

ALL TOGETHER

RUN FALMOUTH 2024

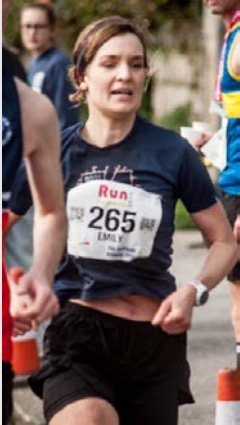
Celebrating success with more than £34,000 raised!



Yesterday (17th March) saw the 12th Run Falmouth Half Marathon take place. It's an event organised by our charity and supported by Falmouth Running Club and forms part of the Cornwall Glass Road Running Grand Prix Series. The entrants in the sold out event set off on the 13.1 mile course to sunshine peeping through the clouds after a wet registration. They included elite athletes, club runners and those who were taking part as part of fundraising challenges. First home was Neil Eddy who crossed the finish line in a time of 1.15.33!



Neil was one of 622 who actually started the race at 10am from Cliff Road below the Princess Pavilion. He said afterwards; "I've not ran Falmouth before. It's a super race, super tough, I don't think you can get a road race much tougher than that with all the hills. It's super well organised and fantastic volunteers the whole way round."



The first woman home was Emily Harrison (above left) who clocked a time of 1.29.01; "Cornwall Hospice Care means a lot to my family and I was thinking of them as I went round the course today." Some runners were using Run Falmouth as a training session for the upcoming London Marathon including our own volunteer Trustee Derek Thomas pictured middle, Head of PR & Communications Tamsin Thomas (read more about that below) and Regional Retail Manager West, Noah Crutchfield - both pictured left.

Race Director Jane Appleton says it was a successful day; "We've had another amazing Run Falmouth! The people, the place and the atmosphere have been wonderful, even the sunshine came out for us. I'd like to thank the team at Princess Pavilions, Falmouth Running Club, Devon and Cornwall 4x4, our event sponsors The Sapphire Running Zone, Omega Medical and the army of volunteers without whom we just couldn't have this half marathon." But what does it take to run such a huge and important event in Cornwall's running calendar? We put this question and others to Jane last week as she made final preparations...

Below - Jane being interviewed on race day by ITV Westcountry.



Jane, when do you start planning for the annual Run Falmouth?

"We never stop really, we already have next year's event in the diary with the Princess Pavilion and on a system called SI Entries. Minimal planning will occur in the next week for the 2025 event. The work really gets underway in October."

How important is the event in Cornwall's running calendar?

"It seems to be a very popular event – we've sold out 2 years in a row now, and I understand we are the only event in the GP series that do sell out, which is a huge compliment!"

How much does the event make for our charity?

"Last year we raised £23,528. So far this year we are already on £33,000! This is amazing and I'm hopeful the total will rise in the next few weeks."

What needs doing to prepare for such a major event?

"So much you don't even think about, such as organising a road closure (for which you need training and a licence!). Pictured right are Jane and Jade putting up the road closure notices. Then we have to sterilise the water containers, recruiting and manage in excess of 80 volunteers (without whom we couldn't manage this event!)."



“We also have to liaise with our medical provider, the Race HQ venue, toilet suppliers, answering so many questions from runners, even managing deferrals and the waiting list takes a big chunk of my time!”



What's it like to take part as you've done this race before haven't you?
“I know I’m biased but I've participated in a lot of events and it's one of my favourites! There are a few hills to contend with but you know what goes up must come down! I think the best thing about Run Falmouth is the support from the locals on the course.”

How do you personally feel in the run up to Run Falmouth as Race Director?

“I'd be lying if I said this week isn't a bit stressful. But I absolutely love the buzz of event week, I think about every scenario that could go wrong and panic about silly things that are so out of my control, but I’m lucky to work in a supportive environment with the best team who help me and work with me so we can deliver the best event possible.”

How do you feel once it's successfully over?

“Oh, the elation I feel when we are done! It's the best feeling. Knowing that our runners have enjoyed the event is an amazing feeling and the fact that it's for an incredible cause definitely gives a warm and fuzzy feeling.”



Is it worth all the hard work you have to put in?

100% yes! I love my job - I never wake up and dread coming to work, I enjoy putting on events. I get such a buzz from it and the fact that people enjoy attending our events just cements it in my mind that our team (including our colleagues in PR & Comms who are always with us on our eventing journey) are doing an amazing thing!

