for sale.

The group is always looking for new members and donations. If you can knit, stitch or natter, they are looking for your makes. They are particularly in need of small items that could be used as stocking fillers or such. Please contact us in the office if you can help.



Restoration House

Restoration House has come to a close for the season and, despite starting a month later than normal, it has been a busy season.

Due to the restrictions, the tearoom operated slightly differently this year by serving tea, coffee and cake through the window for the guests to enjoy in the magnificent gardens.

We would like to thank all our lovely volunteers who helped us through the season. If you think this is something you might like to help with next year, the season starts in late May and goes through until the end of September with the tearoom open on Thursdays and Fridays.

Please get in touch with the Fundraising team on 01634 83116 or email info@fowh.org.uk

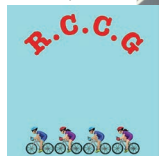


A **BIG** Friends Thank You to...



We would like to say a big thank you to **Christine and Jeanette Lawrence**, aka Team Cat and Team Dog, on their fantastic archery competition in May. Their epic battle raised over **£800** and was won by Team Cat by 17 points. Christine and Jeanette were raising money in memory of their mum, as this year marks 20 years since their mum lost her brave battle to cancer. So, to celebrate their mum's beautiful memory, her milestone anniversary, and to thank the Wisdom Hospice for their support and compassion, they embarked on this epic archery battle dressed as a cat and a dog. Christine and Jeanette would like to thank Reverend Elaine who was their independent judge and Joshua from Discover Archery for their training and equipment.

Matt Hazell-Wood has set up the Rochester Charity Cycling group and has chosen the Friends of the Wisdom Hospice as their first charity to raise money for. We will be their charity for the next 3 months, and we want to wish the group the best. Matt is not new to the world of fundraising for the Hospice, he has in the past joined us for our Wander with Wisdom and also our Wheels for Wisdom event.



We would like to thank the **Mark Master Masons of Kent**, for their generous donation of **£5,000** wholly funded by their charity the Mark Benevolent Fund. This donation was part of a Major Capital Grant of £1.3m distributed to hospices across England, Wales, Channel Islands and Isle of Man. In recognition of the contribution made by HRH The Prince Phillip, Duke of Edinburgh to the service of the Crown and the life of the nation.



R.W. Bro Archibald Iain Torrance, the Provincial Grand Master for Kent said, "We are absolutely delighted that the members of the Province have chosen to support Wisdom Hospice. We are all aware of the toll that the pandemic has taken on charities across the country and hope that this small gift will go some way to help enhance patient care and provide improved facilities for those in need and their families." *Thank you so much for your support.*

Ellie Perham ran a beautiful 10k around Kew Gardens in May to raise money for the Hospice. She raised just over **£1,500** in memory of her grandparents and mum.

When thanked, Ellie said, "The pleasure is all mine. Sadly, my mum never made it to the Hospice, but had she had a bit more time that is where she would have ended up. My stepdad also went to counselling at the Wisdom Hospice, so you've really helped a lot of people that are close to me.

I am so happy I got to do such a pleasurable thing and raise so much money. My original target was £300, so you can imagine my surprise at the amount I have raised! Honestly, we only have my mum to thank.

Those donations were made in her memory."



Cllrs Nick Bowler and Teresa Murray – £1,000 Donation



Teresa explained her feeling for the hospice. "We are extremely proud to have the Wisdom Hospice in our ward and know how much those who become terminally ill value the compassionate and optimistic service the hospice gives to patients and their families. The Wisdom deserves to have stable funding in recognition of their unique and highly valued service, we thank all of the volunteers and contributors who help with fund raising and will continue to campaign for the Hospice to be appropriately recognised for the contribution all involved make to the Health and Care services in our towns and the UK as a whole."



Nick also is a huge supporter of the hospice. "It always great to be able to help the Wisdom Hospice. I was always a huge supporter. With my health situation I have had advice and support myself from the Wisdom and know they are there to support myself and my partner. As Teresa said we are delighted to support your amazing facility in any way we can."

MORE Friends Thank You to...



We would like to say a huge thank you to **Chris Marshal**, and all his family and friends, for the phenomenal amount of money raised in memory of his wife **Lee-Anne**, mother to their 2 beautiful daughters and Chris's childhood sweetheart.

