

ALL TOGETHER

RECORD BREAKING ROYAL CORNWALL SHOW

Thanks to a mammoth effort from our staff and volunteers, this year's Royal Cornwall Show has been a huge success for our charity. Our now much larger stand (introduced 2 years ago) and shop raised a massive £17,200!

117,000 plus people visited the annual show at Wadebridge and many were looking for a bargain. Our stand was busy from 8am in the morning until after 6pm in the evening, as Frazer Hopkins, our Income Generation Director, explains; "The minute we opened our marquee on the Thursday morning people were buying and there was a steady stream of folk throughout the three days. What really stood out for me was the collaboration between departments.

Staff and volunteers worked together and the end result was the financial success and the conversations and contacts that were made as a result of being at Cornwall's premiere event. Thank you everyone for your support. We're already talking about how we can learn and improve for the 2025 show!



This year the show was held in Volunteers Week, which for its 40th anniversary ran from the 3rd to the 9th of June. Did you know we now have 1,150 volunteers? Each one is vital, saving us money and supporting our work in every department. The valuable gift of time helped us in many ways in the last financial year (2023/24).



We cared for 351 inpatients at our hospices, our bereavement counsellors at each hospice gave support to grieving families and friends at 1,810 appointments and our Lymphoedema specialists oversaw 1,727 appointments.

Our Community Services teams reached many more bereaved people, providing 563 Listening Ear appointments, welcoming 197 to our Walk Talk Kernow activities and 91 to our Bereavement Help Points.

Working together will be at the heart of our next big external adventure, our Sustainable September Fashion Show at Truro Cathedral. Watch out for more news about this in the coming weeks and months."

A poster with an orange background showing a clothing store. At the top, it says "@CHCSHOPS". The main text reads "How can you be more sustainable?". Below this is a list of five numbered points:

- 1 Reduce your consumption of brand new items
- 2 Repair before you replace
- 3 Donate your unwanted items to one of our donation points
- 4 By shopping second hand at one of our 30 shops in Cornwall
- 5 Being mindful and open to change!

MASONIC SUPPORT



Frazer (pictured) and our Chief Executive Paul Brinsley recently attended the annual charity day organised by the Masonic Lodges in Cornwall. At the event monies are presented to a range of Cornish charities and we're one of the fortunate recipients as Frazer explains; "It's quite a gathering of Masons and representatives of organisations all working hard to benefit the community of Cornwall. You get to see just how many charities the Masons support.

I'm delighted to say we were extremely fortunate to receive donations totalling £5,500 and it was a privilege to be able to say thank you in person for such generous support. We truly appreciate our valuable friendship with Cornwall Masonic Lodges, a friendship that has long benefitted both our hospices."





RECORD BREAKING LONDON MARATHON 2024



Continuing the theme of success stories, it's been an extraordinary year in terms of the money raised by our London marathon runners.

It's no mean feat to take on a full marathon, but a group of amazing volunteer fundraisers, including our own Trustee Derek Thomas, headed for London to be part of one of the world's most famous 26.2 mile events and this is what they raised.....



Huge congratulations to everyone involved and here's to 2025. If you think you've got what it takes to run the distance, or know of someone who'd like to take part in the London marathon for us, visit our website [HERE](#) for more details.





MARATHON WALKING CHALLENGE

Our Education Facilitator Chris Starnes is currently walking the whole of the south west coast path - all 630 miles!



Chris is now in Cornwall and taking the opportunity to call in at our coastal shops. He says it's a joy to visit the teams and everyone's been extremely kind, offering much needed cuppas and a warm welcome. Chris says; "There was even a camping area in one of our shop windows. There've been some tough days but they've been made much better by the kindness of many." This is Chris's wall of retail fame thus far!



Perranporth



Newquay



Tintagel



Hayle



Helen Finch



Bude



Chris timed his visit to St Julia's Hospice perfectly as Chef Clare Cheney explains; "Chris appeared on Friday 7th June - Chip Friday! What good timing!! We looked after him and we sent him on his way with a belly full of ham, egg and chips."



Watch out for more news of Chris's amazing adventure, raising funds for our charity and for STRIDE. There's also a regular update posted on the concourse at Mount Edgcumbe Hospice.

