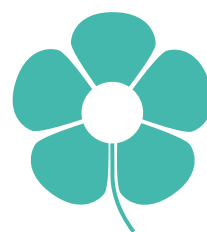


Your Hospice



Heart
of Kent
Hospice

October 2023

 **HOSPICE
Care Week**
9 – 15 October 2023

*Our colleagues share
their thoughts on why
hospice care is so vital.*



Buy a Hospice pin badge today and show your support for Heart of Kent Hospice.
Available to buy in all our charity shops and café.

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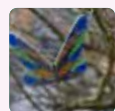
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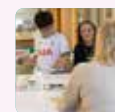
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Your Hospice

Share your story with us.

Now more than ever we'd like to hear about your experience of our Hospice and the many inspirational ways that you are supporting us. We want to feature your stories and feedback, so please email or call us.

Contact us

Enquiries: 01622 792200 | enquiries@hokh.co.uk

Fundraising: 01622 790195 | fundraising@hokh.co.uk

Heart of Kent Hospice, Preston Hall,
Aylesford, Kent ME20 7PU

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If you would like to change the way you hear from us or would like to unsubscribe, you can do this at any time by emailing preferences@hokh.co.uk or calling the Fundraising Team on: **01622 790195**. For a copy of our full privacy statement outlining how all the data collected by the Hospice is stored and used, please visit our website or contact: preferences@hokh.co.uk to request a printed copy.

Your donations are already making a difference.

Gift Aid can make them go even further!

giftaid it

Here's how to Gift Aid your donations:

- **tick the Gift Aid box** when you make an online donation via our website.
- **download our Gift Aid declaration form at:** hokh.info/resources return your completed form by emailing it to: fundraising@hokh.co.uk or return by post to: **Gift Aid Administration, Heart of Kent Hospice, Preston Hall, Aylesford, Kent, ME20 7PU**
- **call: 01622 790195** to make a declaration over the phone.

If you have donated previously, but didn't Gift Aid, don't worry, you still can. Simply complete our Gift Aid declaration form and send it back to us. This will allow us to claim Gift Aid on the past four years of your donations.

Once you've made your declaration, please remember to let us know of any changes to your tax status, including changes to your name or address.

Thank you for opening *Your Hospice* newsletter. And thank you for caring.

This autumn edition is arriving on your doorstep during Hospice Care Week, when Hospices across the country are calling attention to the work which provides compassionate care when people need it most.

Dr Georgina Parker is our Lead Consultant in Palliative Medicine. Her specialist knowledge is second-to-none, and she is highly respected in her field. On page six, Dr George (as she prefers to be known), shares her thoughts on the need to talk about death and dying, even though it can be hard to do. These subjects have become taboos in our society, and Dr George explains why it's so important that this changes.

You may be surprised to learn about the work of our Welfare Team on page four. When someone is diagnosed with a terminal illness, it often results in loss of income and unexpected extra costs. Patients and families tell us that their sleepless nights are often caused by money worries. But the Welfare Team can help them to access benefits they don't even realise they're eligible for.

You can imagine what a huge relief this is – and how it gives families the space to ensure the time they have left together is as good as it can possibly be. You are one in a special band of people who care deeply about those who face the challenges of terminal illness in this community. That's why you are one of the first people to hear some truly exciting news. On page seven you can read about early plans for a wonderful, new, modern Heart of Kent Hospice.

It will be quite a few years before we open those new doors and welcome our first visitors. There's a long way to go and a lot of work to do. But I feel sure you will be walking alongside us on that journey, and that is a good feeling.



Rachel visiting a patient on our Inpatient Unit.

Finally, as we get closer to the festive season I wanted to remind you of our annual Light up a Life service. It is one of the most meaningful events in our Hospice calendar. This poignant and beautiful service will once again be held at The Friars, Aylesford Priory on Sunday 10 December 2023. It is an opportunity for our Hospice community to remember the thousands of family members and friends the Hospice has cared for over many years. I do hope you'll join me in remembering your loved one this year.

