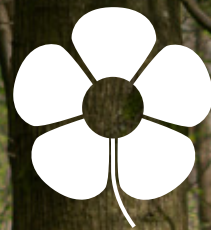


Your Hospice



Heart
of Kent
Hospice

April 2024



Walk for a loved one – your grandma,
grandad, mum, dad or friend.

BLUEBELL  WALK
Sunday 5 May 2024



In this edition



3 Welcome to your newsletter



We're supporting Dying Matters Awareness Week from 6-12 May 2024



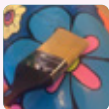
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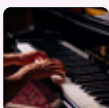
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Your Hospice



We would love to hear about your experience with our Hospice and the many ways in which you support us. Please contact us via email or phone to share your stories and feedback.

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

General Data Protection Regulation (GDPR)

At Heart of Kent Hospice, we take data privacy very seriously and are fully compliant with the General Data Protection Regulation (GDPR). We respect the personal information you share with us and are responsible in how we use it. If you wish to change your communication preferences or unsubscribe from our communications, you can do so at any time by emailing us at preferences@hokh.co.uk or by calling our Fundraising Team on 01622 790195. To learn more about how we collect, store and use your data, please visit our website or contact us at preferences@hokh.co.uk to request a printed copy of our full privacy statement.

Your donations are already making a difference.

Gift Aid can make them go even further!



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.org/giftaid** 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.

In this newsletter you'll see we are supporting Dying Matters Awareness Week which sees hospices and healthcare professionals around the UK encouraging people to start talking openly about death and dying which can sometimes be tricky issues to discuss.

At Heart of Kent Hospice, we always believe it's important to have early conversations about what will happen at the end of a person's life. When families can share concerns and people can feel reassured that their wishes will be honoured, then everyone can make the most of the time they have left together.

I know that Amelia and her family (see page 12) would agree with this whole-heartedly. Amelia was a friend of mine - another mum with children at the same school as my sons, so it was particularly upsetting when she became a patient at the Hospice.

Amelia was deeply grateful for the way my colleagues helped her prepare her children for her death and for life without her. Some of the important things they discussed were her funeral wishes and the special place where her ashes would be scattered.

Amelia's family continues to be supported by the Hospice Family Support Team. They are hurting a lot, but it's heartwarming to hear them talk about the wonderful person they have lost. As they share their memories of Amelia and laugh and cry together, they are an immense source of strength for each other.

I feel honoured to be joining Amelia's family, friends and other school mums on the Kent Ultra Challenge on 12 October. Together, we will be walking 50km over the Kent Downs to fundraise for the Hospice. If you would like to join us, you can find out more about the challenge on page 14.

There are lots of other ways you may like to support your local Hospice this summer: You can join the Bluebell Walk in May when the Kent countryside is especially glorious; be part of our Sunflower Appeal and remember someone special; or get caught up in all the joy and excitement of the Shaun the Sheep in the Heart of Kent Art Trail.

Whatever you decide, you remain at the heart of Heart of Kent Hospice. Thank you.



Rachel Street
Chief Executive





Supports

Dying Matters Awareness Week 6–12 May 2024

Oliver-Jon Tidball, the Deputy Director of Patient Services, supports Dying Matters Awareness Week, which aims to create a culture of openness about death and dying. O-J believes that by not discussing death and dying we're left with questions and uncertainty.



O-J

Q1. Why do some people find talking about death difficult?

In modern times, many people find it difficult to talk about death. This is in contrast to the Victorian era, where people were accustomed to death due to shorter lifespans and multiple generations living together. Additionally, with the advancement of modern medicine, more deaths occur in hospitals rather than at home. Consequently, we have fewer experiences with death, which can make us anxious and fearful about it. As a result, we tend to avoid discussing it, often thinking that it won't happen to us.

Q2. Why shouldn't we fear death?

Death is a natural part of life; at some point we will all have to face it. While death is often portrayed as a painful and unpleasant experience, the truth is that it's usually a peaceful and gradual process. However, many of us fear death because it's something we're not familiar with. If we've never experienced the death of a loved one, it's easy for our minds to generate fears of the unknown. In reality, many people find death to be a peaceful and comfortable experience that's similar to falling asleep. Those who have been with a loved one during their final moments often describe it as a peaceful, sleeping-like state where the person gradually stops breathing.

Q3. What makes a good death?

Firstly, I would say that a good death is different for each of us because we are all individuals. A good death is difficult to achieve if you don't share with others how you wish to experience death. What makes a good death is honesty and openness with our loved ones – so death is planned for, just as birth is. By talking to each other, everyone understands and knows what is to occur – so nothing is hidden or locked away.

Q4. Why is discussing death important?

