

News from your local hospice charity | Exeter, Mid & East Devon

Together

Autumn
2021



Because every day matters
www.hospiscare.co.uk

Registered charity no. 297798



Hospiscare
Caring in the heart of Devon

Welcome to Hospiscare’s autumn newsletter, *Together*

What a busy year it’s been for our charity! I’m so proud that – despite the obvious challenges – we’ve continued to provide outstanding care to patients and their families in Exeter, Mid and East Devon.



This last year we supported 2,763 people – that’s a rise of 15% from the previous year. Our teams, volunteers and supporters have done an amazing job in adapting to the challenges and changes that we have faced. We are so grateful and proud of our community.

Two other pieces of recent news have also been cause for celebration. The first is that we won a Wellbeing at Work ‘Bronze’ award from mental health charity Mind for our staff support. After this last year, looking after our incredible team who do so much for so many, has been particularly vital and our Wellbeing Group is committed to continuing to improve our support for staff and volunteers. The second is that our ongoing work with the LGBTQ+ community was noted as an example of best practice in Hospice UK’s national report for equality in end-of-life care.

In this issue of *Together*, our clinical team provide an update on their work (p4) and offer advice for issues that may affect you or a loved one. We also share the inspiring story of Hospiscare patient Lizzie on p5.

News of our exciting events can be found on p18 and you can find out about the lengths, or perhaps the heights, that one of our young supporters went to in his fundraising efforts for Hospiscare (p17).

In July, we launched a new will-writing service in partnership with local solicitors which operates all year round. Our loved ones always come first when the time comes to write or update our Will, but it’s also a way to continue to support a cause that matters to you. Discover the power of a gift to Hospiscare on p14 or [visit www.hospiscare.co.uk/wills](http://www.hospiscare.co.uk/wills).

I close this message with a final thank you. These have been unprecedented times for us all and I am incredibly proud of everyone in the Hospiscare family, from our doctors and nurses to our shop staff, our volunteers and each and every person who has supported our vital service. Together, we make every day matter for our patients and their loved ones.

A handwritten signature in dark ink that reads "Andrew Randall".

Andrew Randall

Chief Executive Officer of Hospiscare

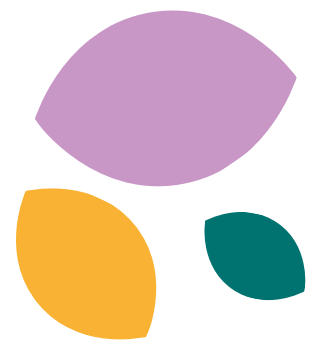
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The Hospiscare privacy policy is regularly reviewed and updated, so please visit www.hospiscare.co.uk/privacy to check the latest version.

Clinical round up

Hospiscare's response to the coronavirus pandemic



Our Clinical Quality & Learning & Development Lead, Maggie Draper, explains how Hospiscare has continued to adapt its care and services during the COVID-19 pandemic

Outstanding news

We have received fantastic news from the Care Quality Commission (CQC). After reviewing all of the data we gave them about Hospiscare, as well as feedback from the public, the CQC have confirmed that our care can continue to be rated as Outstanding! This truly is an incredible achievement after the challenges our frontline staff have faced over the last 18 months.



The Learning & Development and Volunteering teams have worked closely to design and launch new core volunteer training to ensure all volunteers are prepared for a safe return. The new programme – Volunteering Essentials – brings our hospice in-line with legal requirements and national guidance from the CQC and NHS.

Modules are led by experts from across Hospiscare and include:

- Infection Prevention and Control
- Safeguarding
- Volunteering Safely
- Data Protection and Cyber Security
- Hospiscare Values

The programme can be accessed from home as a Zoom training session or bitesize e-learning. Volunteers can also book a space to view a live stream of the training. With this variety of approaches, we hope the training can be easily accessed by all volunteers.

Heart2Heart update

Our Heart2Heart programme offers support and advice to patients and their carers living with heart failure. Due to the pandemic, the five-session programme took place virtually with our Chief Nurse, Ann, leading the welcome session and our Complementary Therapist, Sarah, closing each session with relaxation techniques.

Despite the groups not being able to meet face-to-face, we found the sessions to be a brilliant way of working collaboratively and they remained interactive with participants responding well to the guided relaxation sessions.

Welcoming our new Spiritual Care Lead

Lucyann Ashdown joined the Supportive Care Team as our new Spiritual Care Lead, bringing with her a wealth of experience and passion for supporting patients and their relatives. We are keen to offer an inclusive service, recognising that spirituality is unique to each individual. We will be strengthening links within our local communities, supporting those admitted to our ward and also supporting staff.