Lee-Anne fought hard against cancer in her 6-year battle with the disease and managed get rid of it once, but it came back with a vengeance, and she was given 3 to 4 months to live.

Even with this diagnosis, Lee-Anne continued to fight. Covid wasn't easy, but Chris and Lee-Anne spent every single day together making memories with their beautiful girls and just being #TeamMarshal. Two big memories they managed to plan were a stay at Lapland UK in December 2020 and an overnight stay at Port Lympne in March 2021, with the help and support of the wonderful staff at the Hospice.

Thank you so much to everyone who has donated to raise the amazing amount of **£3,730**.

A huge congratulations to the aunt and niece combination of **Suzanne Halsey** and **Beth Hawkes**, who took on tandem parachute jumps in August, in memory of Dad and Grandad, Derek Halsey.



Suzanne is a regular supporter of us here at the Friends and has taken on marathons, treks, climbed Kilimanjaro and other different challenges. Their parachute jump had only just taken place when our newsletter went to print and, so far, they have raised **£880** but we are sure this will have increased by now. Suzanne said just after their jump, "We did it!! More importantly, BETH LOVED IT! And so did I, literally the best buzz! Thank you to everyone who has donated, we really are grateful to everyone who sponsored The Friends of the Wisdom Hospice, Beth Hawkes well done! It was great fun doing this with you. Slightly disconcerting seeing her disappear out of the plane! So now crazy aunt has to get her thinking cap on for more crazy ideas."



For the last 10 years family, friends and colleagues remember **Paul Filmer** at their annual memorial golf day.

Paul's niece **Gemma** says, "So eventually we got to continue our annual golf Memorial Day for my uncle Paul who was cared for at the hospice... What can I say this charity has and always will be close to our hearts... It is a yearly affair whereby family friends and colleagues who knew Paul choose to have a day off work to hit a few balls round in the cloud and rain and raise money. This was our 10th year so we decided to see if we could raise as much as we could."



Paul's brother **Mark** had his head shaved and **Rob** and Paul's son **Steven** completed the ice bucket challenge along with Golf Day organiser **Mel Alderson** who Paul worked with.

Our company, **DHL** who we all work for, will also match the amount we raised on the day to an incredible total of **£1790** which will go to the hospice. Thank you so much to everyone at the hospice words cannot thank you enough for what you did for Paul and our family."



Medway Pride Radio held an auction live on air earlier this year raising **£415.00**.

They said, "Medway Pride Radio is honoured to support Wisdom Hospice, as in the last year both founders **Hilary Cooke** and **Shea Coffey** have seen loved ones treated in the nation's hospice system. They were looked after with care, compassion, and dignity at a time in their lives where that is not always easy. MPR will continue to do all it can to fundraise and promote Wisdom Hospice."

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 needs some support, please call The Friends on
01634 831163 or email **info@fowh.org.uk**

Corporate Support

We want to say a huge trolley full thank you to our friends at **John Lewis & Partners, Bluewater**. Our friends at John Lewis continue to think of the hardworking staff at the hospice by showing their appreciation with regular gifts. In our picture John Lewis partner, Amanda Harper, donates some mouth-watering chocolate treats. Thank you, Amanda, and everyone at John Lewis. This act of kindness really does perk up staff morale at The Wisdom Hospice, thank you.



A huge thank you to **Asda Chatham** and **Sittingbourne Superstore's** for supplying some travel-sized toiletries. These are just the right size for our patients. We cannot get enough of travel-sized shower gels and shampoos so a massive **Thank You** to Asda from all the nurses and patients.



Each year, the **Asda Foundation** invest over £1.4m to more than 4000 good causes through their **Green Token Giving Scheme**, and we have been lucky enough to have receive some funds. A big thank you to **Asda at Chatham** for nominating us recently

and thank you to everyone who voted in store and also for everyone who voted for us online. We are proud to announce that we were runners up in the last round and will receive **£200**. We have also been nominated at the **Sittingbourne** store for December to January so please look out for the green tokens to vote with and the social media post for the online voting.



Women in Business – Charity of the Year. Women in Business have supported us since 2014 to the present day and have so far raised **£1,699.87**, including the **£970** that they have just recently sent over.

WIB said, "It gives us great pleasure to contribute what we can (time, money or a useful pair of hands) to the hospice to enable them to continue the amazing work they do for our community."

