

# ALL TOGETHER

## NATIONAL AWARD RECOGNITION

A team of our colleagues have been recognised for their work at the inaugural 'Palliative and End of Life Care Awards' held in London. Ten were shortlisted as finalists at the prestigious event hosted by Good Morning Britain TV personality Kate Garraway. They included our Education Team led by Jo Smith, Helen Treleaven, Therapies and Community Services Manager and Lymphoedema Specialist and Siobhan Aris, Advanced Nurse Practitioner.



Our award winning team (from left to right), Tracey Davey (Community Services Officer), Mike Thomas (Education), Lisa Shephard (Clinical Lead), Lianne Best (Lymphoedema Specialist Practitioner), Helen Treleaven (Therapies and Community Services Manager and Lymphoedema Specialist), Jo Elrick (Education), Jo Smith (Education and Training Lead), Claire Collings (Education), Siobhan Aris (Advanced Nurse Practitioner) and Hayley Shields (Education).

Lisa Shephard is our Clinical Lead; “It says a great deal about the expertise and commitment of our charity’s teams that we were finalists in three categories of these new awards. I congratulate all our nominees and finalists and am delighted to see so many of our amazing team being highlighted.”



We’re delighted to share that Siobhan won the Excellence in Palliative Care Nursing (not for profit) Award that was presented to her by Good Morning Britain TV personality Kate Garraway. Siobhan says; “The awards are both a celebration and recognition of Palliative and End of Life Care nationally, the collaborative representation from Cornwall and the South West was exciting, the award, a surprise and very humbling”

You can read the full story [HERE](#) on our website.

## **TALKING OF AMAZING COLLEAGUES...**

Back in May our colleague Chris Starnes set off to walk the entire South West Coast Path and he’s still out there! However as Gina, his wife and our Clinical Director, explains he’s nearly reached his goal;

So, by the time you read this edition of All Together Chris will have walked 601.5 miles. He’s in Lulworth Cove and has just four more nights to go! It’s been the most amazing challenge. During our phone calls and updates (when there’s signal!) I can hear how blown away Chris has been by the scenery, the enormity of the route and also the generosity and interest of people he’s met along the way.



Chris has seen choughs, adders, seals and falcons. He's learned about artists and writers, shipwrecks and smugglers, the Cornish heritage and has also seen the importance that our coastline played in the wars. Once Chris has talked to people about his challenge, and what our charity and STRIDE do for the people of Cornwall, some campsites have refunded his site fees, ladies (mostly!) have bought him tea and cake and ferrymen have refused his payment. Day walkers on the path have donated to his Just Giving site and he was waved through the payment barrier at the funicular railway in Babbacombe!

It's true to say that Chris is now an expert on what makes a good campsite (20p a minute showers aren't in the top ten)! By the end of this remarkable walk on Thursday he'll have...climbed and descended over 115,000 ft, the equivalent of almost 4 Mount Everests, crossed 230 bridges, caught 13 ferries, opened (and closed) 880 gates, climbed 436 stiles, passed more than 4,000 Coast Path signs, gone up or down more than 30,000 steps, eaten bucket loads of ice-cream (see above) drunk many pints of lime and soda ...and sampled the local beers, and pitched his tent 28 times!

I'm very proud of him, but I would say that Chris has smashed his fundraising target of £500 almost doubling it and you can see the difference he's made and maybe make your own donation [HERE](#).



# THIS IS WHAT WE DO EVENT



Legacies are vital to our charity and to emphasise this we take time to show those who might choose to leave us a gift in their Will what it is that we do to make every day matter.

Georgia Lewis, our In Memory and Legacy Fundraiser, writes: "We were grateful to have Lisa Shepard, our Clinical Lead (pictured above) share insights into our compassionate care at our 'This is what we do' event held at Mount Edgcombe Hospice. Clare Bray, our Community Engagement Officer highlighted the invaluable support we offer in the community and Jane Appleton, our Events and Community Manager (also pictured above), took us through the rich history of our charity and highlighted the importance of gifts in Wills and how they sustain our vital work.

Guests were able to sample some delicious food prepared by our talented hospice kitchen team and had the opportunity to have a tour of the hospice, gaining a deeper understanding of the work we do every day to support those in need.

