

WHAT MATTERS ?

@cornwallhospicecare



**Cornwall
Hospice Care**

• Mount Edgcombe Hospice • St Julia's Hospice •

Caring for our community

**AN E-NEWSLETTER FOR THOSE IN CORNWALL APPROACHING OR
PLANNING FOR END OF LIFE AND THOSE WHO ARE BEREAVED**

SPECIAL POINTS OF INTEREST:

***NEW* 3**

Cornwall NHS & Integrated Care System - Palliative and End of Life Care Website

Shapes of Grief - 16 for people who are grieving and those who support them.

Cornwall Hospice Care - 21 Light Up a Life

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Useful Links Directory

One place for anyone to find website links and contact information for a range of organisations and charities that may offer support.

You can search for;

- Bereavement & Grief
- Cancer & Oncology
- Carers End of Life Planning
- General Support and much more...

 Bereavement & grief	 End of life planning	 Housing & homelessness	 Older persons
 Cancer & Oncology	 Faith & Spirituality	 Learning disability	 Staying safe
 Carers	 Financial	 LGBTQIA+ community	 Transport & mobility
 Children & young people	 General health	 Mental health	 Useful podcasts & websites
	 General support	 Neurological conditions	 Veterans

Scan Me
or visit our
website
below !



<https://www.cornwallhospicecare.co.uk/our-care/useful-links/>

Palliative and End of Life Care Website for Cornwall and Isles of Scilly

The NHS Cornwall and Isles of Scilly and partner organisations would like everyone to receive high quality care, delivered compassionately and with dignity by the right person, with the right skills at the right time. We want to enable choice for local people so that they can choose where they want to receive care and to ensure that they receive the best possible support.

To support this, the new palliative and end of life care website brings together new and existing resources, information and guidance suitable for people facing a terminal illness, those caring for someone towards the end of their lives, and for health care professionals delivering care.

You can find the new webpage by searching:

<https://cios.icb.nhs.uk/health/palliative-and-end-of-life-care/> Or scan the QR code:



Figure 1 Sunrise image taken from the Cornwall Advance Care Planning document for End of Life Care



QR code for the Palliative and End of Life Care webpage NHS

POLDHU

ARE YOU LOOKING FOR A SHORT BREAK IN OUR BEAUTIFUL CARE HOME?

We offer short term and permanent stays from 2 weeks
Offering spectacular views,
a range of activities and great food



Poldhu
CQC overall rating

Good



The Poldhu
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Poldhu Cove, Mullion
Helston, TR12 7JB

Tel: [01326 240977](tel:01326240977)
Email: poldhu@swallowcourt.com
www.swallowcourt.com

Free Solicitor Appointments



• Mount Edgumbe Hospice • St Julia's Hospice •

Caring for our community

When getting in touch, please tell the firm that you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme



DB Law | Camborne

Call: 01209 712 428

- In Office Appointments

TLS Solicitors | Truro & Newquay

Call Truro: 01872 270 419

Call Newquay: 01637 872361

- In Office Appointments
- Video Call Appointments

Walters and Barbary | Camborne

Call: 01209 712 454

- In Office Appointments
- At Home Appointments **
- Hospice Appointments **

** - depending on location

Randle Thomas | Helston

Call: 01326 572 951

- In Office Appointments
- At Home Appointments
- Hospice Appointments

Ralph & Co | Wadebridge

Call: 01208 812 277

- In Office Appointments

Cornwall Hospice Care

Fundraising Office, Daniels Lane, St Austell, Cornwall, PL26 3HS

Web: www.cornwallhospicecare.co.uk

Email: giftsinwills@cornwallhospice.co.uk

Call: 01726 668868 (option 2)

 CornwallHospiceCare
 @Cornwallhospice
 @cornwallhospicecare



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity No. 1113140

How we can help you plan for the future

Local Cornish Solicitors

We believe that everyone deserves the right and opportunity to create their Will and get their affairs in order, and we understand that not everyone is able to complete a Will online, which is why we have filled this gap with the support of our wonderful local Solicitors.

Appointments vary depending on our Solicitor's availability and how many appointments are allocated per year.