A RUNNER'S STORY - TAMSIN RUNS FOR ANN

One of those taking part in Run Falmouth was our own Tamsin (Head of PR and Communications), who's raising money for us in memory of her former RNLI colleague and friend Ann Nicholson (pictured). This is her story....



Everyone loved Ann. She was a gentle, caring person. She could bring a busy room to order with one fierce look, but was equally kind and quietly efficient. Ann fought cancer with an enviable resilience, it was a fight that went on for years and yet she still had time to support me when I had breast cancer. When she died I vowed at the celebration of her life, that I'd do something in her name to acknowledge the friend she was to me and many others. I heard my mouth say 'I'll enter Run Falmouth'!



This is my friend Jackie Riddle. We do Park Run together and in a moment of great kindness she offered to train with me. She was however, clear that she didn't want to do the half marathon. So we signed up for Bodmin Running Club's Couch to 5K sessions.

She might not have wanted to take on the half marathon but Jackie did tackle the infamous Looe 10 miler as we developed from 5K runners to cover longer and tougher distances. All this with our mentors from the club, including Lesley Taphouse.



My Looe 10 miler heroes (from left to right) Heidi Chapman, Jackie, me and Lesley Taphouse. The rain was biblical, it was windy and cold but we did it!

My journey has been full of firsts; first 10K and first at night in Tehidy Woods, first time joining a running club, first 10 miles and then my first Half Marathon. I was fearful I'd finish after the event had been packed up but surprised myself with a run time of 2.41.58!



I couldn't fail thanks to memories of Ann, this banner held up at by Ann's grandson at Mawnan Smith, my family yelling at me at Maenporth, all my amazing work colleagues and the £2,215 already raised towards by £3,000 target. But it was tough, horrid even.



A huge thanks to Jane Appleton and the whole team who make Run Falmouth happen. I've seen it from the perspective of a competitor now and it's extremely impressive. Next step - my fundraising event on Saturday 13th April - got to reach that total!

KEEP ON RUNNING



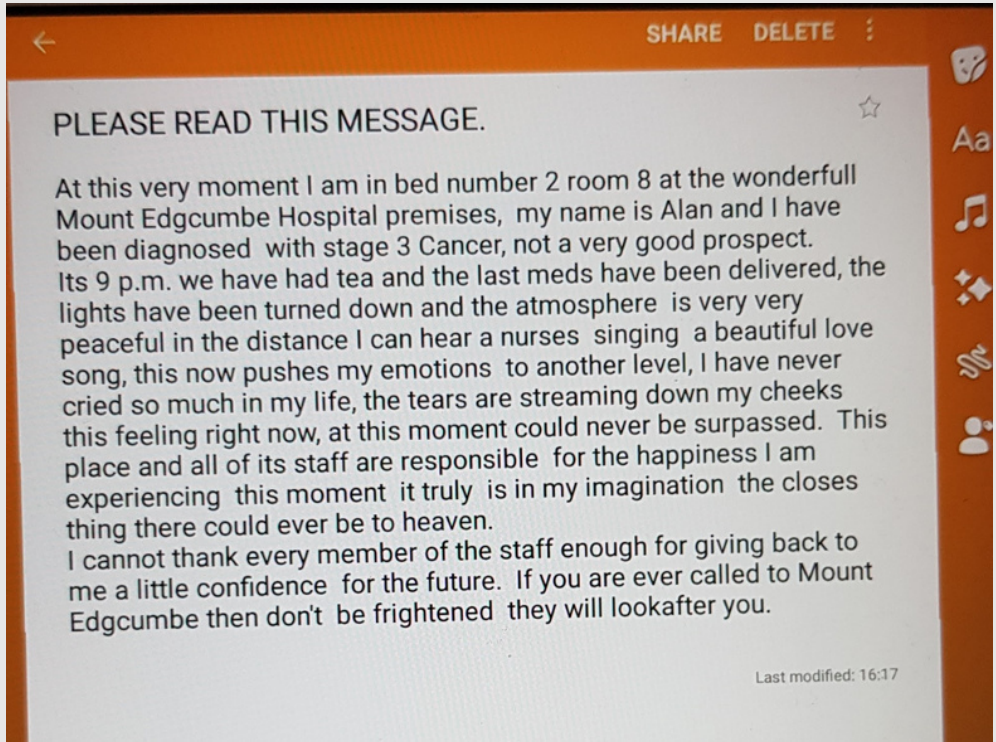
Seems running is a popular way of raising funds as the Camelford Up and Running Club have recently proved. At 5.45am on Sunday 3rd March, 14 club members boarded a minibus with the aim of running 1 mile in 31 towns in Cornwall. Some ran every mile and some ran selected miles, but they all had a fantastic day and raised an incredible £1,165 for our charity.