We're excited to announce that our next event will be hosted at The Alverton Hotel in Truro this September."

**Did you know?**  
2 in 5 of our patients are cared for by gifts in Wills.

By leaving a gift in your Will to Cornwall Hospice Care, you become a guardian of our future and help make every day matter.

[www.cornwallhospicecare.co.uk/giftsinwills](http://www.cornwallhospicecare.co.uk/giftsinwills)



Cornwall Hospice Care  
A charity registered in Cornwall, England  
Charity No. 1112140

Part of the hospice group



## PETALS TO REMEMBER



On Sunday 7th July we held our annual 'Petals to Remember' events - one at the Lost Gardens of Heligan and another at Trebah on the Helford River. Both offered people a chance to quietly remember their loved ones in a beautiful Cornish setting. Gina Starnes reports further;



I spent a lovely afternoon at Heligan with Tamsin, George and Tracey and bereavement support volunteers Carol, Lisa and Hilary from the Community Services team. The Flower Garden venue was splendid ( I have serious sweet pea envy) and provided a perfect backdrop for our guests who lit tea-light candles, left messages on the memory bench and released petals in to a special part of the garden border.

Singer Kaye who quietly provided a suitable musical background, set just the right tone for the event and gave her services for free in thanks for the care we gave one of her relatives. Added to this was the wonderful welcome from the team at Heligan that was just amazing. Joining us was Neil Caddy from Hits Radio Cornwall (formerly Pirate FM) who spoke movingly about the purpose of the event that had brought us all together. The only down side was that it rained.





Singer Kaye, Neil Caddy and the beautiful Kehelland Petals.

At Trebah and in beautiful sunshine, a guitarist played in the amphitheatre as people gathered to remember. Lisa, Clare, Megan and the Trebah team offered a similar and much appreciated beautiful and moving event.



This was, as for many others, an opportunity for me to remember important people that are no longer with me and to be there alongside people sharing their stories in a beautiful and peaceful setting. I'd encourage everyone working for our charity to volunteer for these events, it does you good to hear the difference we can make in Cornwall.





## THE FONTANA TRANQUILLITY GARDEN

The stunning Fontana Tranquillity Garden at Mount Edgcombe Hospice has now been officially opened by its donor Derek Bishop. In front of guests, many of whom had been involved in the project to create the garden in Birmingham and then move it to Cornwall, Derek unveiled a plaque on the Tree House in memory of Shani Wetton who was cared for at the hospice. Shani's sister is Derek's partner Marina Rickard.



Many thanks to reception volunteer Esther who made the curtain for the plaque.

Derek told the gathered guests; "We wanted the garden to have a purpose. We had the idea of donating it to the hospice where it will now provide a place to find peace, comfort and calm for patients, their carers, families and friends and the staff and volunteers."



Guests were treated to an Afternoon Tea created by our kitchen team and to the gentle strains of harpist Alison.



James Churchfield from BBC Radio Cornwall visited before the event and was stunned by the garden. First designed by Derek, who lives in Tywardreath, and Kim Parish of Landscapes of Distinction at Mitchell, it was showcased at last year's BBC Gardeners' World Live event in Birmingham (2023).

It won a Silver Merit and was then transported back to Cornwall. James told its story through interviews with (from left to right) Lisa, Marina and Derek and Kim. Lisa says; "We're extremely humbled by Derek generous donation of the garden. It's well thought out design has created very accessible areas and that means we can take patients out in their beds and in wheelchairs."



You can watch the story of this remarkable garden [HERE](#).

## **Community Services – An Update on Bereavement Services**



Our bereavement services, available to all adults across the county, continue to be in high demand. We continually assess all the services to ensure they are meeting the needs of those who attend, we also regularly update health care professionals across the county to ensure that people know what is available. Here Clare Bray and Lollie Brewer give some useful updates;

The Listening Ear bereavement support service offers telephone support to those who have been recently bereaved. This service has grown exponentially and since its launch we have received over 400 referrals providing over 1600 hours of support.





Walk Talk Kernow was started in April 2022. These sessions are for bereaved adults who enjoy walking with company. Each event supports social connections with others who are experiencing grief, whilst enjoying the fresh air and the nature around them. There is no need to book in advance, attendees can just turn up on the day.