If an in-person appointment is more suitable for you, please call our Fundraising Office and a member of our team will let you know if there are any available appointments.

Alternatively, please see the reverse of this page to see the current Solicitors which are taking part and contact them directly.

When getting in touch, please tell them you would like to book a free Will appointment through Cornwall Hospice Care's Make a Will Scheme.

Make a Will Online

We have partnered with the trusted service and professional platform, Make a Will Online, to give you the opportunity to make your Will online for free, from the comfort of your own home.

It takes as little as 15 minutes to complete your Will and every document is checked by a fully qualified Solicitor shortly after you've finalised, for peace of mind.

You will also benefit from free access to Capacity Vault. The best way to protect the wishes in your Will from challenge.

Visit:

www.cornwallhospice.co.uk/giftsinwills

Need help? If you have any questions about leaving a gift in your Will to Cornwall Hospice Care, please don't hesitate to get in touch.

**Email giftsinwills@cornwallhospice.co.uk
or call 01726 66868 (option 2).**

'We are honoured to support a charity that does so much good for our community and those we love. We have all been touched by or heard positive accounts of how Cornwall Hospice Care has helped those when they are at their most vulnerable and need the peace that the charity provide.

It is so important to ensure that your affairs are in order and that a Will is made to, not only provide yourself with peace of mind, but to also ensure your instructions and wishes are detailed so those you trust and care for are protected. Making a Will is not complicated and when provided with clear, friendly and professional advice, you will be assured that you have done the right thing.

Please feel free to talk to our friendly team at Randle Thomas LLP as we are happy to help you now or when needed in the future. We offer in office appointments as well as home or hospice visits and by doing so you will be helping us and others to support Cornwall Hospice Care'

Lee Naylor

Randle Thomas LLP,
Helston





Butterfly
Companion

New End of Life Volunteer Service at Royal Cornwall Hospitals Trust

A new team of volunteers offering companionship to patients at the end of life has been recruited and trained at Royal Cornwall Hospital in Truro.



Butterfly Companion Volunteers provide companionship to patients in hospital who are in the last days and hours of their lives. They are calm, kind and have exceptional listening skills. The team is carefully recruited and trained with support from The Anne Robson Trust, a national charity whose vision is that nobody deserves to die alone. The volunteers are drawn from the local community and they are from all backgrounds, genders and ages. Some may have supported their own loved ones at the end of their life, and they all have a compassionate and empathetic nature.

Butterfly Companion Volunteers:

- offer dying patients company as they approach the end of their life, especially those without visitors or patients whose loved ones have not yet arrived
- offer support to families and friends who need respite from the bedside, giving them an opportunity for a break, for example for some fresh air, a shower or a meal improve the wellbeing and working environment for staff by enabling them to focus on clinical tasks in the knowledge that their patient is not alone.

Butterfly Companions celebrate their first birthday at Royal Cornwall Hospital

In June, the Butterfly Companion volunteers at Royal Cornwall Hospital celebrated their first birthday. Butterfly Companions support patients and their visitors in the final days and hours of life. These specially trained volunteers offer companionship to patients who don't have any visitors, as well as offering respite and support to families at the bedside. Since the service opened last year, volunteers have made over 700 visits to patients at Royal Cornwall Hospital. The Butterfly Companions offer visits to all patients on the end-of-life care plan, and families can also request that they visit their loved one at a specific time, perhaps when the family know they can't be there themselves.



Butterfly Companion visits can be requested by ward staff and families are available Monday – Thursday between 10am and 3pm. You can contact the Butterfly Companion Volunteer team directly on 01871 253702 or email: rcht.butterflycompanions@nhs.net.