This picture is from our last face-to-face cheque presentation in February 2020.



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.

Each year **Primark** stores choose a charity to support for the coming 12 months, and we have been lucky enough to be chosen for the last couple of years. They have raised over **£2,900** in this time, and we just want to say thank you so much!



Staff member **Debbie Burns** said, "2 years ago, we lost a cherished member of staff to cancer, and she spent her final days at the Hospice. A few of us also lost loved ones who the Wisdom supported in their time of need. So, when it came time to vote on which charity to choose to support at work the Wisdom Hospice was a well-supported choice. During 2019, before lockdown, we held several events, shown here, including a Primark Olympics and a virtual bike ride from the home of Primark in Dublin to Chatham and back - 846 miles!"



Donna Walters, another staff member told us, "As a family we started using the Hospice with my dad in the summer of 2012. He used to enjoy the Friday club and his lunchtime

whisky. He died in January 2013 under their care from lung cancer. That year we all took part in our 1st Wander with Wisdom, and we have continued to support the Hospice with the Wander Walks since then which we all enjoy. Primark chose the Hospice as their charity after one of our colleagues lost their battle with cancer under the Hospice's care. We have held cake sales, raffles and fun evenings to help raise money. We also have a team competing in the Colour Run this year."



Would you like to support us here at the Hospice and become one of our Christmas stockists?

We have a wonderful selection of Christmas cards, flumpets, puddings, badges and other bits that we can make into baskets for you, with either all our Christmas collection or just a few selected items if you'd prefer. They will be hand delivered to you with a box for payments and then collected again after Christmas.

If you think this is something you might like in your social club, office, gym or any other place you may work or go, please do contact Clare in the office, on either 01634 831163 or claremorris@fowh.org.uk



Facebook Fundraisers

Jack Denness

Nicky Balderston

Debra Hawkes

Rhian Leona

Kevin Brett

Stacey Harman

Yvonne Dorrington

Shannon Moys

Beckie Carwadiene

Sharon Hunter

MARY LAUGHLAND

Ashley Cotton Bastow

Stacey Foreman



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

Aimee Yeates

Stuart Millar

Chris Downes

Shelley Payne

Darcie Lilley

Hayely Stock

Claire Williams

Lorraine Burford

Gemma Sargent

Caroline Rogers

Baz Ede

Heather Ball

Justina Smith Brown

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.

A lot of us found we had more spare time than we are used to during Lockdown. For some, that meant finding new hobbies. But for 9-year-old **Michael Sullivan**, it meant finding a new passion, and fundraising from it!



Starting the Quest: An avid reader of the likes of Tolkien and Terry Pratchett, Michael has allowed his fantasy-filled imagination to flow onto paper for the first time. Where he would normally be on the football pitch or the ice hockey rink, the postponement of sports and sports clubs during the pandemic saw him find other pursuits to pass the time. He based his story around friends from school that he was unable to spend time with, and even saw himself as a character in the guise of 'Michael the forgetful Wizard'. This story tells of two princesses and their superpowers and follows their quest of how they use their powers. Michael wrote this story out by hand, and then it has been typed up and printed out, with a little help from mum and dad. Selling copies of **'The Quest'** hot off the press, Michael raised **£200** from his debut novel!

The Quest - Fundraising for the Friends: Michael chose to donate his first books revenue to the Wisdom Hospice. They cared for both his Grandmother and Grandfather, Alison McManigam and Michael Sullivan. We are so grateful to Michael and his family for thinking of us and choosing to make this donation to us. Creative ways of fundraising like this really help support the Friends Fundraising and ultimately the patients and families under the care of the Wisdom Hospice. He is hoping to write more with his friends, so his next book could well be on the way. Michael hopes to rise in the Ice Hockey ranks and get a scholarship to go to Canada. He even hopes to make team GB, to represent his country playing the sport he loves. But in the meantime, he will continue to explore his imagination with his fantastic stories. And just in case in the future, Michael Sullivan is a household name on the back of storybooks everywhere. We are very pleased to be the first to publish the first edition of 'The Quest'.