Thank you as ever, for your kindness and support of our wonderful Heart of Kent Hospice. We really couldn't deliver the services we do without the ongoing dedication of our volunteers and supporters across our community.

Rachel Street
Chief Executive

How we helped in 2022-2023

270 referrals over 12 months



Extra income of c.£295,000



Helped with applying for grants



Guidance and support provided by the Welfare Team: welfare benefits, council tax discounts, care costs, power of attorney, Wills, tax, employment issues, probate, prescription costs, rents, insurance, pensions, funeral costs, utility bills, immigration and carers' rights.

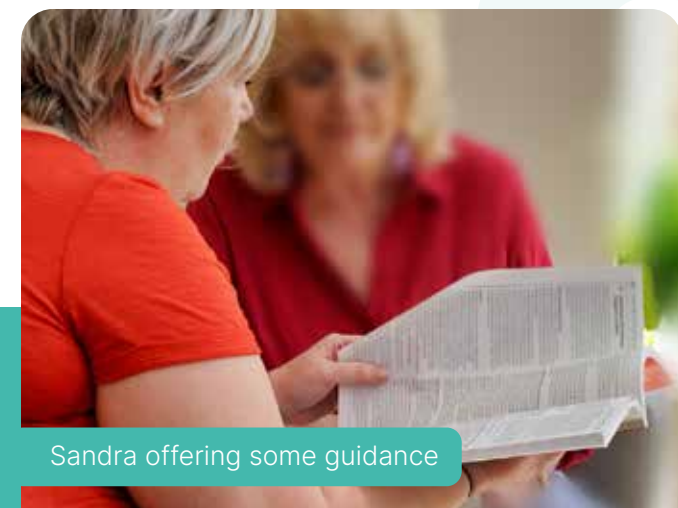
How terminal illness can affect your financial situation.

Throughout our lives, one of the greatest causes of stress is money. For Hospice patients, financial strain can cause extra worry at a difficult time. But help is on hand from our Welfare Team. This team offers a unique service, supporting patients, families and carers with guidance on financial, social, legal and welfare issues while patients are under the care of the Hospice, and beyond into bereavement. Sandra Cayzer, Welfare Adviser and Frank and John, Welfare Volunteers, discuss the different ways the team helps.

Patients' situations constantly change, and the team is always on hand to help work out the best solution for changing circumstances. Some face unemployment, some have extra care costs. All will have uncertainty and need to know where to find the correct information.

When living with a terminal illness, there is a common misconception about benefits and financial support; many people believe there's no financial help available or they won't be entitled to it. However, there are special rules related to terminally ill patients applying for benefits.

"If you qualify under the special rules, there are no long forms to fill in and no face-to-face assessments. Decisions on your claim are made in a matter of days rather than weeks and you automatically receive the highest rate, which means you may get extra money or payments quicker than usual," Sandra says.



Sandra offering some guidance

You can apply under the special rules if you have a disease that gets worse over time and your healthcare professional thinks you might have less than 12 months to live. For example, some patients with dementia, may not meet the criteria, but our team are here to help to explain what benefits could be accessible to them.

"Relying on hearsay or assuming you won't qualify may mean you lose out as a result. We have in-depth knowledge and understanding of this area. Don't be afraid to ask. If you just want to check, we have the expertise to tell you whether you are eligible or not," says Frank.

The team is the first port of call for all kinds of questions on financial issues - from benefits to funeral costs and council tax discounts to paying for care. If they don't know the answer, they can point you to someone who does. They ensure you're asking the right questions and accessing the best source of information.

"We're here to help relieve the stress from financial worries. Our door is always open. There's no stigma or judgement; every conversation you have with us is confidential and discrete," says Sandra.

Visit the team at The Hub, Mondays and Thursdays, or at the bereavement drop-in on Wednesdays. Call or email anytime for support: **01622 792200 ext 213** or fst@hokh.co.uk

Hospice services making a big impact.

The Hospice provides a wide range of services to support patients and their families. Den Casey benefited from the support of the Inpatient Unit, The Hub and the Hospice Community Team over the past four years.