What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

Summer/Autumn2023 | Vol.5



Summer 2024 Timetable



Bereavement Support Sessions

Our bereavement services for adults in Cornwall are FREE to access

Bereavement Help Points:

A monthly drop-in space for anyone who has been bereaved. We offer a relaxed and supportive group environment for conversations, peer support, signposting and refreshments. These are held on:

- The first Monday of the month at Treverbyn Hall, St Austell, PL26 8TL 10.00am - 12.00pm
- The first Wednesday of the month at St Julia's Hospice, Hayle, TR27 4HW 1.30pm - 3.30pm **** NEW GROUP **** The third
- Thursday of the month at Neighbourhood Hub, Chapel Street, Redruth, TR15 2BY (beside Cornwall Hospice Care shop) 1.30pm - 3.30pm
- The third Friday of the month at Mount Edgcumbe Hospice, St Austell, PL26 6AB 10.30am - 12.30pm

Walk Talk Kernow:

Our monthly bereavement support walking groups are held in Penzance, Truro, Hayle and St Austell. All walks start at 10.00am until 12.00pm. Please see next page for locations for remaining Summer dates

For more information see our website or call us on 01726 829874



www.cornwallhospicecare.co.uk/our-community-services/bereavement-support/

Remaining Summer dates

Please regularly check our website calendar for event information



Thursday 11th July	Gwithian to Godrevy, Hayle Meet outside Godrevy Cafe
Friday 12th July	NEW The Lost Gardens of Heligan, St Austell Meet outside Heligan Kitchen Cafe
Friday 26th July	Trelissick Garden, Truro Meet by the info shed in the car park
Friday 26th July	Cape Cornwall, Penzance Meet outside Cape Cornwall Golf Club
Thursday 8th August	Godrevy Lighthouse, Hayle Meet outside Godrevy Cafe
Friday 9th August	Clay Trail, St Austell Meet outside The Carclaze Pub
Friday 23rd August	Boscawen Park, Truro Meet in the main car park by the Scout Hut
Friday 30th August	Jordan's Cafe to Longrock, Penzance Meet outside Jordan's Cafe

WJ Beswetherick & Son

FULFILLING FAMILY WISHES SINCE 1959

Family Care You Can Trust: Our 70-Year Legacy

Our commitment to being open, understanding, respectful, and professional has allowed us to support countless families through their most challenging moments.

We listen to, and understand your wishes and provide you with all the information you need to organise a funeral how you want it.

A Legacy of Dedication

Our story begins with William John Beswetherick, who started his career as a wheelwright and carpenter. During World War II, he contributed to the war effort by building invasion barges. In 1959, at the age of 52, William John founded W. J. Beswetherick Funeral Directors in Pydar Street, Truro. His son Percy joined the business in 1960, and in 1982, Percy's daughter Cindy became Cornwall's first female funeral director.

In 1988, we moved to our current purpose-built premises in Fairmantle Street, Truro.



Today, Percy's wife Gloria and Cindy run the business as a dedicated mother-and-daughter team, supported by Cindy's husband Simon and our caring team members Eve, Lee, and Stefan.

Being an independent family business is important to us. It allows us to build strong, personal relationships with the families we serve, providing them with the care and attention they need during their time of loss.



The team is available 24 hours today to support you when you need it.
Call us on 01872 274021 (24 hour) or visit www.wjbeswetherick.co.uk



National Audit of Care at the End of Life 2024

Auditing last days of life in hospitals

Has your loved one recently passed away?

Would you like to give feedback that will help improve care received by services in England and Wales?

We would appreciate hearing your thoughts about the care received during the last days of life in one of our hospitals.

To feedback on care received at Royal Cornwall Hospital Trust scan the QR code, or follow the link below to complete the survey:



<https://surveys.nhsbenchmarking.nhs.uk/qsac/58481-71>

To feedback on care received in one of our Community Hospitals, scan the QR code, or follow the link below to complete the survey:



<https://surveys.nhsbenchmarking.nhs.uk/qsac/58553-148>



Helping you plan ahead for a time of failing health. Because we all deserve the opportunity to communicate what matters to us.



We want to support you to think about your wishes and preferences for the future. Writing down your preferences in an Advance Care Plan can help those around you to understand what matters to you.

What is Advance Care Planning?

Advance Care Planning encourages you to discuss and write down how you would like to be cared for and what you would like to happen if you are unable to communicate your wishes.

Having these discussions, or completing an Advance Care Plan, is entirely voluntary. The only legally binding decision some people wish to make is an Advanced Decision to Refuse Treatment. This can be part of, or separate to, your Advance Care Plan.