During the day they managed to find time to call in to both Mount Edgcumbe Hospice (above) and St Julia's Hospice (below) where they were delighted to receive a warm welcome and words of encouragement from our team. A huge well done to everyone involved in this amazing challenge.



A PATIENT'S PERSPECTIVE

If the written word can power on those who fundraise for us and enthuse all of us who work or volunteer for our amazing charity, this is an extraordinary example. This was written by a patient, Alan who wanted us to share his thoughts....



NURSE IN CHARGE



A new 'Nurse in Charge' badge is being introduced at our hospices. The idea is to ensure that the person in charge at any given time is clearly identified.

These are what the badges look like so if any staff or volunteers need to find the person, they can. Volunteers, staff and non-clinical colleagues can approach the Nurse in Charge as required throughout the day.

OUR LITTLE BAGS OF KINDNESS



Re-launch for the Little Bags of Kindness - a message from our Community Services team: Our Little Bags of Kindness have had a bit of a makeover and we're delighted that they will now be available for every patient who comes into the hospices.

Our new hessian bags, which have kindly been donated by Cuddra WI, will still contain familiar items such as tea, coffee, long life milk and biscuits along with a handmade blanket and heart pillow, a glass heart, a Community Services flyer and a postcard explaining what the bag is for. The change is that now a bag will be placed in rooms on admission and will be there for patients and their families.

Donation points for the food items will still be at both hospices; a big thank you to everyone who has donated in the past, any donations are very gratefully received. If you're a keen knitter or crocheter and are able to donate small blankets to go in the bags we would love to hear from you!

CARING FOR PATIENTS – CARING FOR THE PLANET

George Elworthy, our Patient Services Manager, reports on a challenge recently presented to the team at Mount Edgcumbe Hospice: The question was clear, why was our clinical waste cost nearly four times that of St Julia's?

The cost of waste breaks down like this:

| | |
|---------------------|-----------------------|
| Dry mixed recycling | £9.55 per 1100 litre |
| Domestic waste | £15.12 per 1100 litre |
| Offensive waste | £31.80 per 770 litre |
| Clinical waste | £59.30 per 770 litre |

You can see the difference in costs between the different types of waste and that the environmental choice is also by far the cheapest option.

So, what was the difference between the two hospices? Firstly, we had no domestic waste bins in any of the patients' rooms here at Mount Edgcumbe. Therefore, any domestic waste that was being disposed of in clinical bags was costing us four times as much. Secondly, we realised that the majority of our clinical waste could actually be classified as offensive rather than clinical.



We purchased new bins, grey for domestic waste, and placed them in every patient room and we've already seen a rise in our domestic waste amounts. We've also placed Tiger bags (for clinical waste) in every patient room, so that the majority of PPE and patient dressings can be placed in them.

At the same time we wanted to encourage yet more recycling. It not only makes a difference to the finances but also to our sustainability ambition. To this effect we placed new larger green bins around the hospice, with additional signage to aid the decision-making process. I owe a huge thank you to all the clinical and housekeeping staff who're embracing these changes. Now we need the support of the remainder of the team to show a little bit of the famous care we give to all our patients and to think kindly of our waste streams and in the process help the planet.

I'm not finished yet and next we'll turn our attention to food waste.

OWEN CROCKER - THE VIEW FROM HERE

George Elworthy (above) arrived with our charity at the same time as Owen Crocker who's also a Patient Services Support Manager based at St Julia's. He's written us an update on how his role's going: "Joining St Julia's Hospice felt like stepping into a warm embrace. It wasn't just a career move; it was a heartfelt decision to be part of something deeply meaningful. From the moment I arrived, I was embraced by a cocoon of compassion and dedication that permeated every corner of this extraordinary place.



The staff's dedication and empathy left a lasting impression on me. Their commitment to providing solace and support to patients and families filled me with awe. Every interaction felt like a family gathering, infused with kindness and warmth.