Talk to your loved ones about end-of-life care early, especially if an illness is involved. Starting the conversation early will give everyone time to mentally prepare and ask questions. Knowing your loved one's wishes is important before they become too ill to communicate them. Avoiding the conversation doesn't mean that death won't come. Talking about it can ease fears and anxieties and help us value the time we have left. Remember, death can happen to any of us at any time.



Talking about death and dying can be difficult. We have resources to help you, your family, and friends start the conversation.

hokh.org/dyingmatters

Dementia Action Week 13–19 May 2024



The benefits of an early dementia diagnosis

Dementia is a health condition that many people fear. This fear often causes delays in seeking a diagnosis. Our Heart of Kent Hospice Dementia Team use the Dementia Action Week to promote the support they offer for both pre and post-dementia diagnosis. They also want to highlight the benefits of an early and accurate diagnosis of dementia. With appropriate treatment and support, many people can lead active and fulfilled lives.

Benefits of an early diagnosis include:

- An explanation for symptoms that may have been worrying you or your family.
- Access to treatments that can improve symptoms and slow down the progress of the disease.
- Access to advice and support.
- Time to prepare for the future and plan ahead.

Tracy Jackson, Head of the Hospice Dementia Team, emphasises that receiving a diagnosis of dementia does not mean that life stops. "There are many available sources of support, which can assist both the person with dementia and their loved ones. The Team can offer you and your family help and importantly connect you with others who are in similar circumstances. It's important to keep in mind that dementia affects everyone differently, and its progression varies from person to person."



Tracy and the Hospice Dementia Team

Tracy and her team are proud to announce the launch of their second Dementia Roadshow in support of Dementia Action Week. Following the success of last year's roadshow, the team has partnered with local businesses to showcase the help and support they can provide to those diagnosed with dementia. It's important for individuals with dementia to continue to enjoy their hobbies and have an active social life.

Roadshow programme



Dementia-Friendly Training
Monday 13 May | 10:00am – Midday
10 Fremlin Walk, next to Clintons

The Hospice's Dementia Team will provide free dementia-friendly training to local businesses, to create a community that is more understanding of dementia. Businesses can sign up by visiting hokh.org/dementiaroadshow24



Namaste Dementia Care Workshop
Wednesday 15 May | 10:30am – 12:30pm
Heart of Kent Hospice, ME20 7PU

The workshop is designed for individuals living with dementia and their caregivers. The word "Namaste" signifies acknowledging the spirit within a person. The workshop's focus is on person-centred care, sensory interventions (especially touch), and the environment. If you'd like to attend, you can sign up by visiting hokh.org/dementiaroadshow24



Dementia Café
Wednesday 15 May | 1:30pm – 4:30pm
Heart of Kent Hospice, Chapel, ME20 7PU

Come along, meet and chat with our Dementia Team. Over a cup of tea, you can ask questions, and discuss your dementia diagnosis or someone else's early signs of dementia. Our Team is there to help you find answers and guide you to other available support services. You don't need to book, just pop in and join the conversation.



Dementia Pop-up Café
Friday 17 May | 10:30am – 4:30pm
10 Fremlin Walk, next to Clintons

Thanks to the kindness of the team at Fremlin Walk and local businesses, we are bringing our Dementia Café to Maidstone for one day only. You are invited to come and meet our Dementia Team who will be there to welcome you. If you or a loved one are living with dementia, are a carer, or are simply worried about memory loss, please come along as there is help and support available. Nobody has to live or face dementia alone. There's no need to book, just pop in and join us.

fremlin walk

hokh.org/dementiaroadshow24



Innovating together, to deliver compassionate care for all

Our Hospice's strategy to 2027

We are delighted to announce the upcoming launch of our three-year strategy. Our strategy has been developed with the input of not only the Hospice's leadership team but also with all colleagues, volunteers and healthcare professionals.

"We recognise the growing demand and need for compassionate, palliative and end-of-life care in our community. Our strategy aims to extend our reach and ensure we are there for those who need us both now and for future generations."

Our charity relies on the kind donations of money, time and preloved items to our shops from our local community. Our need for funding is more crucial now than ever before for our future planning. As we develop the Hospice Strategy for 2024 and beyond, financial security and fundraising will be at the core of our focus.

We are committed to improving our services and making them accessible to as many people as possible. We understand that we need to continuously evolve and adapt to meet the needs of those who require our specialist care. Our primary objective is to ensure that we meet the care needs of our patients, their loved ones and the local community that we serve.

Our Hospice colleagues and volunteers have been integral to our success over the past 33 years. As we look towards the future, our strategy is to support and build on their accomplishments by creating a vibrant work environment where our colleagues and volunteers can thrive.

We need to enhance the Hospice's reputation to maximise impact through supporting education, good practice, investment, income generation, patient referrals and as a local employer.