Welcoming back our patient-facing volunteers

We are looking forward to welcoming more volunteers back to their roles over the coming months. The safety of our patients, volunteers and staff is our first priority so we are moving cautiously and making sure we take all necessary measures to keep everyone in the best possible health.

Volunteers from the Supportive Care team have continued to help our patients and families throughout the pandemic by adapting the way support is provided and we are eagerly anticipating the imminent return of our ward volunteers.

Lizzie's Story: Let's talk about death



After being diagnosed with stage 4 breast cancer in 2020, 44 year-old Lizzie Gleaves wanted to open up the conversation around death and dying. Lizzie began filming a video journal – ‘Let's Talk about Death’ – to share her experience of facing a terminal illness and encourage others to talk about death. Lizzie's videos can be viewed here:

www.hospiscare.co.uk/lizzies-story-lets-talk-about-death/ and below is an excerpt from these:

“I only have a few months left to live, which means I'm dying. Surprisingly, I'm pretty okay with that.

“One of the things I find most challenging is how difficult other people find it to talk about death. I've realised that it's something that's going to happen to all of us and I feel that it's best to be prepared for it.

“I have been complimented a few times on how willing I am to talk about death and I know that this is usually not very easy. However, there's a really good reason to talk about this in advance: unfortunately, bad things happen. We always think that they're going to happen to someone else, but sometimes, they happen to us.”

“Let's talk about death, or rather, I'd like to talk a bit more about life. I have a bucket list and I'm sure a lot of you will know what that is: a list of things you want to do before you die.

“Some of those things, I have achieved, and some I haven't. I won't get to achieve everything. I'm realistic – along with the pandemic making things difficult, I'm running out of steam so some things just won't be done. I have to come to terms with that.

“Today, I'm going to ask you to look at your life and see if there's any unfinished business and consider your own life list. What is it that you want to do with your life before you die?

“I would encourage you to look at your lives. Today is about life. It's about what you want to achieve and what is important to you. If you have no worries about doing anything in the future and you're totally at peace with everything, then well done. It's not something I've managed myself. I am more at peace with some of the things I've pushed aside on my bucket list but I'm also absolutely thrilled to bits that I made it to Scotland.”

Lizzie died on our ward on 4 April 2021. We would like to pay tribute to Lizzie for her openness and bravery in starting this conversation. It was her wish to share this in the hope that we will all talk about death.



Grief: The domino effect of losing a loved one

The death of a loved one will have an impact on many areas of your life, creating multiple losses from that one primary bereavement. Feelings of grief can come from these other losses and this can be known as secondary grief.

These other losses are referred to as secondary grief, not because they are less important or painful, but rather that they are a secondary result of your primary grief.

This experience has been compared to a set of falling dominos; the death of a loved one is the first domino to fall and triggers the remaining dominos. No one can tell you exactly what you will feel. Listed below are just some of the losses associated with secondary grief.

Loss of concrete things

A loved one's death can cause loss of income, loss of a home or loss of financial security. Many people will experience these types of losses in their lifetime, whether or not they are related to a bereavement.

Loss or change of identity and beliefs

After the death of a loved one, you may experience a loss of self-confidence or the loss of your relationship identity and struggle to define your new identity.

Your grief may also change the way you view religion or cause you to doubt your belief system. Not only will you grieve the

loss of this person, you will grieve the loss of the life you had together, the plans you made, the future you saw for yourselves. In losing that person, you may also feel that part of your life is lost – the part that you shared with them.

Loss or change of relationships

Our support system of family and friends can be altered tremendously by a bereavement. When emotions are running high, it can bring out the best, and also sometimes the worst, in our family and friends. You may find that the most unlikely people will be supportive, or that the people you thought you were closest to grow distant.

What can I do to help myself or others with secondary grief?

As with the grief you feel from the death of your loved one, secondary grief is complex and will feel different to everyone. When that first domino falls, it may immediately trigger a series of secondary losses, or you may only become aware of these losses weeks, months or even years later.

Being aware of what secondary grief is and what it can relate to allows you, and those supporting you, to be prepared. By taking this first step and acknowledging your secondary grief, you can acknowledge that it is having an impact on you.

Ask our doctor...

Dr Helen Lock, our new consultant, introduces herself and answers your question about dry mouth

Dr Helen joined Hospiscare in August 2021 but she is no stranger to our charity. After completing her medical degree, Dr Helen continued her medical training by working across the UK and New Zealand. Following this, Dr Helen spent eight years working across Devon's hospices to complete her specialist palliative care training.