One of the highlights since joining was organising our Christmas celebrations. The festive atmosphere, filled with twinkling lights and carols, brought joy to patients and staff alike. It reminded me of the power of small gestures to make a big difference.

In my role, I support administrative, catering, and housekeeping teams, ensuring smooth operations. Every task, from managing budgets to troubleshooting technology, is done with care, knowing it impacts our patients' comfort. But beyond tasks, what makes my role fulfilling is connecting with staff and patients on a personal level. Whether lending a listening ear or sharing laughter, these moments remind me of our shared humanity. Joining St Julia's has been more than a job; it's been a journey of the heart. I'm grateful for the chance to be part of an organisation where compassion, kindness, and empathy define who we are."

UNUSUAL BIRD SIGHTED

Sat on the concourse at a meeting recently, Tamsin Thomas found herself distracted by what appeared to be a giant bird coming in to land on the roof of Mount Edgcumbe Hospice. Intrigued, she set out to discover what it was:

“The giant wings flapped and I did a double take as I wondered what sort of bird in the UK might have such a wing span. Then I noticed the pole it was attached too. What I was seeing was a kite, not the bird, but a man made kite, tethered above the roof to scare off the seagulls.



Why? Well, once gulls nest and have chicks they're protected by law and you can't move or disturb them. This in turn, means you can't carry out repairs on the roof. Our maintenance team are trying this natural deterrent to see if they can discourage our seagull community from moving in this spring. They'll also be deploying 'the birds' at St Julia's.

It's important to note that if we receive funding to carry out any works on the roofs of the hospices and are unable to complete them within set timescales due to nesting gulls, we may lose the money. So the message is please don't encourage the gulls either, leaving food in and around the grounds of either hospice.

OUR KNOWING WHAT TO SAY COURSE

Amanda Addo, our Volunteer Engagement Manager, writes: “It's been a real delight to rework our 'Knowing What to Say' course for volunteers and non-clinical colleagues with Derek Ginn from the Education team, and to run the course 10 times since October 2023.

The Knowing What to Say course aims to help volunteers to develop their communications skills, understand grief, respond to questions about death, reduce anxiety and fears, manage difficult conversations and support patients. Many of our volunteers and non-clinical colleagues are of course very experienced and bring with them a wealth of knowledge either from their volunteering with Cornwall Hospice Care or their former or current careers in related fields.

One of the most important elements of the courses has been each person's willingness to share their knowledge with other wonderful ward, reception and garden volunteers and non-clinical colleagues. Derek is a skilled educator which added to his own clinical experience and approachable style, enables everyone attending the Knowing What to Say course to benefit hugely from his input.

This feedback word cloud shows how useful and enjoyable volunteers and colleagues have found the course.



More than 100 people have so far have completed the course with more dates in the diary. Volunteers and non-clinical colleagues have told us completing the course has helped them to listen to others more actively, to approach conversations with our patients and visitors with more confidence, and to be the best support they can be when people look for the kind assistance of our volunteers, alongside the incredible work of our clinical experts and teams.

We highlight the importance of self-care during the course as we know how easy it can be to go home without sharing how volunteering and our work can be affected by the patients we meet and what we may see in and around our hospices each day.

Keep an eye out for more Knowing What to Say course developments in the coming months!"

ROAD TRIP TO ST PETER'S HOSPICE



Lollie Brewer, Helen Treleven, Amanda Addo and Tracey Davey recently visited St Peter's Hospice in Bristol. They report that after working with the UK Community Engagement Network for over 3 years they've forged some strong links with others as passionate as themselves.

They've been liaising via Teams but this was a chance to all be in the room to fully immerse themselves in face to face conversations and to learn from one another. You can read more about their visit [HERE](#).

OUR 2024 LYMPHOEDEMA FILM



We celebrated this year's Lymphoedema Week by launching a new film featuring our practitioner Lianne and patient Amanda. You can watch the video [HERE](#) to see how those we care for are also helping to care for our team.

TEAM MEMBER CAR STICKERS

Parking badges are being introduced at Mount Edgcumbe and St Julia's Hospices for staff and volunteers. They'll also be issued to those people from other sites who visit the hospices on a regular basis. Dave Johns, pictured here presenting Paul Brinsley with his pass, will be distributing the passes and they're to be used as soon as you receive them. Please place them on your windscreen where the old tax discs used to go, bottom left as you look at the windscreen from inside the car.