"My first experience with the Hospice was a two and half week stay in the Inpatient Unit," recalls Den. "My legs were not in a good way. They were incredibly swollen and thickly bandaged; I could hardly walk and was feeling very sick."

The primary reason for Den being referred to the Hospice was for support with severe end-stage heart and renal failure.

While staying at the Hospice, the Medical Team used their expertise to drain off the fluid and adjust Den's medication to help improve his physical health.



Support and understanding is given where needed.

"The removal of the excess fluids meant I lost 15kgs in three weeks! It made such a difference to my mobility and my life."

After being discharged, Den returned to the Hospice to drop into The Hub, where he was able to meet and talk to other people in the same situation as him.

A timeline of Dens care.

August 2019 - To date: Our Hospice Community Team start visiting Den at home and continue to see him managing his symptoms from home.

June - July 2023: Hospice stay - where Den is helped with swollen legs, a symptom of his heart failure.

April 2022 - February 2023: The Hub, a social support to Den enabling him to visit the drop-in clinical support services.

"I found it a real comfort to see and hear how other people were dealing with their circumstances," says Den.

Unfortunately, in recent months Den's mobility and health has declined and he is unable to get to the Hospice. Now the Hospice Community Team has stepped into the picture and is supporting Den at home.

"Amanda, from the Hospice Community Team, calls me regularly, every two weeks and always asks how I am, ensuring I have the right support and care," says Den.

Den has been impressed by the different services the Hospice provides and how they care for patients' physical and mental wellbeing.

"Every contact I have had with the Hospice has been excellent. Everyone there does their utmost to understand you and to support and give you help where needed."

What is The Hub?

The Hub is a weekly programme, Monday - Friday, of care, education and support drop-in sessions. The Hub is delivered by a multi-disciplinary team, including palliative care and dementia nurses, counsellors, occupational therapists and physiotherapists, complementary therapists, welfare advisors, social workers and spiritual carers.

The Hub is there for anyone with a terminal illness - you do not need to be under our care.



Hospice Hub

At Heart of Kent Hospice, we put our patients at the heart of their care. If you would like to find out more about what services are available, you can call our Hospice Community Team on: **01622 792200 ext 204** for more advice and information.

Special focus: Why it's important to talk about death.

Dr George Parker is Lead Consultant at the Hospice. From her 20 years of experience, she has witnessed how being open about death helps and supports both patients and their families. Her areas of interests are communication skills, training and Advance Care Planning. She firmly believes that everyone should talk openly and honestly about death.

Why we need to discuss death

Death is a difficult subject for many people in the UK to discuss. It makes people uncomfortable. But the truth is that death is intrinsically linked to life; it is an inevitable fact that we will all die. In our modern society, we are not used to seeing or being around death. It happens away from our sight, in a hospital or medical facility.

The Hospice's philosophy

Wherever we touch lives, our focus is on openness and honesty. Yes, we talk in more detail about death and dying than other healthcare settings. But we talk about it in a way that the person is comfortable with. We are led by the person we are caring for, giving them the opportunity to ask questions and create the right environment for open discussions. We want people to ask about the things that are worrying them so that we can support them.

From my perspective, talking about death enables better preparation and helps those we care for to have the death they want to have. Most patients want a pain-free, comfortable death surrounded by the people they love. It is more difficult to achieve this if you never talk about death.

Dr George Parker

Death and the medical profession

Death is seen as a failure in the healthcare sector. All energy is focused on treating and curing and stopping people from dying. An important part of our work, providing palliative care and end-of-life care, is to discuss death with healthcare professionals and talk about areas like inappropriate treatments. Our aim is to educate GPs, hospital doctors, medical students and other healthcare professionals. We work hard to raise awareness of what we do and why our work is so important.

Essentially, we are here to listen and understand. We want patients to know they can talk openly about death and dying and ask any question, which we will try our very best to answer.

I can't stress enough the difference that communicating about death openly with your care team and your loved ones can make. My advice to everyone would be to talk more about death.