And because your health, and your preferences, can change over time, any decisions that you make can be changed by you at any time in the future.

If you'd like a template for an advance care plan, or to discuss how to write one, please speak to the team looking after you at the hospital.

For more information on completing your Advanced Care Plan visit the web link below or you can scan the QR code below

www.royalcornwall.nhs.uk/services/advance-care-planning/

You can scan me here!



The Gold Standards Framework in Community Hospitals

What is the Gold Standards Framework?

The Gold Standards Framework is a framework designed to help deliver 'gold standard' care for all people as they near the end of their lives.

The Gold Standards Framework is a systematic common-sense approach to formalising best practice, so that quality end of life care becomes standard for every patient. It helps staff in our Community Hospital Wards to identify the needs of patients at each stage of their life, assess, their needs, wishes and preferences, and to plan care on that basis, enabling them to live and die well with dignity, where they choose.

As part of this process the Community Hospitals within Cornwall Foundation Trust have joined the National Gold Standards Framework in Hospitals Programme. The programme has 3 main aims:

1. To improve the quality of care provided for all patients.
2. To improve co-ordination and collaboration with GPs, Primary Care Teams and other professionals involved in the patient's care.
3. To reduce unnecessary hospitalisation in the final stages of life.

WHAT IS ADVANCE CARE PLANNING? IT
IS A DISCUSSION ABOUT WHAT
MATTERS TO
YOU, YOUR THOUGHTS, WISHES AND
PREFERENCES FOR THE FUTURE. THESE
CAN BE
RECORDED AND SHARED WITH YOUR LOVED
ONES
AND HEALTH CARE PROFESSIONALS INVOLVED IN
YOUR CARE.

For more information see:

www.goldstandardsframework.org.uk or
www.dyingmatters.org

How will it improve care for the patient?

The ward staff involved in your care will work with you to:

- Ensure you have the right information you need to support you to make decisions about your care and plan ahead.
- Anticipate, assess and treat any symptoms you may have. Help you to identify what is important to you, where you would like to be cared for and what you do not want to happen.
- This type of conversation is all part of the Advance Care Planning (ACP) process.
- Provide information and support for your family.
- Make sure your GP, District Nurses and any health and social care professionals involved in your care are aware of your wishes and choices.

ACP may include:

Lasting Power of Attorney – who will speak for me if I am unable to speak for myself?

Advance Decision to Refuse Treatment (ADRT) – What if I don't want a particular treatment?



SUPPORTING YOU
AGE UK CORNWALL SERVICES

Call our friendly team on 01872 266383

We are here to help

www.ageuk.org.uk/cornwall

||



Who we are

For over 50 years we have inspired people and communities to Age Well. Last year, we supported over 55,000 people in Cornwall and the Isles of Scilly.

Our Mission

Our goal is to connect you to a wide range of community resources & services that are centred around the places that you live. Our support is person-centered and tailored to your needs. We always ask the question **‘what matters to you’**



Our Services

If you or someone you support would like help, please contact us:

[Transport Services; Home](#)

[Support;](#)

[Gardening Services; Access to Mental, Physical and Social Support; Information or Advice Services; Carers Support; Veteran Support; Help with Benefits; Macmillan Cancer Support; Hospital to Home; Respiratory Support; Community Outings & Trips; Community Care](#)
email@ageukcornwall.org.uk
[01872 266383](tel:01872266383)



SUPPORTING YOU
AGE UK CORNWALL SERVICES

Call our friendly team on 01872 266383



Age UK Cornwall & The Isles of Scilly is a trading name of Age Concern in Cornwall & The Isles of Scilly, a company limited by guarantee registered in England and Wales No. 2452302 and a registered charity No. 900542. VAT Registration No. 717527035. Registered office: Peat House, Newham Road, Truro TR1 2DP.



• Mount Edgcumbe Hospice • St Julia's Hospice •

Caring for our community

Neighbourhood Hubs

A FREE service centred around what matters to you.

Are you living with a terminal or palliative illness, a progressive condition that is becoming harder to manage, or a life shortening illness? Are you caring for a loved one in this situation?

Make a contact today and have a chat about how we can support you...