We were kindly invited to a Zoom meeting with the 28th Medway Dinosaur Colony back in early February. We were asked to give a quick insight, 10 minutes would do, into the work of the Wisdom Hospice, and how the money received makes such a difference. There were so many questions and we had so much fun we ended up staying for the whole of the meeting.

The Colony had decided to start a new Community Impact Badge, and they had chosen to focus on mental health and wellbeing. The Beavers decided they would like to make a display for the hospice, to cheer anyone up who saw the it. They made lots of paper windmills, decorating them and writing a sentence to promote happiness on each windmill. Fast forwarding to June, when the Beavers were allowed to meet face to face, we were very excited to be invited to their fun run they had planned to support the hospice. We were happy to go along and cheer them on, finally meeting them in the person. 14 excited Beavers took part in the fun run and, after the medals had been handed out, the cakes came out and we were presented with all the lovely windmills. The windmills were put on display at our Chatham shop so even more people can see the lovely messages and the colours of the windmills. The excitement didn't stop at the windmills or the fun run the fundraising carried on for an extra couple of months. We couldn't believe it when we were handed a very heavy pot of money that the busy Beavers had collected. In total they had raised an outstanding **£612.46**. We would like to say a huge thanks to everyone involved and thank you again for inviting us to meet you all and choosing to support The Wisdom Hospice.

#STOP PRESS# After a steward's enquiry we found that the actual total was slightly higher than we had expected! The actual total was £614.77 WOW!



Shop with Wisdom

by Clare Miller

Like a lot of mums and dads out there I spent a few good years at home bringing up the children, but as a lot of you have probably felt too, I got to the point where I needed adult interaction (ish!) and something else to do other than the usual house/child duties. I decided I would try volunteering and as I had been in The Wisdom Hospice Shop and bought myself an amazing cashmere coat the week before; they were my 1st choice!

Now I admit that at the time I wasn't overly familiar with Wisdom Hospice, but I soon found out what an amazing place it is and what a fantastic service they provide, helping and supporting adults both at the Hospice and in the wider community.

I was invited in for an informal interview/chat with John Hale-Brown who was the then Manager and instantly loved the thought of being a part of this brilliant team while helping the Hospice to raise much needed funds. I started volunteering in October 2013 with just a couple of shifts a week. John was happy to teach me as much as I wanted to learn, which quickly became everything! The only downside was the effect it was having on my bank account, as I very rarely made it home without an armful of bargains (still the same now!)

After about 6 months of me learning the role, an opportunity came up for an assistant manager which I jumped at. I was lucky enough to get the role and for the next 18 months I soaked up everything there was to learn about the role and believe me when I say there is a lot more to it than meets the eye. It was now 2017 and we were flying. I became manager, John was promoted to Head of Retail and Chatham opened with Kylie at the helm, shortly followed by Jill by her side.



f www.facebook.com/wisdomhospiceshop

www.instagram.com/wisdomhospiceshops

@ShopsWisdom

depop

ebay

Due to the fact that I had such an awesome team behind me and the support of John and the Board I managed to eek some time into my week to start our online eBay shop while John set up Depop, so, in January 2020 we went live. Despite Covid affecting every area of our business the on-line side has gone from strength to strength with time and space being the only things holding us back.



Collectively all the shops have also done many events for example Wedding, Vintage, Jewellery to name a few. We have the services of a TV model at our disposal which has resulted in us being published in some very prestigious magazines. She has pulled together fashion shoots for us and the outcomes have been amazing, we also have a very exciting shoot happening soon which includes some of our very own shop volunteers! We are truly grateful to have Jenilee as a fantastic ambassador for our shops.

On a personal level I can only thank Wisdom Hospice for all the support they have given me over the years and especially the last year while I was recovering from breast cancer. Everyone's support from volunteers to board members to customers has been amazing and very humbling. I just hope they let me tag along for the rest of the ride which I'm pretty sure will be just as much fun and as rewarding as the last 8 years have been and if any of you are debating whether to try volunteering, I can whole heartedly recommend it, just leave your credit card at home!

Vintage Photo shoot

We recently held a Vintage photo shoot at the amazing Restoration House in Rochester.

All clothing came from the shops and was modelled by some of our very own volunteers as well as professional models.

Well done to everyone involved, here's a sneak peek behind the scenes.



