

ALL TOGETHER

HOSPICE FINANCES – WHERE DO WE STAND?



You may have seen the recent [BBC report](#) about the financial crisis facing some of our fellow hospices. I know it's worrying to hear of beds being cut and staff being made redundant, so I want to assure you that we aren't, thankfully, in the same position. Our Income Generation Team across Retail, Fundraising and Lottery are delivering excellent results helping to maintain our stable position. We've also been fortunate to receive some outstanding individual donations.

We're not being complacent, but with prudent planning and management of our money, we're able to maintain our services and look to the future with optimism. We're achieving this despite having one of the lowest NHS funding contributions in the country.

Our success is undoubtedly down to the incredible work of you all. Wherever you may be and whether staff or volunteer, thank you for all that you do to contribute to our magnificent One Team. On that note, it was an honour recently to join in farewell celebrations for our long serving St Blazey Manager, Sue Dutton. A wonderful career and an example to us all!

Paul (Paul Brinsley, Chief Executive)

WE'LL MISS YOU SUE!

— HAPPY — Retirement

It was an emotional day when our St Blazey Shop Manager, Sue Dutton retired. She's been part of the shop for 18 years and had volunteered for two years before that! But she didn't go without a party as Grant Jones, our Interim Head of Retail, explains;



“There’s a hall just across from the St Blazey shop, the perfect venue for a farewell gathering. Surrounded by her family, Sue was the centre of attention and everyone enjoyed a delicious spread, as you can see below. The afternoon was the best way to show our appreciation for Sue and her commitment and dedication and for thanking her team of volunteers, some of whom have been giving their gift of time for 20 years! There were short speeches and flowers.



We now welcome new manager Liz Broughton who will also continue managing our Fowey shop. It was Sue who originally persuaded Liz to come over to Charity retail.”

≡ Cheers to ≡
RETIREMENT!
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## 20 YEAR COMMITMENT



Congratulations to Registered Nurse Debbie Osborne who recently celebrated 20 years at Mount Edgumbe Hospice. She's pictured here with some of her colleagues and writes; "I came to the hospice from the Acute Trust and was so delighted when I was offered a position. The decision to move jobs came out of the desire to provide really good end of life care, which was sadly not always possible to achieve on a 28 bedded ward within an acute setting.



I remember driving into the hospice grounds and immediately feeling a sense of peace, something that our patients and relatives feel today. In those early days, before the shift started, the team would visit each patient in turn and offer a prayer or a daily affirmation, I had never experienced anything like this before in my nursing career. As a patient approached end of life there would always be somebody to sit with them, a nurse or a volunteer, sadly a luxury that the hospital was rarely able to provide and not for the want of trying.

During my time at the hospice I have learnt so much and this knowledge and insight has enabled me to enhance the care of so many extraordinary people that I have nursed at Mount Edgumbe, but also members of my own family at the end of their lives when care had been somewhat questionable.

I have enjoyed the past 20 years of my nursing career and am so pleased to have seen it through at the hospice and hope to continue for a while longer."

# NEW BEREAVEMENT HELP POINT

The Community Services team launched a new Bereavement Help Point on Monday 9th September at Ladock Community Hall. The morning session was well attended with some who were new to our services, as well as some who had joined us on one of the Walk Talk Kernow events. Community Engagement Officer Clare Bray tells us more;

**Bereavement Help Point**

Are you someone who has been bereaved and would like support? Please come along and join us at the bereavement friendship group. Refreshments provided. There is no need to book, simply come along and feel free to bring a friend along with you.

**Held on the second Monday of every month  
10.00am - 12.00pm  
Ladock Community Hall, Ladock, TR2 4PG**

For more information  
call 01726 829874 or email  
communityservices@cornwallhospice.co.uk

[www.cornwallhospicecare.co.uk/our-community-services/workshops-groups/](http://www.cornwallhospicecare.co.uk/our-community-services/workshops-groups/)

Bereavement Help Points are a drop in space for anyone who has been bereaved to come for support and signposting in a friendly and welcoming environment. The two-hour sessions allow people to chat with others in a similar situation, make connections and get some support over a cup of tea or coffee. All sessions are free of charge and there is no need to book. It was really lovely to be at the first Ladock help point, and to get to meet and chat to those who came along.