Community Services. Information, one to one and groups

We're here for you

For more information call us on 01726 829874 or see our website below or scan the QR code



www.cornwallhospicecare.co.uk/our-community-services/neighbourhood-hubs/

What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

Summer/Autumn 24 | Vol.7



The programme is now available free of charge in the Ukrainian language.

Наразі програма доступна безкоштовно українською мовою.
Зареєструйтеся нижче, щоб отримати доступ.



Shapes Of Grief is a Training Programme, podcast, social media and YouTube channel is for people who are grieving and those who support them. www.shapesofgrief.com - Providing Compassionate & Effective Grief Support

Training Programme

Providing accredited continuing education to health and mental health professionals for over 20 years. Our online Grief Training programmes are research-based bringing the newest, proven strategies to healthcare professionals & others globally. Earn 40+ CPD points!

- Do you panic when faced with someone who is grieving?
- Do you worry that you might say the wrong thing and end-up not saying anything at all?
- Do you know a little bit about effective grief support but want to gain more tools and deepen your knowledge of grief theory

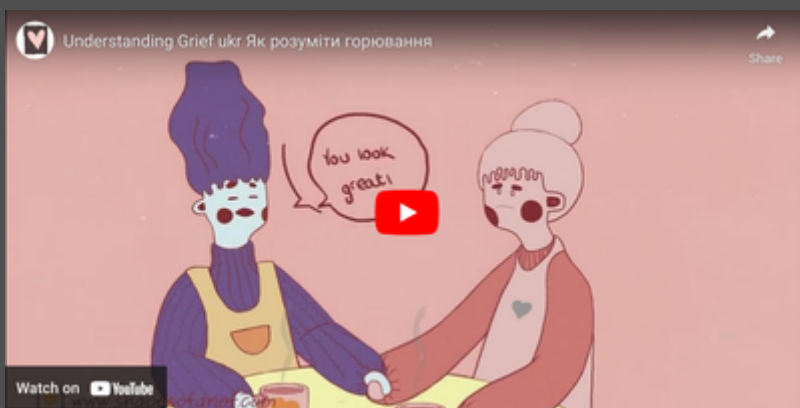
Award-Winning Podcast

Shapes Of Grief is also a podcast that explores the many facets of loss and how grief can profoundly impact us. Liz Gleeson is a Grief Specialist who can teach you how to confidently & compassionately support bereaved people & ensure the best possible outcomes.

www.shapesofgrief.com/podcast

YouTube Channel

Conversations with Liz Gleeson - Grief Psychotherapist and holds three Masters Degrees with first class honours. She is a PhD student in the area of Grief Education. These conversations are information, supportive and educational. They can provide much-needed reassurance for people grappling with grief.



І ще українською!



What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

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FREE social activity groups for over 75s!

Re-engage are currently hosting an Chair Yoga class on a monthly basis at Hall for Cornwall in Truro. This is led by a qualified yoga instructor, who has kindly volunteered her time. Our volunteer led groups are **FREE** for 75s to attend, and we welcome anyone who could benefit from companionship and conversation in their local community. The group is suitable for those who feel able to join in the activity, and all guests and volunteers are welcomed for tea and chat afterwards.

- **When: last Tuesday of the Month at 6pm, (duration 2 hours).**
- **Where: Hall For Cornwall - Theatre, Back Quay, Truro, TR1 2LL**

With the help of local volunteers, we aim to set up similar groups across Cornwall. All groups recur on a monthly basis, and designed to tackle loneliness and isolation in the local community. Anyone aged 75+ is welcomed for light exercise/games, tea and chat; an opportunity to make friends, share stories and meet new people. We work with local venues, many of which host other events that you may wish to come along to!