"This is my third time working at Hospiscare. I have always been welcomed warmly and made to feel like a real part of the team so I am delighted to continue working here long-term."

Dr Helen completed an MA in Medical Ethics and Palliative Care, focussing on advanced care planning for patients at the end of their lives. Dr Helen explains, "I have a particular interest in caring for patients in the community and I will be working closely with Hospiscare's community teams."

"Outside of work, I am kept busy with my two very energetic young sons!"

To welcome Dr Helen to her new role, we asked her to answer a question that many of our patients have:

I am often bothered by a dry mouth – what causes this and is there anything I can do?

We all notice that our mouths feel dry from time to time. For many of us it is short-lived and happens at particular times, for example, when we are feeling anxious or stressed. This is a normal response from our body to the situation and will pass when the source of stress is removed.

For other people, a dry mouth is a more persistent problem that can be caused by underlying medical problems or a side effect of medications.

Dry mouth can be distressing as it can make daily activities such as eating, speaking and sleeping more difficult, and people may feel that their sense of taste is altered. Saliva is also important for the health of our teeth and gums and has a role in the digestion of our food.

In people who are unwell or undergoing treatments such as chemotherapy, it is important to examine the mouth for



Dr Helen Lock

problems such as mouth ulcers and oral thrush (a fungal infection that can cause white spots over the tongue and mouth). If these are present, then there are specific medications to treat these issues.

For a general dry mouth, I advise:

- Regular sips of cool fluid
- Ice chips or ice poles as these can be held in the mouth for longer than simple fluids
- Pineapple juice or segments of fresh pineapple or melon to refresh a dry mouth
- Sugar-free chewing gum
- Lip balms to keep lips moist (do not use petroleum-based products if using oxygen therapy)
- Saliva sprays or gels which aim to keep the mouth moist – available from a pharmacy or your GP
- Ensuring good oral hygiene with regular brushing of teeth and dentures.

Certain medications can contribute to a dry mouth. However, please do not stop any regular medications without prior discussion with a healthcare professional.

Planning ahead: Making your final wishes known

Our chief nurse, Ann Rhys, highlights the importance of Advanced Care Planning



“When I think about what planning ahead means to me, it’s about ensuring that the most important people to you know what your wishes are. If you became unwell or sadly died, they would know what you want.

“There are three different aspects to this. The first is the immediate day-to-day, such as goals you want to achieve or things you want to see and do. The second is things that are important if you become less well and need care – illness will often take control away from us so it’s really important that people feel empowered. Finally, there are your wishes for after you die and that can be very helpful to those important to you as there will be no confusion about what you want.

“It’s a sad thing to talk about but when I sit with patients, I often feel that it’s empowering for people to think about their future and plan ahead. They can take that control back and once you start those conversations, it almost becomes a relief as you may have been holding it all in.

“I think we should all be thinking about planning ahead. It’s important to everyone and the more normal it becomes, the more difference it will make. If this is the first time you’ve thought about planning for your future, start thinking about what matters to you and when you feel comfortable, share this with your loved ones.