To find out more about the Family Support Group drop-in sessions, please contact our Family Support Team by calling: **01622 792200 ext 260** or emailing: fst@hokh.co.uk

If you are looking for support, please reach out to our Family Support Team by calling: **01622 792200 ext 260** or emailing: fst@hokh.co.uk

Future proofing your hospice care for years to come.

We are delighted to share that with the generous support of a local landowner we are now in the very early stages of the planning process to relocate Heart of Kent Hospice from our current Aylesford site to a purpose-built centre within our catchment area.

Heart of Kent Hospice was founded 32 years ago because the people of this community were resolute in their determination to make expert care available for terminally ill people.

Thanks to you and others like you, more than 60,000 people and their families have received the support they needed. And today, with your generosity and kindness we're still caring for over 900 patients, and those who are closest to them every day.



The image presents an idea of how the new hospice might look.

"You know how important it is that palliative and end-of-life care remains available to everyone who needs it. This is an opportunity to ensure we never compromise on the care for those who don't have much time left."

Rachel Street, Chief Executive, Heart of Kent Hospice

In a few years time there will be more older people living in this area. People are also living longer with terminal illnesses - and often with more than one diagnosis.

Your Hospice must be able to respond to the inevitable increase in demand for palliative and end-of-life care services and meet the requirements of people with increasingly complex needs.

A few years ago, the Hospice Trustees began making some big plans. They wanted to find a way to ensure the best possible care could continue to be available. It would be available for everyone who needed it, and for generations to come.

It isn't practical to upgrade the current site because it's hemmed in by other developments. So, we started looking for a place to build a beautiful, new, modern Hospice that would be fit for the future.

How one of our patient rooms might look.



A local landowner invited us to be part of a new development in Linton, near Coxheath. A new GP practice has already been built and the site is almost at the centre of our catchment area.

Our Chief Executive, Rachel Street shares: *"You, our supporters, hold a huge affection for this Hospice and show so much kindness for people who are facing terminal illness. It was essential that we find the perfect location and when we were offered this site, I knew it was right."*

What happens now?

We will soon submit an outline planning application and hope to get the outcome in the spring.

Rachel says: *"We are in the very early stages of planning for a new Hospice, and expect to remain at the current site for at least another five years. For now, my colleagues and I simply ask that you keep showing your compassion for those who are facing the challenges of terminal illness today. We look forward to sharing further news with you and a vision for a Hospice of the future."*

We would love to hear your thoughts.

Please get in touch

If you have any questions or thoughts about the plans for the new Hospice building, please contact us by emailing: futurehospice@hokh.co.uk

We have our artists!

Our planning for Shaun the Sheep in the Heart of Kent art trail, being brought to you in partnership with Wild in Art, Aardman and Presenting Partner Maidstone Borough Council, has reached an exciting milestone. We are thrilled to share that trail partners and sponsors have chosen their Shaun designs.



Following our call for artists at the start of the year, we received over 200 fantastic designs, which we shortlisted to 60. The final 50 designs, chosen by our partners and sponsors, are being kept under wraps for now, but you will see them on the trail from 29 June 2024 in Maidstone and surrounding areas.

The final list includes both national and local artists. Among the Shaun artists, we are delighted to confirm and welcome back to our artist studio, Ralph Steadman. Ralph, who lives near Maidstone, created his Elly-do, Elly-don't, Elly-dance! for our first art trail, Elmer's Big Heart of Kent Parade. The design was inspired by the infamous desert scene from the Hunter S Thompson novel, which sold at auction for a staggering **£15,500**.

Ralph says, "Elmer visited my studio, so I thought I should extend the invite to Shaun the Sheep. He provides a fun and interesting landscape and something very different. That's what inspired my design - I'll say no more as I don't want to give anything away."

Partners and sponsors attended the Design Selection Event at Maidstone Museum to choose which design they wanted to bring to life.