Our other services for people over 75 include telephone befriending and social tea parties. Volunteering with Re-engage is a fantastic way to fit volunteering around a busy schedule, as the roles require little volunteering time (usually once a month for a few hours), but make a huge impact on those looking for connection in their local area. For volunteering opportunities please click here: <https://www.reengage.org.uk/volunteer/>

Re-engage Activity Groups are approximately 2 hours in total: in addition to the activity itself we always allow time afterwards for socializing over a brew! Here's some information: [ubheading https://www.reengage.org.uk/join-a-group/social-activity-groups/free-in-person-social-activity-groups/activity-groups-in-bristol-and-the-south-west](https://www.reengage.org.uk/join-a-group/social-activity-groups/free-in-person-social-activity-groups/activity-groups-in-bristol-and-the-south-west)

Please feel free to encourage your teams to refer people to us with the older person's permission by entering some basic details here. The person referred will then be contacted by a member of the Reengage team for additional details. If they wish to attend activity groups, they will also be taken through a health screening questionnaire:

[Support isolated older people: befriending, social & activity groups \(reengage.org.uk\)](https://www.reengage.org.uk/join-a-group/social-activity-groups/free-in-person-social-activity-groups/activity-groups-in-bristol-and-the-south-west)

www.reengage.org.uk - Freephone: 0800 71 6543



National award recognition for dedicated Cornwall Hospice Care staff

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

The aim of the awards is to pay tribute to individuals, organisations and charities that provide high-quality end of life and palliative care, enabling people to have a Good Life and a Good Death. Lisa Shephard is Cornwall Hospice Care's 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 appreciate the very high standard of care we provide, but it's good to see our own teams receiving national award recognition. I congratulate all our nominees and finalists and am delighted to see so many of our amazing team being highlighted."

Cornwall Hospice Care staff received national award recognition in three categories, an extraordinarily high number for a small one-county charity. They included the charity's Education Team of eight staff in the Palliative Care Team Award, Helen Treleaven, Therapies and Community Services Manager and Lymphoedema Specialist in the Palliative Care Manager category and Siobhan Aris in the Excellence in Palliative Care Nursing (not for profit) Award.

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. The award brochure said of Siobhan, 'Siobhan is tenacious in the delivery of personalised care of complex symptom management and advanced communication, ensuring patients and families receive personalised care and advance care planning. Alongside, enabling colleagues and systems through leadership, service development, advanced practise, education, and research across all care settings.' 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"

Cornwall Hospice Care's Education Team were finalists in The Palliative Care Team (not for profit) Award. The entry in the event programme read: 'The team are dedicated to enhancing person-centred care through compassionate palliative and end of life education. Collectively they bring a wealth of experience, specialised knowledge and a passion for improving the quality of life for patients and their loved ones who are at the heart of what the charity does.'

Helen Treleaven was a finalist for the Palliative Care Manager Award and manages Cornwall Hospice Care's Community Services team who provide pre and post bereavement services in particular. She also continues with her work as a Lymphoedema Specialist, providing treatment for people struggling with lymph related conditions and who are referred as out patients.



• Mount Edgcumbe Hospice • St Julia's Hospice •

Caring for our community

Listening Ear Service

Are you recently bereaved and in need of some support?

This service is for anyone who is isolated and vulnerable in our communities who have experienced the recent death of a loved one.

Although not a counselling service, we offer **FREE** information, support and signposting via the telephone for **6 calls of up to an hour.**

To make a referral please call 01726 829874
or email
communityservices@cornwallhospice.co.uk



<https://www.cornwallhospicecare.co.uk/our-community-services/bereavement-support/>

What Matters? - An e-newsletter for those in Cornwall approaching or planning for end of life and for those who are bereaved.

End of life care

The NHS has a page on its website dedicated to end of life care. Here you may find the answers you may have to questions you have. This guide is for people who are approaching the end of their life. Some parts of it may also be useful for people who are caring for someone who is dying, or people who want to plan for their own end of life care.

It covers what to expect, thinking about your wishes for your future care, and looking after your emotional and psychological wellbeing.

What you can expect from end of life care

This section contains information about what end of life care involves, when it starts, and things you may want to think about.

These include advice on how to cope financially, and how and where you can be cared for, for example:

Being cared for at home, care in a care home, care in hospital or at a hospice.

Planning ahead for the end of life

This is sometimes called advance care planning, and involves thinking and talking about your wishes for how you're cared for in the final months of your life. This can include treatments you do not want to have.