Our new strategy will launch at the end of April. The strategy outlines powerful ambitions to drive the Hospice forward. Rachel Street, our Chief Executive, is proud to be leading this initiative. She stated,

Our 2024-2027 strategy will focus on four priority areas to be delivered throughout our community:

- 1  Securing income and future success
- 2  Extending the reach of our specialist palliative and end-of-life care
- 3  Supporting our colleagues and volunteers to achieve and thrive
- 4  Expanding our reputation and recognition as an outstanding organisation

The importance of a new location for Heart of Kent Hospice

In our previous newsletter, we announced that Heart of Kent Hospice is in the early stages of planning to relocate from our current Aylesford site to a new purpose-built Hospice in Greensand Place, Linton.

Rachel Street, the Hospice's Chief Executive, provides an update on the application: "We are expecting to hear any day about the outcome of the planning committee decision on our outline planning application for the proposed relocation of Heart of Kent Hospice. This is very exciting for us. The new Hospice will provide more space and bespoke facilities, allowing us to meet the future need of palliative and end-of-life care in our community."

Heart of Kent Hospice always looks for ways to improve. We need to remain responsive to the changing needs of the community that we serve, and we must ensure that our facilities match the changing needs and expectations of our patients.

- The number of elderly people in our community is increasing and it is projected that as early as 2025 there could be more deaths than births in the UK.
- By 2035, the number of people over 65 in West Kent is expected to increase by 50-60%, and those over 85 will almost double.
- After considering all viable options, relocating the Hospice was agreed as the most suitable solution to meet the future needs of our patients and our community.
- In 2023, our caseload of people with terminal illnesses receiving specialist palliative and end-of-life care reached over 1,000. This figure continues to increase.

What Greensand Place will provide



A new Hospice in Greensand Place will enable us to prepare for the **growing need for specialist palliative and end-of-life care** in our community.

 Current location: **Aylesford**  Future location: **Linton**



The location is more accessible for terminally ill people and their loved ones with better public transport infrastructure and improved parking facilities.

It will be a **hub for the community**, hosting events and activities which offer support, express gratitude and celebrate achievements.

Dedicated open glades, featuring dementia-friendly sensory gardens, will provide a **safe and tranquil environment** for people to enjoy while accessing specialist care or Hospice teams.

Improved working spaces will facilitate and support seamless collaboration among our teams and enable us to evolve and adapt.

By increasing the number of ensuite bedrooms from 10 to 12, we can accommodate more patients who require support for pain management or symptom control.

The full strategy will be available to view from Thursday 25 April.

hokh.org/strategy

Tell us what you think

If you have any questions or thoughts about the plans for the new Hospice building, please contact us.

futurehospice@hokh.co.uk



We go behind the scenes of Shaun the Sheep in the Heart of Kent Art Trail!

What's been happening?

Things have been very busy since we last shared an update about the preparations for **Shaun the Sheep in the Heart of Kent Art Trail**. And now, we are excited to inform you that **51** large and **54** small sculptures were secretly delivered to a warehouse. They weren't there for very long at all as our shepherds – the artists – quickly got to work, bringing each sheep to life with their creative designs, and we can't wait for you to see them!



Meet some of the Shaun artists

MrASingh

We hope you've had a chance to visit the Shaun Artist Space that opened in The Mall and sneak a peak at the artists in action. We are excited to welcome back one of our resident artists, MrASingh. A multi-award-winning artist from Birmingham, MrASingh is known for creating beautiful designs that captivate audiences with mesmerizing patterns and colours. You may have been lucky enough to have seen him in the Artist Space, busily painting one of his three sculptures.



Ness Brown

Another talented artist, Ness Brown, has been working on her design at home. Ness shares her experience: "I had previously painted an Elmer sculpture, so this time I knew what to expect. However, painting a massive blank sheep can still be challenging. Shaun's shape made him a tricky canvas to work with, but I started sketching the design out in pencil and after several hours and days, the flowers in my design have bloomed. I can't wait to walk the trail and see all the other designs."



What's happening when?

Get ready to be amazed! Our colourful collection of ewe-niquely designed Shaun the Sheep sculptures created by local and national artists will pop up overnight in Maidstone and be on display from **Saturday 29 June**. Our free art trail runs until **Friday 30 August**.

We are excited to launch the trail and share these fantastic art pieces with everyone. We know everyone, young and old, will enjoy the trail. We are grateful to all our partners and sponsors for making it possible; not only will the trail raise money for Heart of Kent Hospice, but it will also help raise awareness about how we are there for those who need our care, comfort and support.



KEY DATES

Here are some important dates to remember:

Saturday 29 June:
Trail goes live

Friday 30 August:
Last day of the trail

Friday 13 – Sunday 15 September:
Farewell Weekend

Thursday 26 September:
Shaun in the Heart of Kent Auction - bid and win your favourite Shaun the Sheep

Where are the Shauns?