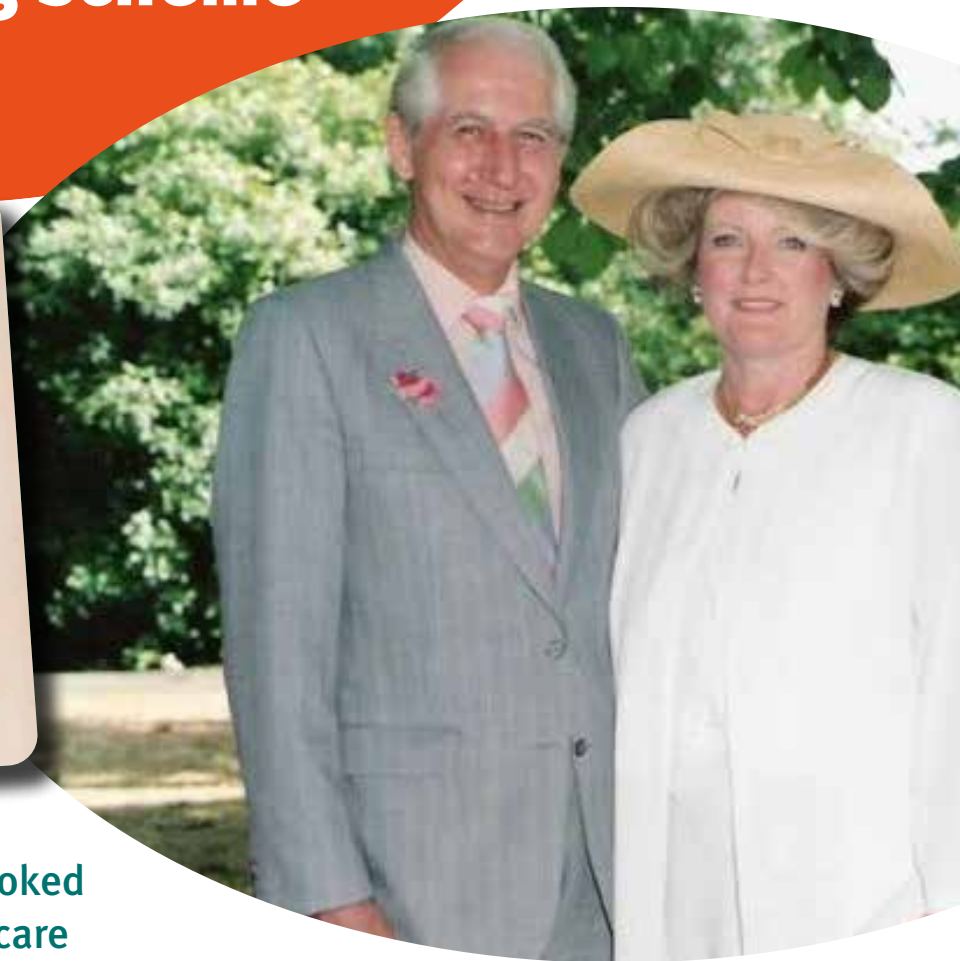
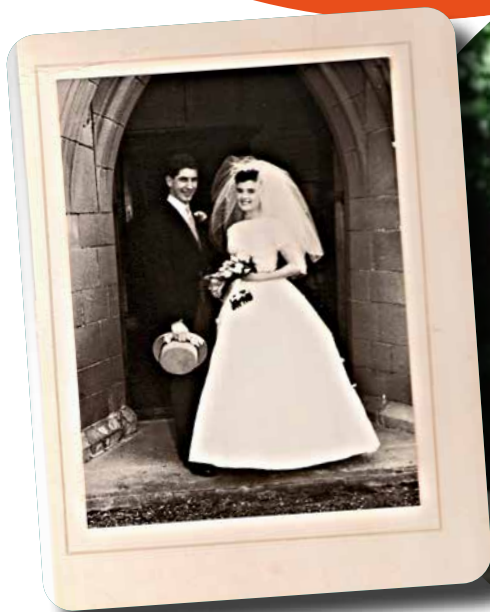
“Some people will find it much more straightforward to open up these conversations. For others, you might use a television programme or radio discussion as a starting point. You can have these conversations in stages – you don’t have to tell your loved ones everything in that one moment.”

“If you want your wishes to be made more legal, you may want to go to a solicitor and make a Will. Certain things need to be arranged with a qualified legal professional, such as Power of Attorney, where a person is appointed to speak for you and arrange your care if you become too ill to do so.

“At the moment, you are the only person who knows what your wishes are and what’s important to you. I would encourage you to think about planning for the future so that, when the time comes, the people that are important to you know what you want and won’t have the distress or worry of not carrying out your wishes.”

For more information and advice, visit www.hospiscare.co.uk/planning-ahead

Hospiscare's will-writing scheme



“My dear wife, Mary, was looked after wonderfully by Hospiscare during her final days so I wanted to show my appreciation in her memory by leaving a gift in my Will. It was easy to do and it is lovely to be able to say thank you to the caring nursing team in this way.”

What happens to your money and the things that are most precious to you when you're gone should not be left to chance – that's why writing a Will is so important. It ensures that your loved ones are looked after when you are no longer here and that your final wishes are respected.

We understand that you need to put your loved ones first when writing your Will, but it is also a way for you to continue to support a cause that matters to you. Leaving a gift to Hospiscare will help ensure that our care is

available for generations of loved ones to come. We are so grateful for those who make a last act of kindness by thinking of us when they make their Will.

Together with local solicitors, we are offering a will-writing service that is available all year round. These solicitors are supporting Hospiscare by waiving their usual fee for writing or updating a standard single or joint Will in place of a donation to Hospiscare.

To order your Gifts in Wills guide or for a list of local solicitors taking part in our will-writing scheme, please call **01392 688020** or email **legacyinfo@hospiscare.co.uk** or visit our website: **www.hospiscare.co.uk/wills**.

Enormous THANKS

Thank YOU for all of the amazing things that you do to support Hospiscare. We are so grateful to each and every one of you for giving your time, money and energy to our local charity during this difficult time. Your fundraising continues to be both genius and ingenious and we are so thankful to have such a fantastic community. Across these pages, you'll find a few of you in action...