CONGRATULATIONS LOU

Mount Edgcumbe Housekeeper
Michela Jewell writes;

"Congratulations to Lou Bredin

who's recently received her certificate for successfully completing the Managing Safely course approved and validated by the Institution of Occupational Safety and Health. Lou was offered a placement on the course to enhance her knowledge and skillset on Health & Safety within the workplace . Time away from her regular housekeeping duties was given to attend the course, which she found very informative."

Congratulations



It's a very warm welcome to our new colleagues Belinda Santos Cunha Interim Head of Finance, Jade Powell Deputy Retail Manager (East), Erica Vitai Philanthropy Manager, Deryck Wilshaw Deputy Retail Manager (West), Lisa Wayne Physiotherapist at St Julias, Karen Carroll Registered Nurse at Mount Edgcumbe, Holly McGroary Community Fundraiser (West), Chloe Lopez Bank Physiotherapist and Laura Woollett Specialty Doctor at St Julia's.



FAREWELL

We wish a fond farewell to Denise Cowling Bank Registered Nurse at St Julias, Chloe Cocks Head of Finance and Rosie Marks Donations Assistant.



This picture was taken at our latest Meet and Greet session held at Mount Edgcumbe Hospice and featuring from left to right, Lisa Wayne Physiotherapist, Laura Woollett Speciality Doctor, Edward Raynham Volunteer Bereavement Support - Community Services, Maria Hilton and Kim Allwood Ward volunteers and Mount Edgcumbe, Erica Vitai Philanthropy Manager, Mike Allwood Ward volunteer at Mount Edgcumbe and Laura Sanders Community Services Officer.

SAINSBURY'S KINDNESS

This picture shows the third set of flowers we've received from Sainsbury's in Truro thanks to one of their employees, Gemma. She works on an overnight shift and drops off the 'waste' flowers on her way home.

She doesn't want any thanks but at the very least we can give her a mention here as the flowers really lift people's spirits and have been commented on by patient's relatives as well as staff.



HIGH STREET DISCOUNTS

Did you know that all of our employees and volunteers can receive discounts on a wide variety of goods and services for free? There are three main ways you can save.

healthservice discounts

This is free to join and you can benefit from a wide range of offers. There are discounts across shopping, travel, mobiles, utilities and much more! At the moment, they are offering a free Tastecard for one year, which is worth £79.99 and gives discounts across a wide range of restaurants and cafes. Find out more [HERE](#).

charityworker discounts

This is another free site which offers discounts for both our staff and volunteers across a large range of goods and services. Current highlights include: Up to 40% off breakdown cover with the AA, up to 20% off with EE, 5% discount with Travelodge, 20% off at Seasalt, 15% off at White Stuff, £125 off Virgin Holidays. Find out more [HERE](#).



This card is available for all employees of Cornwall Hospice Care and costs £4.99 for two years of membership. There are a wide range of discounts available including: Up to 25% discount on Samsung TVs, 25% off AEG products, 25% off food at Brewers Fayre, 10% off England shirts at England FA store and 25% off food at Prezzo. Click [HERE](#) for more information.

Here's how to apply for your Blue Light Card...Step 1:



Register for Blue Light Card

Are you looking for Blue Light Card Australia? [Click here to Sign up](#)

Create an account and buy your Blue Light Card (£4.99 for 2 years access to our fab range of exclusive offers), please choose your service to start your application.

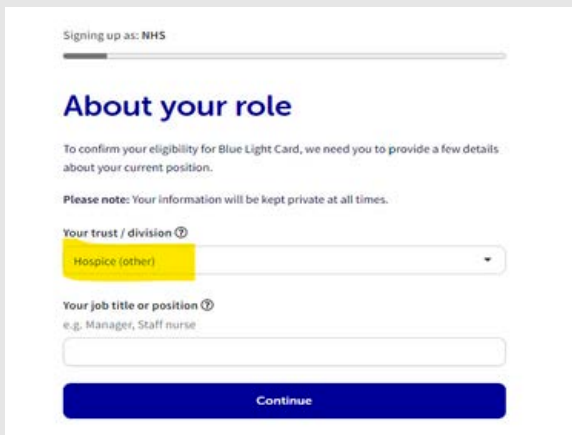
What you will need:

- ID or recent payslip showing your eligibility
- A payment of £4.99

Your service

NHS

Step 2:



Signing up as: NHS

About your role

To confirm your eligibility for Blue Light Card, we need you to provide a few details about your current position.