Virtual Events

Wander With Wisdom - 24th July to 15th August

Wander with Wisdom was back again virtually this year, after the amazing success of 2020. We encouraged our lovely supporters to once again take up the challenge of "you can do Virtually anything!" The challenge took part over a 3-week period, and even though we know it's not the same as us all getting together, we wanted to give our supporters the opportunity to remember their loved ones. At the time our newsletter went to print, our 20 intrepid Wanderers had been going for nearly 2 weeks, wandering a distance of nearly 700k and raising nearly £800.



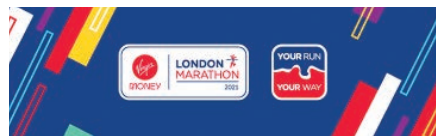
We just wanted to say a huge Thank You for joining in and for the support.



London Marathon

On Sunday 3rd October, 50,000 runners will have the chance to be part of the biggest marathon ever staged anywhere in the world, and we have 14 lucky people who are going to be able to be part of this potential world record breaking attempt.

2 of our 14 wonderful supporters have chosen to support us after winning a place in the ballot and will be running the race around the streets of London. The other 12 wonderful supporters will be taking on the 26.2 miles, on the same day, in their local area. Some of our runners are running in memory of loved ones lost, some are running for the personal achievement of finishing the London Marathon. Whatever the reason, we want to thank everyone for choosing to fundraise for us, and to wish everyone taking part the best of luck. We hope there are no blisters, good weather on the day and lots of support from their family and friends.



Virtual Quiz Nights

Here at the Friends, we have embraced the world of virtual quizzes thanks to our wonderful quiz master Phill Thorne and his speed quizzing. Like many charities, we had to change the way we held our quizzes last year, and the lovely Phill came to our rescue. Since we started our virtual quizzing back in October 2020, we have raised just under £2,000. There are still 2 quizzes left this year for you to get involved in, a Halloween quiz on 16th October and a Christmas quiz on 10th December. Pop over to our website for further information and to book.

We would also like to say a huge thank you to Telcare who have sponsored all our virtual quizzes. If you would like to join us at our next quiz, we would love to see you. So, book your team, get cosy on your sofa with your snacks, and get ready to test those little grey cells.



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

Inflatable Race

We had 7 brave people who bounced their way around the world's biggest inflatable run at the end of July for us at Brands Hatch. So far, these amazing 7 have raised just under £900 and their sponsorship is still coming in.

Our youngest competitor Isacc was asked, "What was your favourite crazy bouncy bit of the race?" He thought about it for a couple of seconds, and replied, "All of it!" And he wanted to do it all again!



A huge thank you to Chris and Isacc Newbury, Sherrie Wyatt, Holly Hunt, Jane Thompson, Geetha and Sriabitha Monhan Kumar.

Nightrider 2022

Nightrider is back for 2022 and this year we have a team of 10 taking up the challenge on the night. You will cycle the historic streets of London with 50km or 100km routes to choose from – both of which take in some of the capital city's most iconic landmarks, under the night sky. This is a fun and exciting charity cycle event, and to help get everyone through the night, the team will be supported by our purple cheerleaders, who will be there to offer encouragement, smiley faces in the middle of the night, sweets and even hugs if required.



We still have 3 places left on this amazing event next year. If you think you might like to be part of this wonderful 10-person team, please give Clare a call in the office or send her an email at claremorris@fowh.org.uk

Get Involved Have you seen the new snazzy page on our website: "Get Involved"?

On this page you can browse all our events in one place, so you can get involved in something locally, nationally, and even overseas. It covers all of your wishes, walks, runs, adrenaline challenges and you can even tell us about an event you already have a place for. We know that not all of our lovely supporters are local to us, so we are really pleased to be able to showcase events that are national. But please don't think these national events are just for supporters who aren't based near us, just think what you could do when you are holidaying this year or next in the UK? Think of the fun you could have, running a marathon in Manchester, or taking on a Spartan race in Ireland? The whole of the UK could be your playground!

Why not pop over to our get involved page <https://fowh.org.uk/get-involved/> and have a look and see what takes yours fancy. Or if you would like any further information on any of the events listed, or just want to talk through your options, why not drop us an email at claremorris@fowh.org.uk or pick up the phone and speak to Clare in the office.