Thank you to Bill Sheppard who completed three back-to-back marathons and a Wing Walk, raising £2,745.25 including Gift Aid.



Thank you to Otter Garden Centre for their generous sponsorship of our Open Gardens this year, and for taking part in Twilight with a Twist.



Thank you to Tony Bennett for organising a vintage motorcycle ride in memory of his wife, Jenny. Tony has raised £2,900.33.



Thank you to Lydon Ward-Best and his Exeter University Demons American Football teammates who raised £3,541 by collectively lifting the weight of the Statue of Liberty in memory of mum, Bronia.



Thank you to Blundell's School for continuing to support Pine Lodge with weekly volunteering in the garden, including giving our summer house a fresh coat of paint!



Thank you to Shipshape in Exmouth for printing all of the high vis jackets for Tony's motorcycle ride, free of charge.



Thank you to the Freemasons of Tiverton St Peters Lodge 1125 for their wonderful donation of £1,515. This was used to buy much-needed pulse oximeters.



Thank you to Helen Laws and Jessica Startin who organised an amazing scarecrow trail around Countess Wear over Easter and raised £1,070.17.



Thank you to Jessica Macan and the Exeter Friends who sold and delivered Mother's Day and Father's Day teas throughout Exeter and raised an amazing £1,896.12.



Thank you to local legend Steve Pearcy for galvanising an unbelievable amount of support in East Devon and raising £6,864 at the 10th anniversary of Men's Walk.



Thank you to Jurassic Fibre for sponsoring this year's Twilight with a Twist – and taking part as a team!



Thank you to Adrian Hewitt and his son Stephen who cycled from Exeter to Newark on Trent in memory of wife and mum, Lizzy. This father-son duo raised over £2,600 for Hospiscare.



Thank you to Burgoyne Estate Agents for sponsoring the ever-popular Marnie Burgoyne Golf Day in July. The event raised £11,831.76.



Thanks to the Bearnas Hampton & Littlewood team; Christopher, Rachel, Simon, Nick, Doran and Phil; for raising £4,157 by organising and running their own half marathon.



Thank you to Paula Lawford for turning the ever-popular plant sale into an online event, raising £2,272.50. Huge thanks also to Patrick and Angela from Bicton College for their help.



Thank you to Howard Friend for holding a sale of his paintings, created during lockdown, raising an amazing £1,580.



Thank you to Marilyn Selfridge for bravely shaving her head in memory of her daughter, Storma. Marilyn raised £1,301.



Thank you to our Tesco and Morrisons stores in the Mid Devon area for their continued support with donations and fundraising prizes.



Thank you to Archie Forbes Adams who spent 9 consecutive days cycling from Lands' End to John O'Groats in memory of his sister, Tula, raising an incredible £6,296.



Thank you to Millie Best in Axminster who sold hot chocolate bags in memory of 'Lamby', a good friend of the family who was cared for by Hospiscare. Millie raised £360.



Thank you to Townsend House medical team in Seaton for continuing to support us with their book stall. They recently donated £84.47.

Thank you to all of the businesses who have chosen us as their Charity of the Year: Mid Devon Show, Barratt Homes, Baker Estates, Live West, Tozers, Stephens Scown, Original Factory Shop Honiton, Palm Tree Trading, World of Country Life and Mole Avon.



Liz's story: My 25-year volunteering journey

Liz Hodge has been a Hospiscare volunteer for over 25 years and despite the COVID-19 pandemic, Liz has continued to support our clinical team.

After losing several relatives to cancer, Liz decided to volunteer at lunch time in our day hospice. Liz's volunteering journey expanded from there and she has since volunteered for our bereavement team, on our ward at Searle House and in the community as a Care Navigator.

Liz has been a Care Navigator for the past six years, a role that involves visiting our patients at home and helping them with everyday tasks. Liz has supported an elderly lady for the past three years and explains, "It is an absolute bonus visiting her. She's so interesting to talk to as she has lived such an amazing life. Since the pandemic, she hasn't been able to go out so I sit with her for a few hours each week to chat and we take walks in her garden."

During the height of the pandemic, Liz wasn't able to continue in her role as Care Navigator due to the restrictions in place but she continued volunteering for our listening service. Liz says, "We support people over the telephone who have suffered a bereavement. The other bereavement services weren't able to continue during the pandemic so the listening service has been a lifeline for a lot of people who are struggling."

Liz has been by the side of many Hospiscare patients and their families during her time at Hospiscare and explains, "Everybody is so individual and we've had a lot of laughs,

in spite of all of the difficult times. The great thing about Hospiscare is that it doesn't just treat the patient, it treats the whole family and I think that's so important. The hospice is always there for them and there is always support after a patient has died. That is very comforting."