We usually stroll for 1 to 2 miles and end our walk with refreshments at a local cafe. There are no medical forms to fill out, just a signature to say you are fit for the walk that day. These sessions are facilitated by fully trained members of our team, providing a safe space for conversations and peer support. Anyone wishing to attend can bring a friend/family with them, and we also allow well behaved dogs on leads too!

Walks are held monthly in Penzance, Hayle, Truro and St Austell and each area has at least 3 routes for variety. On the 12th July is our first walk at The Lost Gardens of Heligan which will then be added to the existing rolling calendar for the St Austell walks.

If walking is not for you, there are our Bereavement Help Points. These sessions take the form of a monthly drop-in space for any adult who has been bereaved. We offer a relaxed and supportive group environment for conversations, peer support, signposting, and refreshments. Again, there is no need to book, just turn up on the day. These bereavement support sessions run for 2 hours, you can arrive and leave to suit you.

**THE  
BEREAVEMENT  
HELP POINT**



We currently have sessions in St Austell, Redruth and Hayle – we are also starting a new group in Ladock, near Truro in September. Timetables listing venues and dates for upcoming walks and Bereavement Help Points are available from Community Services, all details are also on our website [HERE](#).



The new edition of our newsletter What Matters (volume 7 - Summer/Autumn 24) is also now available. Packed with information around end of life and bereavement, this is an e-newsletter for both the public and professionals. It supports those in Cornwall approaching or planning for end of life and those who are bereaved. We hope you find it useful.

## TEAM NEWS



A warm welcome to our new colleagues Julie Mancini Retail Manager, Kathy Page Clinical Administrator, Linda Phillips Lottery Administrator, Rebecca Kitto Bank Kitchen Porter at St Julia's, Darren Marett Maintenance Technician at St Julia's, Robin Hughes Trust and Grants Manager and Jamie Best Physiotherapist.



Some of our new colleagues visited Mount Edgcumbe Hospice last week for our latest Meet and Greet session and were (from left to right) Shop Manager Julie Mancini, Ward Volunteer Lesley Leadbeater, Clinical Administrator Kathy Page, Head of Finance Belinda Santos Cunha, Volunteer Jane Pilbeam, Registered Nurse Karen Carroll and Volunteer Kate Bowden.



We bid farewell to Liz Cole Deputy Retail Manager, Rachel Straker Physiotherapist, Victoria Powell Clinical Fellow and Maureen Bird Retail Coordinator.

Our mover and groover this month is Georgia Geddes who was a Registered Nurse and is now a Senior Registered Nurse – congratulations!



## A GRAND DAY OUT



This is the team from our Penzance town shop who recently enjoyed a grand day out to St Michael's Mount. The volunteers were treated to a free visit and time to enjoy the beautiful surroundings at the historic castle at Marazion. Thank you all for what you do, it's very much appreciated!

## TEAM TROLLEY

Seems some of our colleagues love a trolley! Here's Lisa Shephard our Clinical Lead pushing hers (at the Fontana Tranquillity Garden opening) and George Elworthy pulling his at Petals to Remember at The Lost Gardens of Heligan, with support from Gina Starnes.



# INDIAN FOOD WEEK



We've reported before on how lucky we are to have wonderful chefs at our two hospices who conjure up delicious meals for patients, their families and our staff and volunteers. At St Julia's they've been hosting a series of international food weeks. The team started with a Burger Mania week, then a Chinese Week and coming up next month (August) an Indian themed menu.

## DON'T FORGET THE DOGGIES!

We're very fortunate to enjoy meeting many dogs who visit our hospices. From personal pets to therapy hounds, they're always welcome and bring cheer to everyone. At St Julia's they get a very special welcome thanks to one of our chefs as Clare Cheney explains;

"June, one of our chefs, has been making dog biscuits to sell in reception as we get so many dogs visiting. They smell delicious! I haven't yet been brave enough to try one, but they're made with all natural ingredients and they're very popular."





# COAST AND CLAY SPORTIVE 2024



Congratulations to everyone who took part in our recent Coast and Clay Sportive. Starting and finishing at Prideaux Place in Padstow, our amazing cyclists followed various routes depending on their ability and stamina. The weather was kind, the smiles heart warming and there were medals for all.