Trustee Workshops



The last year has certainly been especially challenging for UK Charities. There are over 160,000 UK Charities collectively turning over £50 billion pounds per annum. The pandemic caused a reduction in their income of approximately £10 billion.

The Board of Trustees of any charity are responsible for ensuring that the charity meets its aims and objectives by following its strategy to support its stakeholders. The Friends are no exception - our Board has ten committed volunteer trustees who helped guide the charity throughout the pandemic. We could not meet face to face however they embraced technology and we held regular Zoom meetings to communicate our progress to ensure our support of the hospice was maintained.

After reflecting on the year that we have just had Chairman Ray and Martyn wanted to ensure that The Friends could meet their challenges and the needs of the Wisdom Hospice for the future. Two Trustee Workshops were planned over Zoom. These workshops would allow the Trustees to understand how, as a Board, they would be match fit to meet any future challenges delivering on their budgets and developing a new strategy.

MCH's MD, Martin Riley was invited to both workshops. Opening up the first workshop he explained the changes to Medway and Swale's healthcare organisations and the challenges that would face the delivery of End-of-Life Care across our community.

At the second workshop the fundraising team joined the Trustees as they considered together The Friends future vision. Friends' supporter Judy Oliver, who recently joined the Trustee Board, facilitated these workshops which proved a great success.

Friends CEO Martyn said "This was the first time we had done anything like this collectively. Everyone was able to express their views on where we are and what direction we should take. It became apparent that we all shared the same values and connection with the Wisdom Hospice. We have a few vacancies on our board which we will recruit to in time. Firstly we must consider our strategy, we will then identify any skills gaps on our board highlighting the abilities we need to recruit to giving the Board breadth to assist and guide the fundraising team to achieve our collective goals."

If you are interested in finding out more about becoming a trustee, please contact Martyn on 01634 831163 or martynreeves@fowh.org.uk for an informal conversation.

Trustees Story

Judy Oliver

I am a new Trustee of The Friends but have supported the Hospice for over ten years. Initially, I did this by supporting my late husband, David, when he was President of the Chatham Rotary Club and chose the Wisdom Hospice as his preferred charity. In 2013, when David was diagnosed with terminal cancer and sadly died in the September, the Hospice Team played a major role in helping our family through that time. The Wisdom is a very special place where they make it OK to talk about death as part of normal life. I can only describe it as feeling like someone wrapping a great big hug around you!

I was keen to become a Trustee in order to give something back to the organisation which had made such a difference to our lives. I had been a non-executive director on the boards of Medway Hospital and the Primary Care Trust as well as having worked for both Kent County Council, Medway Unitary Council and Swale District Council. I have lived in Upchurch in Swale for over 20 years and run events for lots of local neighbourhoods in Medway.

In my own business, my team and I work right across the NHS and social care system in England so have the privilege of seeing the challenges from all angles and hopefully, helping things to work better. In this respect, plus having benefited from the hospice myself, I hope I can add value by bringing knowledge, skills and useful contacts and working closely with my colleagues on the Board of Trustees. If I can't do it, I will find someone who can.

But, as a trustee, I also gain too – learning how the hospice has adapted what it does, how the shops all work, how the amazing fundraising team work miracles - even when faced with a global pandemic.

I am proud to be part of the Friends team.



your hospice **lottery** **Single Tickets - £1**

Here at Your Hospice Lottery, we understand that not everybody wants to play the lottery via a subscription or regular payments. Our single tickets are great way to support your local hospice as a one off, at a minuscule price of just £1 per ticket - although, you can purchase up to 100 tickets per draw if you'd really like the odds to be in your favour!

Maybe you already have a lottery membership with us, but would like to increase your chances of winning big? Don't worry - you can get involved in single tickets too!

Here's how it works:

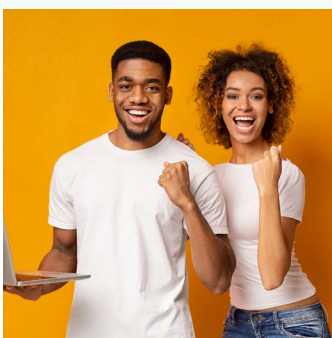
- You can purchase tickets up to 9am on Thursday (*the draw takes place every Friday!*)
- It's just £1 per ticket, and you can purchase anywhere from 1 - 100 tickets
- You will be emailed your play numbers, prior to the draw
- The draw takes place every Friday, you can check the results on our website
- Winners will receive their cheques in the post
- You choose which hospice your money supports

With cash prizes every single week including £1000, £250, £10 x 185 PLUS a rollover of up to £25,000, what are you waiting for? Grab your single ticket today! Just visit:

www.yourhospicelottery.org.uk/play-this-week-only

You can also choose to sign up to support your local hospice on a regular basis, you can find further information or sign up here www.yourhospicelottery.org.uk/play

Alternatively you can give us a call on **0800 285 1390** (Monday - Friday, 9am - 5pm).
The lottery team is always happy to help!