There is always a very supportive atmosphere at these sessions, and we look forward to getting to know more people over the coming months. If it helps to bring a friend with you when you come to any of the Help Points, we look forward to meeting them as well.

The new Bereavement Help Point will be in Ladock every month, on the second Monday, from 10am – 12pm and we look forward to welcoming more people. Ladock TR2 forms part of 4 monthly help points across Cornwall including at Mount Edgcumbe Hospice, Treverbyn, Redruth Hub and St Julia's Hospice. Dates for all of the Bereavement Help Points and the Walk Talk Kernow events can be found on our website [HERE](#).

## DONATED CAPES



Chris Jones, our Lymphoedema Specialist at St Julia's, reports on a very special donation; "It was a wonderful surprise to be presented with this donation of mammogram capes to our Lymphoedema clinic. They were donated by Ruth Hart who has been working hard to raise funds for the capes by knitting little angels and selling them. We are really grateful to Ruth for her hard work, fundraising and for the donation of the capes, which we will use in our outpatient clinics. Thank you, Ruth!"



## SWEET TREATS AT ST JULIA'S



Exciting news broke at St Julia's Hospice last month when the new 'St Julia's Sweet Shop' was launched! At just £1 a bag, the treats are a bargain. Owen Crocker, Patient Services Manager, reports;



"We received fantastic feedback from our Healthcare Assistants, especially those working the night shifts, when we introduced sweet treats. It seems a little bit of sweetness can brighten up even the longest of shifts. So our shop is open and we've introduced a loyalty card too. Buy 5 bags and your 6th one is on us. We're always adding new sweets and are encouraging our team to request their favourites. Recently some asked for fried eggs and cola bottles so we now include them. Our aim is to provide treats and raise some money for our charity."

## CELEBRATING LEGACIES

Last week on our social media channels we celebrated the importance of legacies to our charity. Did you know that 2 in 5 of our patients are cared for thanks to gifts in Wills? We shared the story of May, a very special guardian of our future. Our team had the privilege of caring for her sister Mary.

“St Julia’s is very close to my heart. The care meant nothing was ever too much trouble. They’d look after me like they did Mary. You’re safer there than anywhere. If I needed to, I’d ask to go to St Julia’s. When you’re poorly you want that kindness and compassion.”

I’ve left a gift in my Will because of how they looked after me and Mary and I think things like that are precious. I talk about St Julia’s a lot and say I’ve been down there and I know what it’s like. I could stay there with Mary and there aren’t many places you can do that. You can’t fault any of them.”



You can find out more about the importance of legacies to our charity on our website [HERE](#).

## WHAT DOES IT MEAN TO YOU TO WORK FOR A CHARITY?

Erica Vitai, Philanthropy Manager; “I’ve worked in fundraising for ten years now for three different charities and for me, working for a charity means turning up each day knowing that I’m making a difference for our community. I particularly love meeting some of the people we support to directly understand more about the impact of our work – it’s always very moving and inspiring. Working in a charity always feels like being part of one big team as well, which is so wonderful.”



We'd love to know what it means to you to work for our charity, so please drop us a line at [communications@cornwallhospice.co.uk](mailto:communications@cornwallhospice.co.uk) and tell us more.

# WELCOME

## TEAM NEWS

A warm welcome to our new colleagues -

Dr Sanath Katipalla, (Locum at Mount Edgcumbe), Dr Aiman Maroof and Dr Sarah Dalrymple (Locums at St Julia's), Dr Sophie Henderson (Specialty Doctor at Mount Edgcumbe), Suzanne Owen (Specialty Registrar at St Julia's), Emma Fuller (Registered Nurse at Mount Edgcumbe), Joanna Thomas (Deputy Retail Manager) and Bethany Clements (Bank Registered Nurse at St Julia's).