A big thank you also to our Title Sponsor Clive Mitchell Cycles and our event sponsors Suez Cornwall and Brookland Sand and Aggregate.



There's always a very special atmosphere at the sportive as cyclists of all ages and standards gather together. We love this family picture (right) and the fact that one of the feed stations for the long distance riders (104 miles) was set up at Mount Edgumbe Hospice, reminding them of why they were taking part. Watch out for news of the total raised via the sportive.

## WHAT'S NEXT FOR FUNDRAISING?

It's very nearly time for the annual Mount Edgcombe American and Classic Car Show and Summer Fair on Sunday 4th August. This huge event takes place at Mount Edgcombe Country Park on the banks of the Tamar and truly is a grand day out. You can find out more [HERE](#).



## SAINT'S WAY TREK 2024



A golden opportunity to walk the Saint's Way from Padstow to Fowey over two days and in support of our charity. Those who took part last year loved it as the smiling faces left prove. There's a chance for a party too, with overnight camping at the beautiful Mena Campsite near Lanivet on the Saturday night. Find out more [HERE](#) and spread the word.

## SKY HIGH HELLO

Kia Wing has raised a brilliant £2,030 doing a tandem skydive with Go Skydive. Kia took on the jump in memory of their stepfather James, who was cared for by Cornwall Hospice Care last year.

Kia says; "It was incredible and I'm so proud to be representing and raising money for Cornwall Hospice Care. I got to say a little hello to him up in the clouds again, which was very special!"



## ART ON THE CREEK

THANK  
YOU



Thank you to Jackie Hollingsbee for a wonderful donation of £560. Jackie held an Open Studio, entitled Art on the Creek, between May and June this year at her Studio in Point and gave us 25% of all the takings. Such a kind gesture and big thanks go to Jackie for her on-going support.

Here's a challenge – a run from Marazion to Mousehole. It's one that our volunteer Nancy Hudson has accepted and she plans to do it next month. Nancy is a ward volunteer at St Julia's Hospice and says; "On the 5th of August 2022 I had a nasty car crash. Last year I did this run for myself in order to create a new memory for the day and I'm doing the same run again this year and raising money for Cornwall Hospice Care. It's taken me a while to get fit again and now I want to erase the bad memories and concentrate on positive ones. If anyone can spare a few pounds to support me I'd be very grateful." You can see Nancy's Just Giving page [HERE](#).

## NANCY'S CHALLENGE



## FUNDRAISING GROUP NEWS

Our Falmouth Fundraising Group recently hosted a Garden Party at the Penmorvah Hotel in Budock, raising £250. Special thanks goes to the Constantine Ukulele Orchestra (pictured) who performed on the veranda for guests.



The Hayle and District Group organised a Cream Tea at Carnsew with thanks to Joe Colliver who opened his home and garden for the event, ensuring people enjoyed beautiful views over Lelant and St Ives. Entertainment was provided Gary 'the Gas' Cording and the local Ukulele Band, the 'Ukehayles'. The event, held in sunshine and showers, raised £502.50.



The Marazion Group meanwhile, held a Tea and Cake afternoon at St Erth Church Hall late last month and raised £342. Big thanks go to Joyce and Ann for organising the morning.

thank you

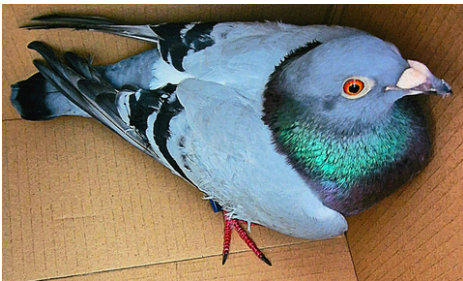


## PIGEON PANDEMONIUM AT ST JULIA'S

Turns out birdlife has kept us busy recently. At St Julia's Owen Crocker dealt with the unflappable presence of a racing pigeon, swift, determined, and clearly out of his usual racing circuit.