Please note: Your information will be kept private at all times.

Your trust / division ⓘ

Hospice (other)

Your job title or position ⓘ
e.g. Manager, Staff nurse

Continue

Step 3:

You will need to upload a photo of a payslip or your id badge to confirm that you work for Cornwall Hospice Care.

If you experience any problems registering for any of these discounts, please contact the HR team on hr@cornwallhospice.co.uk and we will help you.

BOMBER'S LEGACY



Congratulations to Tom and Mawgan Marshall who achieved their incredible and emotional challenge to climb Mount Killimanjaro at the end of last year. Tom's pictured here with our fundraiser Kelly Tregaskis.

Tom and Mawgan raised an incredible £3,509 in memory of their dear friend Ian 'Bomber' Harris and say they did it to thank all the staff at Mount Edgcumbe Hospice for the care and support that they provide to patients and their families. What a gesture!



PETALS TO REMEMBER

Petals to remember is a free event that allows you to take some time in nature to remember your loved ones. As gentle music plays we gather to release petals, write messages and light candles.



There are two venues this year - Trebah Gardens or The Lost Gardens of Heligan and you can find out more [HERE](#).



FUTURE EVENTS - COAST AND CLAY SPORTIVE



Our Coast and Clay Sportive takes place on Sunday 30th June starting from Prideaux Place in Padstow. Sponsored by Clive Mitchell Cycles and Suez Cornwall, it offers various distances and stunning views of the north Cornish coast.

There's still time to sign up so why not give it a go or persuade someone you know to take part. All the details are [HERE](#).



THE SAINT'S WAY TREK

Entries are open for our annual Saint's Way Trek from Padstow to Fowey. A two-day walk, you can also opt to camp at the lovely [Mena Campsite](#) on the Saturday night, enjoying the company of your fellow trekkers and sharing stories of your Cornish adventure. You can find out more [HERE](#)



TEN TORS SUPPORT

Nicki Vereker, Sue Proudfoot, Claire Dell and James Dillon Godfray got together under the name the Pacemakers to climb the 10 Tors of Cornwall on a hot and sunny day in memory of their dear friend Jan Rakhshani. As a result, they've raised an wonderful £1,330.00. Well done Team Pacemakers and thank you!



SWIMMING THE CHANNEL - IN NEWQUAY!



Val Carey set herself quite a challenge, to swim the English Channel, but in her local pool in Newquay. This was her announcement; "I am going to swim 21 miles the length of the English Channel in my local pool. I am 67 years old so not the fittest but I do love to swim and this is something that I can do to raise money for Cornwall Hospice Care. I aim to swim 64 lengths, which is 1 mile on each visit to the pool.

Total lengths will be 1,344. I aim to swim at least 3 times a week. I was inspired to do this as so many I know have life limiting illnesses and have used the service provided by Cornwall Hospice Care." You can support Val [HERE](#).



FLYING HIGH

A huge thank you to Drew Clough for taking on a Tandem Skydive on 2nd June in memory of his father Brian Clough. Drew raised an incredible £1,253 and paid for the skydive himself so that every penny he raised went to Cornwall Hospice Care. He said; "The care and support provided by St Julia's Hospice during my dad's final days were beyond words." Thank you so much for your kind words and support Drew!



If you feel like taking the leap and joining Drew in achieving something truly amazing, why not sign up to your own Cornwall Hospice Care skydive or wingwalk [HERE](#).

GRATEFUL TO GOLFERS



A massive thank you goes to the West Cornwall Golf Club who've raised £10,000 for us! Jane Appleton, our Events and Community Manager, says; "Outgoing Captain, David Bowden chose us as his Charity of the Year last year."

He held several events during his captaincy and says this was a record fundraising amount for the club!"

The picture above shows from left to right, Gareth Evans Club Manager, Holly McGroary our Community Fundraiser, Jane and David Bowden Club Captain.