We say farewell to Chloe Marshall Occupational Therapist (pictured right), Siobhan Van Meurs Registered nurse who's coming back on the bank (pictured right), Andrew Hunt Maintenance Technician, Jill Dean Deputy Retail Manager, Jill Whelan Registered Nurse at St Julia's, Dionne Eaton Retail Manager, Sue Dutton Retail Manager and Chloe Lopez Bank Physiotherapist. \*Also featured in the picture above is Dr Laura Woollett who's moved from Mount Edgcumbe to St Julia's Hospice.



## NEXT WELLBEING SESSIONS



The next sessions offering a range of treatments will be Monday 7th October at St Julia's and Thursday 17th October at Mount Edgcumbe. To apply to be put in the ballot for a session, please contact our HR team by emailing [hr@cornwallhospice.co.uk](mailto:hr@cornwallhospice.co.uk)



## MEET AND GREET

At our recent Meet and Greet session held at St Julia's Hospice, we welcomed (from left to right) Eloise Ford Registered Nurse, Specialty Doctor Sophie Hunderson and Trust and Grants Manager Robin Hughes.



## REWIND RADIOTHON

Lisa Shephard, our Clinical Lead, has been sharing a cuppa with the team at Rewind Radio. The digital radio station's Managing Director Richard Woods will be broadcasting non-stop for 48 hours from 8am on Thursday 31st October to 8am on Saturday 2nd November. Ours is one of three local charities that will benefit from his efforts - thank you!



## A DELICIOUS DELIVERY



The Cornish Oven based at Pool, Redruth have donated £5,000 to our charity to mark the 25th anniversary of the baking company. The money will be used to fund a special shower bed that will allow patients to be comfortable while enjoying a refreshing wash.

Erica Vitai is our Philanthropy Manager; "We're so grateful to The Cornish Oven for their support; the shower bed will make a huge difference to the patients at St Julia's and their donation will also fund over 100 hours of nursing care. As a charity, we rely on the support of our community and local businesses such as The Cornish Oven to fund the care we give. Thank you!"



## TAKE A 'BOW'GIE!

The Bowgie Inn's Ale and Cider Festival was back this year and raising money for our charity. It was a huge success as Kelly Tregaskes, our Community Fundraiser, explains; "The festival showcased an amazing selection of local ales and ciders and treated attendees to live music, fireworks, family activities and a vibrant atmosphere. Sally Pickles, landlady of the Bowgie Inn (third from left in the picture below) told me 'It was such a great weekend, we are so happy we decided to bring the Festival back after a break. We raised money for an amazing cause, showcased the best ales and ciders in Cornwall and people got to enjoy them with the best view in Cornwall - we're biased but it is the best view!



Over the three days of the festival, 1,287 pints of ale and cider were poured, 20 local cask ales were tapped, 46 faces were painted, 885 raffle tickets were sold, 45 prizes were won and everyone ate a lot of cake! In total the Bowgie Inn donated £6,509.11 to us, an amazing amount of money that could fund over 271 hours of nursing care. I'd like to say a huge thank you to Sally, her team and everyone who attended the event for their generosity and support."

thank you

## JAM FIRST SUCCESS

Congratulations to Sheryl and Hilary who organised an afternoon tea event and raised a whopping £1,615.50! It was hosted in Sheryl's garden in Falmouth and she's kindly written the following;

"Our very dear friend Philip was admitted into St Julias Hospice on Friday 14th June 2024 where he received exceptional end of life care and support from their amazing team. Support and care wasn't only given to Philip, but also to his dear wife, Hilary. It was this that inspired me to hold my event in memory of our treasured Philip.