"I have such respect for Hospiscare. The amount of compassion I've seen from the staff is incredible."

Liz reflects on her 25 years of volunteering and why she has stayed by our charity's side, saying "Volunteering keeps me going. We're all going to die at some point and we don't know when we'll need Hospiscare."

"I have such respect for Hospiscare. The amount of compassion I've seen from the staff is incredible. Nothing is ever too much trouble for the nurses and I've seen doctors sitting by patients' beds holding their hands. These patients are going through so much and Hospiscare is a peaceful place for them. They can die with dignity and with their family around them and that means an awful lot."

Are there treasures hiding in your closet?



For our e-commerce team, based at the Hospiscare warehouse in Marsh Barton, it is the unexpected items that raise the most money for our local charity.

We have adjusted to the change in consumer habits that COVID-19 has caused by making our e-commerce business smarter, more efficient and more diverse. Shop closures during lockdown means that buying online has never been more popular.

Our e-commerce team and Hospiscare shops' staff are trained to look out for the items that will sell well online. This means that, wherever you donate your items, our staff will find the best place to sell them to make the most of your donation.

If you are having a de-clutter or clear out, some of those items gathering dust on your shelves or shoved to the back of your closet may actually be hidden treasures for our e-commerce team. Below are just some of the items to look out for.

If you have a **signed print** or **signed piece of artwork** that no longer goes with the décor of your home, consider donating it to Hospiscare. We recently sold a signed Gary Hodges print for £175 on eBay.

Emma Bridgewater items are very collectible and always sell well for us online. If you're having a kitchen clear out, we would love your Emma Bridgewater mugs and crockery!

eBay is a great place to sell **gold** and the price is almost always higher than other outlets. We recently sold a solid gold antique thimble for £165.99.

Studio pottery, which is made in an independent studio and often by a single potter, is another item to look out for. These usually have a maker's mark on the bottom and as they are unique, often single items or small lots, they can be very collectible.

We love receiving **vintage toys**, especially if they come with their original boxes. These are very collectible and don't have to be in perfect condition to sell well.

With the prevalence of smart phones, many of us have no need for the **cameras** and **camera equipment** lurking in our cupboards at home. Cameras, tripods, lenses and the like are all great sellers for eBay.

If you have any of these treasures gathering dust on your shelves or hiding in the back of your closet, please donate them to support Hospiscare. You can do this by calling your nearest shop and booking a donation slot and we will make sure your item is sold in the best place, whether in our shops or online, to maximise your donation to our charity. Find our shop contact details by visiting www.hospiscare.co.uk/shops

Meet Charlotte, our Stock Manager

Charlotte Davine began working at Hospiscare five years ago as part of our shops team. After two years at our Dowell Street shop in Honiton, Charlotte took on her current role as Stock Manager at our warehouse in Marsh Barton.



Charlotte explains, “In my current role as Stock Manager, I’m responsible for the stock and logistics teams. Together, we sort donations and get stock into our 19 shops across Devon as well as organising collections and deliveries of white goods and furniture.”

Charlotte grew up volunteering in charity shops and when she relocated to Devon after completing her Master’s degree, the Dowell Street job opening was perfect timing. Charlotte explains, “I was lucky enough to get the job and I’ve never wanted to work anywhere else. The variety is so engaging and my colleagues are very supportive. I was so lucky to find such a great organisation straight out of university.”

Charlotte read History at the University of Exeter, followed by her Masters in Medieval and Renaissance Studies at University College London. She told us, “My degrees were completely fascinating and, although they seem irrelevant to my current role, they gave me a love of learning new things and the skills to interpret information, give presentations and prepare projects – all of which come in handy now.”

Charlotte has continued her education through Hospiscare by taking on a Level 5 CMI Management and Leadership Diploma and Operational Manager Apprenticeship with Exeter College, which means she’s on her way to becoming a chartered manager. At Hospiscare, Charlotte can apply the knowledge learnt by managing her team day-to-day, as well as helping to improve processes at our distribution warehouse and in our wider retail business.

Charlotte has continued working throughout the COVID-19 pandemic, providing PPE to staff, ensuring that the practices at our warehouse were adapted to follow government guidance and supporting our e-commerce team through the last two lockdowns.

Charlotte describes working at Hospiscare as “Fulfilling, fun and challenging – in a positive way. We are constantly challenged to be better and make things better.

“I love that I have developed in my role and that all of my work contributes to helping fund patient care – it really is key to everything that we do and adds a lot to my work satisfaction.”