THE 10K MUMS WALK

The Kitley family meant business when they decided to fundraise in memory of their dearly loved Partner, Mum and Grandmother Christine Anne Kitley who sadly passed away at Mount Edgcumbe Hospice.



They set out to complete a 10km 'Mums Walk' over the Easter Weekend and raised a fantastic £2,877.00. Christine's daughter Sarah Kitley Spencer says; "All of our lives are a lot quieter without Mum, there's a deafening silence where she once was." Speaking about their experience of the hospice, Sarah says; "The welcome was unexplainable, we felt as though we arrived and were instantly all supported and comforted by the wonderful team there until Mum's passing. They carried us all for that final part of mum's journey. From the volunteers to the chefs, nurses and doctors, their immense kindness and great care, love and affection ensured our mum feel secure and well looked after, it's something we will all never forget."



HALF MARATHON RUN

Kerenza Swift and Shula Raul took on the challenge of the New Forest Trail Half Marathon in memory of Kerenza's sister and Shula's best friend, Amber. Of the event Kerenza says; "I don't think I'd fully appreciated what a trail run would be like! - We grappled with mud, quagmires and steep inclines, but we managed it in 2:20!"



We're sure Amber and the whole family are very proud of their achievement and they raised an amazing £2,803.00 for our charity.



S PUB 7 CHARITY WALK



If you were out and about in St Austell on the 25th May you may have seen six very unusual Disney Princesses walking around. Andy Tregaskes, Nick Vincent, Lee Vincent, Paul Smith, Jonie Kay and Keith Rees-Murray took to the streets of St Austell walking 7 miles via 7 pubs.

They also called in to a couple of our shops on the way as you can see in this picture with Manager Jo and volunteer Irene from our Daniels Lane charity shop. They received a very warm, if not slightly surprised, reception wherever they went!



The 'Princesses' raised a fantastic £1,607.00. They're already planning to do it all again next year but their new choice of costume is a closely guarded secret.



THERE'S BEEN A MURDER!



Fortunately it was at a 1920s Murder Mystery fundraiser held on 4th May at St Austell Arts Centre. Julie Rickard from Cornwall Murder Mystery Co. says she's immensely proud to have raised an incredible £834 for Cornwall Hospice Care, which she says is a charity very close to her heart.

The atmosphere on the night was buzzing with all tickets sold out, the evening was filled with fun, intrigue, excitement and generosity. A huge thank you to local businesses for their kind donations of raffle prizes, which added greatly to the event's success. We're excited to share that Julie will be making this an annual event, and we look forward to even more fun and support next year! Thank you Julie!

FUNDRAISING GROUP NEWS

in the lovely setting of Mylor, our Falmouth Fundraising Group held a small Cream Tea and QuizGo (like bingo but questions).

They also enjoyed a fun game of Higher or Lower. The quiz master Alan was by all accounts, superb and everyone had a fabulous time. The event raised a fantastic £445.50.



OUR LOVELY LOTTERY

Our lottery players always look to Fridays - draw day! In the last 4 weeks we've celebrated £1,000 wins with Mrs Hill of Camborne, Mr Sibley from Dobwalls, Mrs Powell in Wadebridge and Mrs Best who lives in Par.



OUR SUMMER RAFFLE



Our summer raffle offers a top prize of £2,000! You can find out more [HERE](#) - spread the word!

Cornwall Hospice Care
LOTTERY
a chance to win... a way to care
• Mount Edgcombe Hospice • St Julia's Hospice

SUMMER Raffle

First Prize
£2,000

Second Prize
£500

Third Prize
£250

Runners up
10 x £25

Buy your
£1
tickets today!

£24 funds a hospice nurse for an hour

Nurse Claire Hayes

Draw date: 17th July 2024

18+ Registered Charity No. 1113140
BeGambleAware.org

FR Registered with **FUNDRAISING REGULATOR**

10 YEARS LOVING OUR LOTTERY

Congratulations to our Lottery Administrator Katie Hewitt who recently received her 10 year long service badge.



Katie's pictured here with Lottery Manager Sarah Vincent. Katie gets to call our lucky winners and has noticed a trend - during Royal Cornwall Show our top winner was from Wadebridge and the Friday before Run Falmouth from Falmouth!

ALL TOGETHER

Cornwall Hospice Care's staff and volunteer newsletter

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