My afternoon tea arrangements began! Invites were sent out and planning started on what to bake! I had a great team of family and close friends that arrived early on Saturday morning to help me construct a large gazebo. We decorated the garden with plenty of colourful bunting, the Cornwall Hospice Care banner, tables, chairs, tablecloths, flowers and the added bonus was the sun came out just in time!

Close friends donated some fabulous Maclaren (yes Formula 1) prizes so we held a small auction and we set up a clothes rail with some beautiful good quality items.

I was absolutely delighted when we took our 'collection bucket' down to Holly at St Julia's for counting and realised we had raised £1,615.50!! Everyone had a lovely afternoon and the support was amazing, I can't wait to plan next year's event!"

*thank you*

## TWILIGHT SUNFLOWER TRAIL



There was a wonderful response to our recent Twilight Sunflower Trail held at Higher Tregorrick Farm, St Austell. Our Community Fundraiser Kelly Tregaskes reports;

“A special thank you to Sharon and Mark Hoskin for letting us take over their amazing Sunflower Trail.



Thanks also goes to Niles Bakery and Martins Bakery who donated some of the lovely scones and to Roddas for their donation of clotted cream. I'm sure that I can speak for everyone who was there that NoteAbility Choir performed beautifully during the evening. Finally a big thank you to the amazing volunteers who helped out on the night, without them we simply wouldn't be able to put on such an amazing event. I can now confirm that the total raised for our charity was £1,092.00!”

## IT'S SUSTAINABLE SEPTEMBER 2024



It's the second year our charity has run its Sustainable September campaign. You can read more about it [HERE](#) and take a look at our shop social media channels where we're talking about why charity shops are a great way to support our environment.

Every year in the UK 30% of used, but still wearable, clothing goes to landfill. We're helping to reduce this shocking figure by giving items a second chance.

# SHOWCASING OUR SUSTAINABILITY

As part of our campaign, we're hosting our first Sustainable Fashion Show at Truro Cathedral. Have you got your tickets yet? All the details are [HERE](#) on our website. It's going to be a spectacular evening not to be missed!

# SUSTAINABLE FASHION SHOW



Cornwall  
Hospice Care

• Mount Edgumbar Hospice • St Julia's Hospice •

Caring for our community



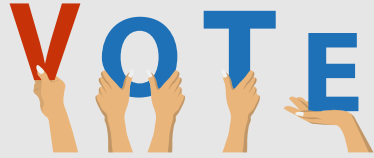
Friday 4th October  
7pm - 10pm @Truro Cathedral  
£10 per ticket

Registered Charity No. 1112140



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

# VOTE FOR HOLMBUSH



Great news! Our Holmbush charity shop has reached the second stage of the Charity Retail Association's UKs Favourite Charity Shop Awards in the South West region.

To us, our shortlisting represents not only our Holmbush shop, but ALL of our Cornwall Hospice Care charity shops across the county, including our incredible team of staff and our volunteers who give the gift of time.

The public vote will decide twelve regional winning shops and one overall UK winner. Voting closes at midnight on Monday 23rd September 2024, so please take the opportunity to vote by clicking [HERE](#).

## FABULOUS FOWEY



The team at our Fowey shop entered in to the spirit of the town's Regatta Week with their entry in the Trader's Carnival. We think they did an amazing job with their Alice In Wonderland theme.



## SAINT'S WAY TREK 2024

Yesterday (Sunday 14th September) saw our 2024 Saint's Way Trekkers complete their two day challenge from Padstow to Fowey. Camping half way at Mena Campsite, the 37 strong field of walkers enjoyed near perfect weather. We'll be revealing how much they collectively raised in next month's edition, but this is the story of the first person back...please meet 'Quick Nick';



"My name's Nick Thompson, originally from Cornwall, but now I live near London. In 2017 my sister was in the hospice and sadly passed away and ever since I've done a lot to help raise the much needed funds. This trek appeals to me because I can walk quite well. There was no intention to be the first person home but I just wasn't going to hang around.