Rachel Street, Chief Executive of Heart of Kent Hospice said: "I would like to say a big thank you to everyone who submitted a design and congratulations to our final artists. I was overwhelmed with the quality and variety of the designs submitted. Our trail partners and sponsors were spoilt for choice, and I know they found it difficult to make that final decision."

"Now, the hard work begins for our artists as they get to work on their designs and we continue with the meticulous planning of the trail. I can't wait for the reaction when we release our flock of Shauns next summer when everyone will once again get to enjoy another fantastic art trail."

Cllr Claudine Russell, MBC Cabinet Member for Communities, Leisure and Arts said: "Maidstone Borough Council is delighted to be supporting Shaun the Sheep in the Heart of Kent. It is a fantastic project and we know there is already great excitement across the borough. We hope the trail will once again encourage people of all ages to explore Maidstone and surrounding areas, whilst raising money for Heart of Kent Hospice to help those that need their specialist care."

At the end of the nine-week trail, the sheep will be sold at auction raising money for your Heart of Kent Hospice. This follows the success of our Elmer's Big Heart of Kent Parade in 2021, which raised **£312,750**. All of the little Shauns will be returned to their forever homes, having been adopted by a school, community group or care home.

Want to get involved?

If your company would like to be involved in Shaun the Sheep in the Heart of Kent art trail, you haven't missed out just yet as there's still a handful of Shauns looking for sponsorship. Plus, there's still time for your school, community group or care home to join our Learning & Community Programme and adopt your own little Shaun.

Get in touch...

***Join the Flock!**

Please contact a member of our team to find out more about joining the flock:

✉ shaun@hokh.co.uk ☎ 07596 856667

LIGHT UP A LIFE

Remembering those who lit up our lives

The Friars, Aylesford Priory,
Sunday 10 December, 4:30pm



For many, Christmas is a time for celebration and joy. But it can be a painful time of year if you are grieving. When your heart is hurting, it's not easy to join in with all the fun and laughter.

Light up a Life is a beautiful, poignant occasion which we arrange for you – to bring you some strength and solace. At the service, you will be in the company of others who are remembering loved-ones too, and it can be comforting to know that you are not alone.

Please come with a friend or with your family – or come on your own with your private reflections and cherished memories. Everyone is welcome. The programme of uplifting music and words is sure to touch the hearts of everybody who attends.

If you are unable to attend the service, you can still make a dedication to those who lit up your life.

Every day, another person like you experiences the pain of grief. And your heart reaches out to them with compassion – because you've been there too. Will you give strength to the Hospice team as they comfort others in their grief this winter?



To reserve a place at the service, and/or to dedicate a donation in memory of someone, please contact Clare Bushell, In Memory & Regular Giving Manager:

☎ 01622 792200 ext 376

✉ clare.bushell@hokh.co.uk

Visit our online dedication page:
lual2023.light-up-a-life.org

"A single candle can illuminate an entire room, just like a cherished memory can light up your heart."

Join us at this year's Light up a Life, find out more at: hokh.info/lual2023



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www.shaunheartofkent.co.uk

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When a person doesn't have long to live, every moment is precious.

Please choose to make those moments count for a family this Christmas.

Please be the reason we can care. Help to sponsor a Heart of Kent Hospice nurse today.



Lara, Senior Registered Nurse

At first, nothing we did for David was right. He could be cantankerous and demanding. He would insist he was fine when we suggested pain-relief because he didn't want to 'give-in'.

But every day, my colleagues and I nursed David with compassion and good humour. If he felt low, we would play Bing Crosby songs. He was astonished that we allowed him the occasional glass of his favourite single malt.

David saw that we truly cared about him as a person. He also realised that we would do nothing without his consent, so he was still in control. He began to agree if we suggested something that might make him feel better.

David told me about his children and grandchildren, and how proud he was of them. He said I reminded him of his daughter when she was my age. A few days before he died, he squeezed my hand and told me I was a wonderful nurse and a credit to my profession. I'm sure you can imagine how good it was to hear him say that!

On behalf of my fellow Heart of Kent Hospice nurses, I want to thank you for being on our team.