Coping with uncertainty



“Change doesn’t happen overnight. There’s no button that’s pushed to magically alter everything.” J.M Darhower

If the last eighteen months has shown us anything, it’s that change can happen overnight. Time and time again, we have had to make sense of a world that is unrecognisable from one week to the next with the Government taking steps that haven’t been enacted since World War II.

We’ve all had to adjust and accept that we don’t always have the answers. We have to take it hour by hour, day by day and see what the world looks like.

How people cope with change

It is hard to think of another event in anyone’s lifetime that affected everyone. Yes, there have been wars, natural disasters and human disasters but not one in living memory that has had such a significant global impact. The world as we know it is never going to be the same again, and perhaps that is a good thing, but how do we cope with this constant uncertainty and look after ourselves and each other?

Studies have described the way we cope with change in four stages:

1. Shock and disorientation
2. Anger and emotional responses
3. Coming to terms with the new situation
4. Acceptance and moving forward

This may seem familiar as these stages are similar to the grieving process. Most of us will have plans and ideas of what the next few days or weeks look like and when this changes, some will cope better than others.

How to cope with uncertainty

The brain often responds to uncertainty with fear and this can inhibit decision making. People who can spot this fear are often able to contain it before it gets out of control. The following four tips can help you gain control:

- Challenge negative thoughts
- Focus on what you can control, rather than what you can’t
- Don’t dwell on the problems
- Take a moment to breathe

We have all come a long way from March 2020 and whatever changes and uncertain times may lie ahead, we must remember to be kind to ourselves and each other.

Introducing the 40 Club



Hospiscare is celebrating a special birthday next year. 2022 will mark 40 years since Dr John Searle delivered a speech in front of hundreds of people at Exeter's Guildhall, sparking the movement that would become our hospice charity.

We are looking for 40 incredible businesses to help us mark this special anniversary by joining our 40 Club, an exclusive group of local businesses working together to raise money to celebrate this milestone and help ensure our vital care continues for the years to come.

Imagine being one of 40 teams pledging to raise £1,000 for Hospiscare. £40,000 will help us provide expert end-of-life care to people in need across Exeter, Mid and East Devon. Businesses who join our club will make a difference to over 2,000 people facing life-limiting illnesses in our local community – that's something to really shout about!

There are many ways that businesses can reach their £1,000 target. This could be through staff fundraising or a business donation. The Hospiscare team will be there every step of the way to support businesses throughout the year with ideas and inspiration.

Working with a local charity has many benefits. Partnering with Hospiscare provides an opportunity to make a difference in the community and this can boost staff morale, as well as customer engagement. Joining our 40 Club also gives members access to attend exclusive networking events and will open the door to a host of PR opportunities.

By joining the club for our 40th anniversary year and pledging to raise a minimum of £1,000 during 2022, local businesses will help secure Hospiscare's future. If your business or workplace would like more information about joining the 40 Club, please contact Sarah: s.smith@hospiscare.co.uk

Jack's story: Climbing the tallest mountain in the solar system for Hospiscare



The first lockdown in 2020 presented challenges for us all but for one supporter, lockdown presented an opportunity to challenge himself with an epic fundraising adventure.

11 year-old Jack Evans from Exeter was inspired by children doing unusual challenges for charity during lockdown. He read about children climbing Everest on their stairs at home and decided that he would go several thousand steps further. Jack's mum, Jo, explains, "Jack is very interested in space and he knew that Olympus Mons on Mars is three times as high as Everest and so he decided it would be more of a challenge to climb the tallest mountain in the solar system!"

Jack and his family worked out that, in order to complete his 25,000m ascent, he would need to climb the stairs in his home and at the family business – Figgy's Christmas Puddings in Woodbury Salterton – an astounding 9,500 times!

In August 2020, Jack embarked upon his step-tacular challenge and completed 100 'ups' a day. Following an ankle injury, Jack needed to take some time off to recover but he remained determined – even getting some 'ups' in on Christmas Day!

After reaching the height of Everest at 8,849m with the prospect of two more Everests to go, the difficulty of Jack's challenge really sunk in. The Mars probe helped

to spur Jack on as he could follow its progress and see the landscape of the mountain he was climbing from 33.9 million miles away.

Jack's family and the customers at the family business were there to support Jack, more than doubling his fundraising target of £500.

As part of his challenge, Jack and his mum set up social media accounts to share Jack's progress. After following various space channels, a NASA employee reached out to Jack to wish him luck. Jo explains, "It was amazing for Jack to find out that adults who work in space-related fields are as excited as kids about space. They have that same wonder and joy."