PEOPLE NEWS

Congratulations to Lou Ranford from St Julia's Hospice who gave birth to a baby son on the 9th March. Ronnie Rendle weighed in at 8lbs 4oz and Lou is besotted.



We welcome three new joiners this month; Will Hood our new Finance Director, Amy Mahon Donations Assistant and Kirstie Madden who'll be managing our Wadebridge Furniture shop. We've two movers and groovers, Claire Clark who is now Interim Ward Sister at Mount Edgcumbe Hospice and Grant Jones who is now Interim Head of Retail Operations having been Logistics Manager before. We also bid farewell to Theresa Brady who was Ward Sister at Mount Edgcumbe Hospice.



New joiners on our recent Meet and Greet afternoon included from left to right, volunteer Ann Butler, Ward Clerk Barbs Baragwanath, Clinical Administrator Diane Hollywood and Shop Manager Kirstie Madden.

BETTER LATE THAN NEVER

It was a prize worth waiting for! Graham Clarke recently went along to our Liskeard shop to present the team with the shield they won for their Christmas window display! As you can see from the picture, Shop Manager Bev Weller and long standing volunteer Barbara were delighted to receive it.



5 STAR SERVICE

Look at these fabulous comments left on Google for our shops and donation centres in February! All were FIVE star reviews.

Well done retail team! These positive comments really help our online presence to help more customers find us.

| | |
|----------------------------|---|
| Retro St Ives | This has to be the best charity shop I've been in, so fun. Full of nostalgia! It always looks amazing and the people behind the counter are so friendly and chatty. 100% my favourite! |
| Bodmin Donation Centre | will use again |
| Retro St Ives | A wonderful shop full of vintage treasures! The staff are so helpful and happy to help. Can't wait to visit again 😊 |
| St Austell Donation Centre | Great and helpful staff, not to mention a good selection of things for sale in the shop |
| Newquay | NONE LEFT |
| St Austell Furniture | NONE LEFT |
| Retro St Ives | Loads of really great items at a great |
| Retro St Ives | Always a pleasure to visit Retro St.Ives for such amazing bargains and the friendly welcome from the staff..I'd highly recommend what has to be my favourite shop in the town and worthy of the 5 star review 🌟 |



GRAHAM'S RETIREMENT

Graham Clarke, our Finance Director, is retiring shortly and we want everyone to have a chance to wish him well. Messages can be sent to him via communications@cornwallhospice.co.uk or you can pop in to a special get together....



— HAPPY —
Retirement

FOUND AND RETURNED!

We're incredibly fortunate to receive a huge number of donations to sell in our shops, but sometimes the gifts are given by mistake. This means we then have to start a hunt for the items and that can be like searching for a needle in the proverbial haystack.

The good news is that sometimes we're successful. Recently we tracked down an engraved gold St Christopher that had belonged to the donors late Mother. It was in the pocket of a jacket. We also helped a lady who contacted us as she had mistakenly donated some hand knitted baby's blankets within a bag of clothing that had been produced by her late Nan. We found them and were also able to return additional knitted baby cardigans that had also been donated with them.

MARCH DISPLAYS



Our retail teams have been busy showing their creative skills with great displays for St Piran's Day, World Book Day and Mother's Day. Well done teams, we can't wait to see what you create for April.



CURRENT JOB OPPORTUNITIES

We have a large number of job opportunities at the moment, which we wanted to make you aware of.

- Senior registered nurse based at Mount Edgcombe.
- Registered nurse based at St Julia's.
- Community services support worker based at our Redruth hub.
- Community Fundraiser covering the West of Cornwall.



Also, we have three additional opportunities which are part of our Refer a Friend scheme. Do you know someone who might enjoy being part of our one team?

- Maintenance Technician – Mount Edgcombe or St Julia's
- Speciality Doctor – Mount Edgcombe Hospice
- Trust & Grants Fundraiser – Daniel's Lane / Hybrid



Once you've made contact with your friend and they've confirmed they're happy to be referred, please email recruit@cornwallhospice.co.uk - You can also view our vacancies [HERE](#).