Planning ahead like this can help you let people know your wishes and feelings while you're still able to. Letting your family know about your wishes could help them if they have to make decisions about your care.

Your wellbeing

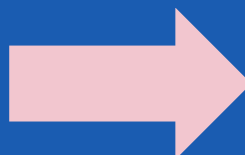
Looking after your health and wellbeing is important when you're living with a terminal (life-limiting) condition.

These pages aim to answer questions you may have about pain and other symptoms, and provide ideas for coping.

For more information visit:

www.nhs.uk/conditions/end-of-life-care/

**Scan me for a direct
weblink**



Cornwall Hospice Care Stories



Clare Bray, our Community Engagement Officer talks to The Light up a Life Team

Light up a Life is Cornwall Hospice Care's annual remembrance service and has been a much-loved part of the charities calendar for many years. Caroline Harris, Individual Giving & Legacy Manager and Jane Appleton, Events & Community Manager are tasked with looking after the event each year.

The service which takes place in December at Truro Cathedral is dedicated to remembering loved ones who are no longer with us. This year's service will be on the 8th of December, "It's an opportunity for people to come together and to remember loved ones at a really beautiful and moving service, at the end everyone has a lit candle, and we fill the nave with candles." said Caroline.

"During the service, you will see the names of your loved ones appear on a big screen, they are also in the books of remembrance which can be viewed at the end of the service, the event is a celebration of their lives." added Jane.

In the run up to Light up a Life, Caroline is responsible for compiling the names that appear in the books of remembrance and often speaks to people, some of whom have been taking part for many years, "We have lots of people who take part religiously every year. Last year a lady called after the event, she was upset that she had missed the service and although it was too late for that year she still wanted to make the donation, for her it was a chance to speak the names of loved ones, which perhaps they don't get the chance to do very often."



left to right is Georgia Lewis, Jane Appleton, Canon Alan Bashforth, Oli Hoare and Caroline Harris.

Jane added "The event has been part of the Cathedral's annual Christmas calendar for many years, and we have been lucky enough to have the Bishop of St Germans, Hugh Nelson, in attendance for the last two years and Canon Alan Bashforth leading the service. We are also incredibly grateful for the donations made each year, last year Light Up a Life funded 920 hours of care across our two hospices, with over 600 people taking part, culminating in 1271 dedications which is fantastic."

It is always lovely to see all the people that come to the service on the night, but for those who can't attend in person, there is a live feed of the service available on the Cornwall Hospice Care website so people can join in virtually. The recording can also be accessed after the event. After the service the books of remembrance stay in the cathedral for a week, dedications can also be viewed in the books of remembrance at Mount Edgcombe Hospice and St Julia's Hospice, and they remain there until the New Year.



"It's really easy to take part in Light up a Life, this year we have launched an option for people to sign up to an annual direct debit, that is available now on our website. Alternatively, the event will be open for dedications from the beginning of November, the deadline to make a dedication to appear in the books is the 2nd of December." Said Caroline.

<https://www.cornwallhospicecare.co.uk/light-up-a-life/>



Cornwall Hospice Care has two hospices; St Julia's Hospice in Hayle and Mount Edgcumbe Hospice in St Austell.

Cornwall Hospice Care
Porthpean Road
St Austell
PL26 6AB

You can support our Cornish charity by shopping in our stores from Bude to Penzance, taking part in one of our fundraising events from Cream Teas to Marathons, playing our weekly Lottery or by giving your gift of time to volunteer with us.

Telephone: 01726 65711

Email: communications@cornwallhospice.co.uk

www.cornwallhospicecare.co.uk

Thank you

Legacies

You can help those people with terminal illness and their families when they need it most, by leaving Cornwall Hospice Care a gift in your Will.

You help fund our vital work. Your gift, large or small, can make a big difference as it will ensure we can care for adults in Cornwall.

If you would like to find out more about leaving a gift to Cornwall Hospice Care in your Will, please contact **01726 66868 and choose option 2**

Cornwall Hospice Care Community Services Team



Tracey Taylor
Community Services Support Worker



Helen Treleven
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Community Services Officer



Clare Bray
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Laura Sanders
Community Services Support Worker



Lollie Brewer
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