I do hope you decide to Sponsor a Nurse, because you are always the reason we can care.

Hello - I'm Lara. I'm a Senior Registered Nurse and I work on the Hospice Inpatient Unit.

Are you one of those fortunate people to have had a job which you love? I know I'm one of those lucky people.

And it's all thanks to you! Because of your kindness, my colleagues and I can make things more bearable for people who are facing a terminal illness, and for those who love them. And that makes our job hugely rewarding.

When people are referred to the Hospice we ask a lot of questions. We ask things like: What music do you like and where are your favourite places? Who are the most important people in your life? What do you like or not like when you go to sleep?

You may wonder, as our patients often do, why we want to know those things. Very simply, it's because we want to care for them as a person.

One of the patients I remember with fondness is someone I'll call David. Perhaps you know someone a bit like him. He'd always been 'in charge'. But when he came to us, he no longer felt in control of anything.



Supporting a child when a loved one is dying.



Earlier this year, nine-year-old George lost his Mum, Tresia. His Aunt Sarah, who he now lives with, describes how the Family Support Group and Family Support Team helped George and his family through a very difficult time.

The Hospice Family Support Group runs drop-in sessions to help adults living with a terminal illness make the most of every moment together with their families. With a focus on fun activities for children and young people, the sessions offer advice and support and provide opportunities for peer support, for the whole family.

Sarah heard about the Family Support Group from George's mum, who was being supported by the Hospice Community Team at home.

"Tresia didn't feel well enough to go to the sessions, so I took George to the Hospice," explains Sarah. "At the sessions, we played games and had fun. There were opportunities to talk about his mum's illness, but George didn't want to speak about it. For George it was more about escaping; he played with the toys and ate lots of cake!"

Going into the Hospice helped George in a range of ways. By visiting the Hospice, he got used to the building, the people and the atmosphere. At one of the sessions, George had a 'tour' of the Hospice. He was shown one of the rooms and could ask questions.

Sarah thinks the sessions helped George have a positive association with the Hospice.

"It was great for George because he was getting used to the Hospice. We helped him understand his mum would be coming here when she was very ill and that she would have lovely people around her, looking after her. This gave him confidence, so when she was brought in to stay on the Inpatient Unit, it wasn't scary to come and visit her because this was a place he already knew."

For Sarah, the group gave her access to the expertise and knowledge of the Family Support Team. They helped her and Tresia understand the importance of telling George about his mum's terminal illness. Together, they made a plan to tell George and reassure him that he was going to be okay.

"The knowledge Vicky from the Family Support Team shared with us gave us the confidence to have this incredibly difficult conversation. Her understanding and insights were incredible. Almost everything that Vicky had told us he might say, he said. And we were prepared. George had the opportunity to tell us how he felt and have some control over the situation. For example, he told us he didn't want his mum to die at home."

Now, George is doing really well. There are good days and bad days, but he is very active and involved in sports and has come to his own peace with the situation. "The advice that Vicky gave us at the beginning has put us in a good place. We were honest and open with George about his mum's treatment, so he knows he can talk about anything, at any time."

The Family Support Group takes place once a month on a Saturday at Heart of Kent Hospice Preston Hall, Aylesford, Kent, ME20 7PU

10:00am – Midday

2023: 21 October, 18 November, 9 December

2024: 20 January, 24 February, 23 March, 20 April

To make a donation call our team on: 01622 792195

Donate online: hokh.info/donate

To find out more, contact our Family Support Team by calling: 01622 792200 ext 260 or emailing: fst@hokh.co.uk

Special focus: The whys and hows of an Advance Care Plan.

O-J (Oliver-Jon) Tidball, our Deputy Patient Services Director, explains why it's so important to communicate your wishes and create your own **Advance Care Plan (ACP)**. An **ACP** records the wishes and preferences of an individual about the type of care they want to receive and the way they wish to be treated as they approach the end of their life, and beyond after their death.