We'd love to hear which hospice you've chosen to support, and why it's important to you. If you have a story or experience you'd like to share with us, please email yazmin@yhlhospices.org.uk.

Have you heard about our Play and Save card?



After joining Your Hospice Lottery - not only will you be supporting your chosen hospice for just £1 a week AND giving yourself the chance to WIN BIG, but you'll also be benefitting from our Play and Save Discount Card.

WHAT IS THE PLAY AND SAVE CARD?

The play and save discount card launched in Autumn last year, as a thank you to our lottery players for their continued kindness in supporting their chosen hospice by playing Your Hospice Lottery. All of our loyal players will be emailed a unique Play & Save card which can be used in any of the participating shops, cafes and services, shortly after signing up.

WHERE CAN I SAVE?

From baby clothing to food deliveries, there is a huge variety of participating shops, cafes and services across the UK where you can save money by presenting your Play & Save Discount card. The full range of offers will be available to all card holders regardless of the area they live in or hospice they support. Check out where you can save by visiting -

www.yourhospicelottery.org.uk/about/play-and-save

The card has only recently been launched and we are extending this Nationwide, so please do keep checking back regularly to view all the offers as we are regularly adding further discounts!

FunFact! If you were to use your discount card just for a £50 outfit at @BestDaysVintage, you'd be saving £7.50 - this means your £4.38 a week lottery subscription has already been more-than covered by the money you're saving from a single purchase. It's a win-win situation!

Purchases	Savings	Purchases	Savings
Shopping at Charity Shops	£5	Photo Shoot	£29
Computer health check and repair	£8	Pizza takeaway	£10
Perfume and scented gifts	£10	Celebration cake	£5
Fog deoderising your home	£22	Organic baby clothes bundle	£8
TOTAL SAVINGS £97			

Charity Gig
in Support of
The Wisdom Hospice

MERCURY

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

£25
per ticket
Includes
Hospice
Donation

GLASSBOX
THEATRE

Pencil Us In!

All dates are
subject to change

Do check our Get Involved website page
for lots more challenges and events
via the Support Us Tab

October

Sun 3rd - **London Marathon**
Sat 9th - **Spartan Obstacle Course**
Sun 10th - **Royal Park Half Marathon**
Sat 16th - **Virtual Halloween Quiz Night**
Sat 23rd - **Driveway Knit, Stitch & Natter Harvest Coffee Morning**

November

Wed 3rd - **Margaret's Coffee Morning**
Wed 10th - **Olly and the Ivy**
Fri 12th - **Mercury Queen Tribute**
Fri 26th - **Lights for Love, Rochester**
Tues 30th - **Lights for Love, Sittingbourne**

February 2022

Fri 25th - **Virtual Quiz Night**

April 2022 **Colour Run - TBC**

May 2022

Fri 27th - **Virtual Quiz Night**

December

Thurs 2nd - **Lights for Love, Sheppey**
Fri 10th - **Virtual Christmas Quiz Night**

June 2022

Wed 8th - **Lipstick and Champagne**

Olly & The Ivy

Anyone for a pre-Christmas shin dig? If that sounds like a lovely change then pop on over to our website and book your place to join us for some food, fun and festive socialising at our Olly and the Ivy event.

Bring your friends and join us at Upchurch River Valley Golf Club on Wednesday 10th November. Tickets are just £30 per person and include a three course festive lunch with turkey and all the trimmings, a complimentary welcome drink and wonderful live entertainment from Mike Harris.

This is a popular event and tickets normally sell out very fast. If you would like to book please visit our website or contact The Friends via email.

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

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
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

Monday - Saturday 9am - 4pm

Sunday - 10am - 4pm