BIRTHDAY CHEERS



A belated Happy Birthday to Gail Burns, the new Chair of our Downterry Fundraising Group. She donated £30 of her birthday money to purchase aperitifs for our patients following our recent appeal. Meanwhile, Roseland Fundraising Group recently held another very successful Baked Potato Lunch at St Mawes, raising a fantastic £1060.85.

CAPTION COMPETITION



Last month we asked for your captions to go with this rather unusual picture from our St Austell Furniture shop team. The winning caption came from Clinical Administrator Hannah Webb who suggested...."Testing a new bath can be a tricky 'tub'ject with the staff, but we don't really need to get in to it!!"

Congratulations Hannah, chocolates are on there way to you.



BINGO!

When Bodmin bingo player Brenda's husband was taken in to Mount Edgcumbe Hospice she told her local club just how special the care was. Inspired by what they heard, the members of Bodmin MAD Community Bingo decided to raise money for our charity.



Sadly Mike died late last year and Brenda passed away over Christmas, so it was a poignant moment when our colleague Tamsin Thomas accepted the £500 donation, especially as Mike was a former colleague of hers. Thank you one and all.

THANK
YOU

TREMENDOUS TEAGLES



Angela Flamank, our Fundraising Groups Coordinator, has been to visit our friends at farm machinery manufacturers Teagle to collect a cheque for £900.70. The funds were raised at their staff Valentine raffle and from factory tour donations. Angela's pictured here with Belinda Gregor, Teagle's Marketing Manager.

GOLFERS UNITE

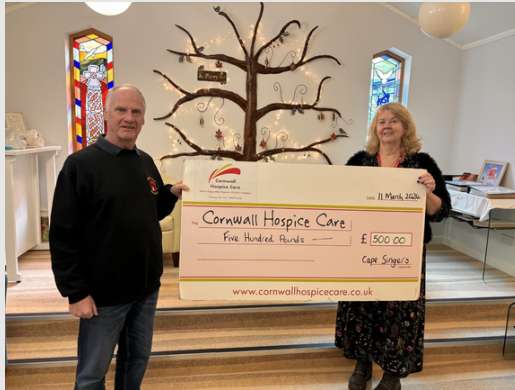


We're sending Carlyon Bay Golf Club a big thank you. Both the Ladies Captain, Maggie Holmes and the Men's Captain, James Wakeham have supported our charity in their year of office. What's more, their club members have really got behind them and managed to raise a fantastic amount with a variety of events. The proceeds were handed to Community Fundraiser Kelly Tregaskes at their Presentation Night. On top of the £5,512 that had already been raised by the Captains, a further £200 was raised at the Presentation Night itself.

THANK
YOU

CAPE OF KINDNESS

Three musical cheers for the Cape Singers who recently donated £500 to our charity. Alan Cargeeg (in picture) presented the cheque to Community Fundraiser Julie Treener in the Sanctuary at St Julia's Hospice.



KNIT ONE PEARL ONE

Imagine the knitting and nattering that went on at a recent Sponsored Knit organised by our Falmouth Fundraising Group. It took place at the Penmere Manor Hotel and the 31 attendees raised a phenomenal £2,347 mainly through sponsorship, plus donations and a raffle.



Everyone had a great time and all the pieces of knitting are going to be stitched together to make a small blanket for use at our hospices. Congratulations to everyone who took part.

THANK
YOU



OUR LOTTERY

Our recent £1,000 Friday winners have included Mr Smith of Truro, Mrs Barker from Newquay and Mr Topham in Northhampton! On the 15th just before Run Falmouth weekend, our £1,000 and £50 winners were both from Falmouth with Mr Ferrier winning the big prize and Mrs Jeffries picking up £50.

Our rollover has been won twice - Mrs Thomas of Camborne won £400 and Mr Richards from Penzance collected £200. Our rollover now stands at £600.

THE REASON WHY

"My wife was very anxious and worried about going to the hospice. When she arrived she instantly felt relaxed and welcome.

Just having the time to be able to sit and chat and also to assess her as a whole - physically, mentally and spiritually meant a great deal to her and myself and helped her enormously in her wellbeing, care and recovery."

Friends & Family Feedback Dec 2023



Cornwall Hospice Care
A Trust of the Cornwall Hospice & Palliative Care
Caring for our community

ALL TOGETHER

Cornwall Hospice Care's staff and volunteer newsletter

Please send your stories and pictures to
communications@cornwallhospice.co.uk