*"There's much more to an **ACP** than medical details. Obviously, it's very important to record preferences on medical questions around resuscitation and escalation of treatment. But the real value of this plan is about creating a holistic, person-centred approach and recording personal choices,"* says O-J.

The **ACP** can include any information you feel is important to you. This can range from your preferred place of death, what music you would like played and who you want to be around.

Many people feel discomfort and even embarrassment talking about death and dying. Hospice colleagues can help to facilitate this conversation and give patients the opportunity to talk about how they would like to approach their death. The most important part of this work is giving patients permission and space to talk about their wishes.

Having this conversation early can really help from a medical perspective, as it supports other healthcare professionals that might become involved with the patient, such as their GP, a nurse or a paramedic, to understand the patient's wishes.

O-J has experienced first-hand how creating an **ACP** can alleviate psychological suffering. *"Patients often feel lighter because they have shared their wishes through these conversations."*

Families are an incredibly important part of this picture too, O-J believes. Whether close or distant, families need to be aware of their relatives' wishes.

"Involving families in the planning process allows for open communication and ensures that family members can be enablers of the individual's requests. When the time comes, they can advocate for their loved one's preferences. Then going into bereavement, family members know they have helped their relative achieve their wishes," says O-J.

Every **ACP** is unique. It is a living document you can change and add to whenever you like. You can adjust your medical and personal preferences whenever your situation changes. Even though things may not always go to plan, we will follow it as much as possible.



O-J Tidball, Deputy Patient Services Director

Take on our Christmas Charity Shop Challenge!

We're calling on you to shop sustainably this Christmas to save money and raise much-needed funds.

We're asking you to shop differently this year by buying at least one preloved gift from one of our charity shops. We are challenging shoppers to find one-of-a-kind gifts in our shops this Christmas. By giving donated items a new lease of life, you will be helping terminally ill people in your community. All our shops are filled with festive and unique finds at affordable prices - from books, jewellery and accessories to designer clothes and homeware.

We hope you have fun searching for fabulous second hand gifts, inspiring you to give more thoughtfully this Christmas!

To get involved in our Christmas Charity Shop Challenge, head to your nearest Heart of Kent Hospice charity shop and get browsing for that special gift for your loved ones. Please share your finds on social media by tagging: **@heartofkenthospice**



GIFT DIFFERENTLY, GIVE A GIFT FROM THE HEART

You can treat a loved one with a 'Gift from the heart' card. Choose a card with the donation amount you want to give and add your own personal message inside, which you can then send.

The money raised from your gift card donation will go towards funding Heart of Kent Hospice nurses who provide specialist end-of-life care.



'Gift from the heart' cards can be bought from all our charity shops, the café and online: hokh.info/giftfromtheheart

2023 Heart of Kent Hospice Christmas cards now on sale



Purchase our new range of Christmas cards which offer 12 festive designs, from any of our shops and Hospice café.

All cards are supplied in packs of 10 with envelopes. Remember the last day for posting Christmas cards by Second Class post to UK addresses is Monday 18 December.

The perfect Secret Santa gift!

When it comes to buying a Secret Santa present, you might be searching for novelty gifts, but what about giving a Heart of Kent Hospice Christmas Superdraw ticket? The top prize is **£2,200!** Tickets cost just **£2** and can be bought in all our charity shops from **Monday 9 October**. The Superdraw closes on **Tuesday 12 December** with the draw taking place on **Tuesday 19 December**. Players must be aged 18+.



Festive dates for your diary.

Plan for Christmas 2023 and find out what festive events and activities we have taking place this winter. You're sure to feel the magic of Christmas.



WEST MALLING Christmas Festival

Sunday 3 December
West Malling High Street
Midday – 5pm
Free entry

To find out more visit: hokh.info/wmcf2023

Come to West Malling High Street, which will be completely wrapped in Christmas spirit. Enjoy local music, tasty treats and entertainment on the festive stage. Don't forget to check out the fairground rides, our Heart of Kent Hospice tombola, and pop in to visit Santa at his grotto. West Malling High Street will be temporarily closed from 10:00am to 7:00pm so revellers can fully enjoy all the festivities.