On 1 May, Jack had just ten more 'ups' of the family staircase to go. Jack's family joined him for the final nine, leaving him to complete the final 'up' solo.

Jo continues, "Jack's challenge has captivated people's imaginations. He is doing something beyond the obvious – something that he is fascinated by – and people want to support this."

Jack says, "My challenge has been really hard work but I know it's for a good cause and I'm really happy that I've raised so much money. Next I'm going to sell plants for Hospiscare. I'm hoping I can raise a million pounds for them eventually."

It's beginning to look a lot like Christmas

Christmas will be here before we know it! The festive season is a special time when we help our patients and families make life-long memories. Here are some ways you could support us over the festive period...



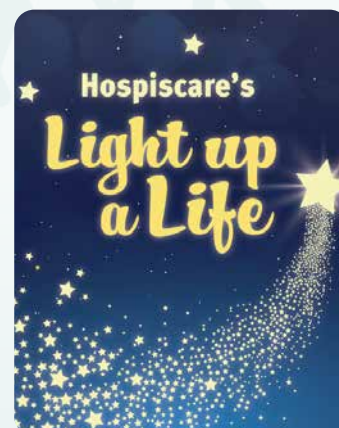
Festive Fundraising

With Festive Fundraising, anything goes! Participants choose the activity and we'll provide a fundraising pack and a dedicated fundraising team member for support. From Christmas jumper days to mince pie bake-offs, there are many ways to put the 'fun' into festive fundraising. However you choose to raise money, every pound will make a difference to our patients this Christmas. If you'd like to register, or know someone who would, simply email fundraising@hospiscare.co.uk or call 01392 688020.

Light up a Life

Light up a Life is about cherishing the memories of loved ones at Christmas and we are very much hoping that we can be together physically, as well as virtually, in 2021. We are planning to hold our annual service at Exeter Cathedral on Sunday 12 December and we will confirm local services and where the Book of Memories can be viewed nearer the time.

Once again, we'll hold a digital broadcast of our Light up a Life celebration so that we can come together to remember our loved ones wherever we are. This will be broadcast on our website and social media channels on Thursday 16 December. To find out more about Light up a Life 2021, please visit www.hospiscare.co.uk/light-up-a-life or call 01392 688020.



12 Days of Care

Last year, 12 Days of Care raised over £14,000 for our local charity and we are looking forward to its return in 2021. If you know a business that would consider sponsoring a 12 hour period of care at the hospice in the run up to Christmas, we would love to hear from you. Sponsorship of £500 will help us make Christmas special for our patients, as well as offer a host of benefits to the businesses involved.

Christmas Tree Recycling

When the tinsel comes down and the pine needles litter the carpet, we can help! For a donation to our local charity, we can collect and recycle your Christmas tree. It's a simple and eco-friendly way of disposing of your tree while supporting our patient care at the same time. To find out more details, visit www.hospiscare.co.uk/christmas-tree-recycling/



Dates for your diary

Visit hospiscare.co.uk for more!

The dates for your diary listed below are subject to government guidelines; up-to-date information can be found on the Hospiscare website.

All year round

Hospiscare will-writing service

September

1-30	Tour de Devon, your own location
3, 10, 17, 24	Woodside Open Garden, Bampton
4-5	White Cottage Open Garden, Crediton
5	Plymouth Half Marathon, Plymouth
11	Lorraine Addicott's Coffee Morning, Caddihoe
18	Skydive, Dunkeswell
18	Wing Walk, Dunkeswell
24	Mid Devon Show Quiz Night, Tiverton

October

1-31	Marathon in a Month, your own location
1-31	Mail Trail, Exmouth
3	London Marathon, London
13-24	Himalayan Trek, Nepal
16-17	Betty's Ground Open Garden, Shute
16-17	Breach Open Garden, Kilmington
27	Frog Racing, Kentisbeare

December

1-31	Festive Fundraising, your own location
12	Light up a Life Service, Exeter Cathedral
16	Light up a Life Broadcast, your own location

January

1	Launch of the 40 Club
7-8	Christmas Tree Recycling, Exeter



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Autumn
2021



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158/159 Cowick Street, Exeter

90-92 Fore Street, Exeter

84 South Street, Exeter

Unit 2 Trusham Road, Marsh Barton, Exeter

37 Exeter Road, Exmouth

49 The Parade, Exmouth

141 High Street, Honiton

Dowell Street, Honiton

5 The Arcade, Okehampton

12 Broad Street, Ottery St Mary

2 Marine Crescent, Seaton

27-29 Gold Street, Tiverton

9 Fore Street, Topsham

Summer Lane, Whipton

Thank you for your support!