There were some real horror hills but last year I did Ben Nevis and the national Three Peaks, so if you can do that then the Cornish hills aren't too bad. You can do it without a huge amount of training, it's great scenery and a relatively straight forward walk and there's a nice spirit amongst the trekkers. I'd say to people thinking about doing it next year, take part and have a great time."



Nick's pictured here with girlfriend Georgina Wood who also walked, but a little more steadily than 'Quick Nick'.

## OUR OVERSEAS CYCLE 2025

Our fundraising team have recently launched 'Cycle France 2025', our next overseas cycle. The adventure will take you from the shores of Normandy through the beautiful countryside of Brittany, before returning to Cornwall for a triumphant finish and celebration at Mount Edgumbe Hospice.

To find out more, visit our website [HERE](#) and spread the word to family and friends. Last year our cyclists were full of praise and talked about the friendships they forged, the memories they made and the stories they shared.



## FUNDRAISING GROUPS NEWS



Our St Agnes Fundraising Group offered Cream Teas to eat in or take away at St Agnes Methodist Church and raised a tasty £445.80.

Our Roseland Fundraising Group meanwhile, hosted another very successful Fashion Show after a twelve month break. It was held on a hot summer's evening in St Mawes, producing a fantastic result of £913. The picture shows models in donated clothing that was all for sale, including the £35 wedding dress!

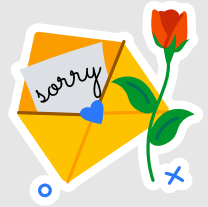




Our Truro Fundraising Group recently enjoyed a very jolly shanty evening with the Du Hag Owr Shanty Men. Held at the Feock Village Hall, the team raised a very impressive £1,430.96.

The Du Hag Owr Shanty Group (the name means the Cornish colours of black and gold), entertained with traditional sea shanties and gave the time to support our charity. There was a pasty beforehand and thanks also go to Callestick Ice Cream who donated the perfect offering on a warm evening.

Editor's note - Tamsin writes; my apologies to everyone in the Truro Fundraising Group as in the August edition of All Together, we credited one of their events to our Falmouth group. So to put the record straight....



Our Truro Fundraising Group held their Coffee Morning at the home of Anne and Nick Barwell, at Loe Beach. It was a beautiful sunny day and many Feock residents came along to support. With homemade cakes, refillable coffee and a raffle, the total raised was £1,104 ! Thanks to all who supported and helped.

## OUR LOTTERY - BRINGING SMILES



On a Friday our lottery team call the £1,000 winner of our weekly lottery draw. It's a very special moment. Recently they called Simon Ludlow of St Neot who said; "This is only the second time I have won anything in 70 years! The last time it was a chicken dinner 😊. I play your weekly lottery as the work you do is very important and a service that anyone of us could need in the future."





John Clotworthy of Redruth was another lucky winner. This was his reply when we called to tell him he'd won £1,000; "Shut up! Thank you, I've only ever won a bottle of Malibu before!"

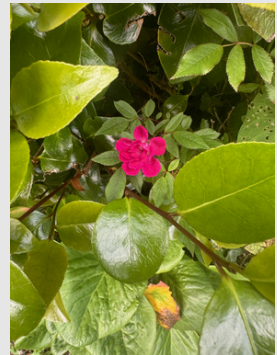
Other recent £1,000 winners have included Mrs Wonnacott from Truro, Mrs Camborne-Paynter of Newquay and Mr Jones who lives in Liskeard.



Mrs Hall from Newquay had a particularly wonderful surprise when we called her. The most recent winner of our rollover prize, she secured the £2,000 that it had risen to, on the 30th of August! The rollover now stands at £600 for our draw on Friday 20th September.

## **SEPTEMBER'S SPLENDOUR**

These are a few of the beautiful blooms bringing cheer in the grounds of our hospices this month...



## **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)