New for 2023

Saturday 16 December 2023
Village Hotel, Forstal Road, Maidstone ME14 3AQ
Morning party: 9:30am – 12:30pm
Afternoon party: 1:00pm – 4:00pm

We are excited to launch our first Merry Little Christmas Party with Santa and his elves. This VIP Christmas experience will create magical memories to treasure with your loved ones forever. We have a jam-packed programme of festive fun.

Adults will be welcomed with a mulled wine and a mince pie. Families will sit down for breakfast rolls or finger sandwiches and cupcakes, with a choice of drink options. Children and babies get to meet Santa and receive an early Christmas present. The fun does not stop there as Santa's elves will then perform their Christmas Magic Show. Finally, everyone is welcome to join in the various festive activities with Santa on the dance floor for the Christmas disco.

Tickets are now on sale!

Child: £20 | Adult: £15 | Family (2 Adults + 2 Children): £60

Tickets are only available to purchase online and not at the venue. We only have a set allocation of tickets for each session and once sold, no further slots will be available.

Book now at: hokh.info/merrylittlechristmasparty

*Photo gifts, face painting and a visit to the magical reindeer food workshop are optional extras and incur additional costs.



Merry Little Christmas Party programme:

- Disco with lights
- Lots of dancing
- Party games
- A magical elf show
- A visit from Santa
- One small gift per child
- Professional photography*
- Magical reindeer food workshop*
- Face painting*



Christmas Tree RECYCLING

Are you planning on getting a real Christmas tree this year? Sadly, once the New Year comes, you'll need to throw away your tree. The good news is that real trees can be recycled and shredded into chippings, or composted, and we can help you do just that!

Last Christmas we recycled more than **600** trees and raised over **£7,000** for the Hospice. This year our team of volunteers will collect your real spruce, fir or pine trees over three days on Friday 5, Saturday 6 and Sunday 7 January 2024, from your front gate or driveway, meaning you don't have to venture out in the cold! All we ask is for a suggested donation of £15 per tree, which will go towards offering vital support to people living with a terminal illness, or experiencing bereavement, near you.

Make your Christmas celebrations a little more environmentally friendly this year – and recycle your tree with Heart of Kent Hospice.



Find out more!

To find out if we are collecting in your postcode area and to register visit: hokh.info/treerecycling2024

Events coming up in 2024

MAIDSTONE ROAD RUN

Find out more at: hokh.info/mrr2024

Sunday 3 March 2024

BLUEBELL WALK

Find out more at: hokh.info/bluebellwalk2024

Sunday 5 May 2024

A BIG Heart of Kent Hospice thank you.



Thank you to everyone that has raised money for us so far this year. There are so many of you it's impossible to mention everyone – here are just a few.

Thank you to the Charitable Trusts and Foundations who support many areas of our work. Their funding helps to deliver and develop existing Hospice services and allows us to plan for the future. Thank you to the Trustees of The Lawson Trust, The Hollands-Warren Fund and Kent Community Foundation for your kindness, and to all the other Charitable Trusts, including the private family Trusts, who give so generously.



GIVE IT A GROW

Thank you to Alistair and Julie who opened their garden this summer to friends and family for a BBQ and raised a whopping **£1,973**.



A charity soaking!

A special mention to Paul Crisp, who arranged and agreed to a charity soaking this summer to raise funds for the Hospice after we cared for his father-in-law, Roy. Charging his colleagues £1, they could throw wet sponges at him and if they paid £10, a bucket of cold water. His soaking raised over **£1000!**



FRIENDS AT Heart of Kent Hospice



Make a difference with a regular gift to help terminally ill people in your community.

Can you help us today so we can care for someone tomorrow? Everything we do for our patients and their families is free - making a monthly donation will make a big difference.



Scan here to become a
FRIEND AT  today!



We'll keep delivering outstanding care and extending our support with the aim that end-of-life care is accessible to all, within every care setting.

hokh.info/friendsatheart

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