Here's his report;

"The previous evening's strong winds had blown him in like a feathered celebrity, and our hospice team, ever resourceful, had fashioned him a makeshift roost just outside the entrance. They'd tried everything short of rolling out the red carpet for our VIP (Very Important Pigeon), seeds, cornflakes (apparently, our feathered friend had a refined palate), and fat balls (because even pigeons need their cheat days).



In the midst of this avian chaos, I took on the role of amateur ornithologist, armed with nothing but my trusty smartphone and an eye for detail. Zooming in on his leg, I deciphered the elusive ID ring.

This pigeon wasn't just a local hero; he was a bona fide international traveller hailing from the green hills of Southern Ireland. Without skipping a beat, I dialled up the British Racing Pigeon Association faster than you could say "race to the roost." It turns out, this feathered dynamo was no mere pigeon; he was a feathered Ferrari, bred and trained to defy gravity and clock miles like a frequent flyer.

Despite our best efforts to corral him (imagine a Benny Hill sketch with feathers), he proved elusive, darting and dodging our attempts like a pro. Just when we resigned ourselves to the fact that he'd taken wing to become the next big thing in bird-showbiz, he waltzed back into reception like he owned the place.



Enter Kirsty, our healthcare hero with a lineage straight from the vet's office. With a calm demeanour and a plan that probably involved a lot of bird-whispering, she swooped in and expertly boxed him up for safekeeping until his rendezvous with a pigeon rescue ranger later that day.

As the tale spread through the hospice like wildfire, it soon became clear that our pigeon pal wasn't the lone ranger in this airborne adventure. A squadron of these high-flying athletes had been dispatched from Rosudgeon, only to be grounded by Mother Nature's whims. Reports flooded in of fellow feathered comrades crash-landing in gardens and on rooftops, turning the tranquil countryside into a temporary pigeon pitstop.

So, as I bid adieu to my day at St. Julia's, with visions of pigeon antics fluttering in my mind, I couldn't help but marvel at the unexpected drama that had unfolded. Who knew a hospice could double as a pigeon pitstop and a comedy club?"

## **STU THE POORLY SEAGULL**



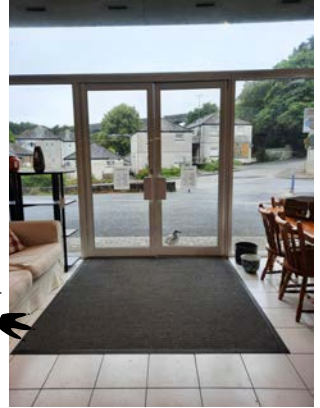
News from St Julia's Hospice that on the 11th June the night team had an unexpected emergency admission. Baby Stu the Seagull was injured and found outside the Sluice separated from his mum. The ward team took him in, provided a cosy box and looked after him overnight before transferring him to Hayle Vets the next morning.

He was then taken Finnigan's Rainbow Rescue Centre where he'll be raised until he's old enough to independently steal pasties! Bravo to the St Julia's night team – making everyday matter for all those who need our care.

## KEEN CUSTOMER



The team at our Truro Furniture store were met by a very keen customer one morning last week. They were in fact, the first caller of the day! Thanks to team member Fran for capturing the moment for us.



## LOTTERY NEWS



Meet Liz, one of our lucky lottery winners. Liz volunteers her time to look after the gardens at our St Julia's Hospice and recently became one of our £1,000 winners. Congratulations! 🎉🎉🎉🎉🎉

Our £1,000 winners in the last month have included Ms Kyle from St Austell, Ms Thierens of Penzance, Mrs Major in Bugle and Mr Qurashi from Penzance. Our rollover climbed to £1,400 when it was won by Mrs Slater also of Penzance (clearly a lucky town recently). The rollover will be £800 at our next lottery draw on Friday 19th July.



## OUR SUMMER RAFFLE IS CLOSED

Our Summer Raffle is now closed and the draw will take place on Wednesday 17th July. We'll certainly be making our 13 lucky winners very happy! What's more, they'll have helped fund the care we provide so they'll be winners twice over! Thanks to everyone who purchased tickets.



## THE REASON WHY...



## ALL TOGETHER

**Cornwall Hospice Care's staff and volunteer newsletter**

Please send your stories and pictures to [communications@cornwallhospice.co.uk](mailto:communications@cornwallhospice.co.uk)