The sculptures will be located in the parks, town centre and river walks in Maidstone and the surrounding areas. We've got you covered: When the trail goes live, you can get a free printed trail map from the Shaun headquarters in town, or you can download our Shaun the Sheep in the Heart of Kent app from the App Store or Google play for **FREE**.

Use the map to navigate around the County town of Maidstone. Each Shaun will display a unique app code. Once you tap the code into your mobile device, it will reveal exciting rewards.

Can ewe help us?

We're looking for volunteers to help us deliver this incredible, free public event. If you enjoy meeting and talking to new people and are looking for something fun to do this summer, this could be just the role for you!

To register your interest in being a Shaun Trailmaker, please email shaun@hokh.co.uk

See ewe soon!

We can't wait to see you on the trail! For more information about the trail or any of the events, please visit shaunheartofkent.co.uk or follow the flock [@shaunheartkent](https://twitter.com/shaunheartkent)



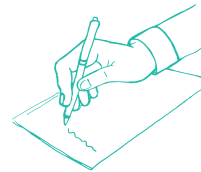
Everyone should have a Will

Many of us understand the significance of writing a Will. However, not everyone knows how simple it is to create a legacy that can benefit people in our community who are suffering from terminal illnesses. But there's a simple way to have a lasting impact. By leaving us a charitable donation in your Will you can help support the Hospice and the care, support and comfort we provide in the community into the future.

Your generosity can make a significant difference to many lives. Leaving a gift in your Will to the Hospice is an effective way to ensure your compassion for others - for your family and the people of your community - lives on in years to come.



Gifts in Wills



Types of gifts:

There are many ways people can leave a gift to us in their Wills, and we are grateful for any support we receive. It's always best to seek professional advice. A solicitor can ensure your Will is valid and that there are no ambiguities which may be distressing or costly for your loved ones to sort out when you've gone. Gifts in Wills are also known as legacies or bequests and there are three main types of gift for you to consider:

A residuary gift: This is a percentage of the value of what's left after you've listed any pecuniary and specific gifts. Many people decide to leave this type of gift to Heart of Kent Hospice once they've taken care of those who are important to them. Also, if you leave a residuary gift, you won't need to worry if your circumstances change.

A pecuniary gift: This is a fixed sum or 'cash' gift. It is worth bearing in mind that the effects of inflation mean that this type of gift is likely to lose value over time and may end up being less than you initially intended.

A specific gift: This is an item that you own such as a treasured possession, land, buildings or stocks and shares.

If you have or do decide to include a gift in your Will for the Hospice, you can change your mind anytime by updating your Will.



Becky

Becky Stephens, Supporter Care Executive, expresses her gratitude and thanks to all those who are considering pledging a gift in their Will to Heart of Kent Hospice. She says, "Anyone can make a pledge and I assure you it's a wonderful way to support the Hospice's work. Thank you from the bottom of my heart if you are now considering remembering Heart of Kent Hospice in your Will."

You can help a child like Sophie laugh again



Lyndsey

Hello - I'm Lyndsey and I'm Head of the Hospice's Family Support Team. Our Team support many families with young children. I'd like to share a story of a family we've helped. To protect the family's identity, I have changed the daughter's name, I'll call her Sophie.

When I first met Sophie last year, she was withdrawn and seemed preoccupied. She was getting into trouble at school which had never happened before.

The reason was obvious to all who knew and loved Sophie - as it would be to you too. Her mother was seriously ill, and Sophie was scared.

No one had told Sophie her mum was going to die, because who can find the words to say that to a child? Her head was full of unanswered questions and fears about the future.

Things were beginning to unravel, and Sophie's parents didn't know what to do. I helped them understand the importance of telling Sophie the truth and suggested how they might go about it.

You can just imagine the hugs and tears, but it was a relief for them all to have that conversation. Can you believe that Sophie had guessed her mum was dying but didn't think her dad knew? Sophie wanted to protect him from the truth because it would upset him!

On the day her mum died in the Hospice, Sophie was prepared. She kissed her mum for the last time and then decided to go to the park with her cousins. Her dad stayed by his wife's side.

"I feel really, really sad, but I know we'll be OK", Sophie said later. "Me and Dad will always be there for each other."

I do hope you will decide to take part in this year's Sunflower Appeal. A dedication and a gift in memory of someone special to you will put you next to me when I support another family like Sophie's.

Join us

You are invited to remember and celebrate the life of your loved one at an uplifting Sunflower Remembrance Service. If you choose to attend, you will receive the warmest welcome, and you'll be surrounded by people who understand.

If you wish, you can dedicate a little wooden sunflower and make a donation in the name of the person you are remembering. We will put your sunflower alongside the others in the Hospice garden for everyone to enjoy at the event.

The warmth of your kindness will be felt by others who are losing someone they love today.

Your Sunflower Remembrance Services are at the Hospice on:

Sunday 9 June | 11:30am – 1:30pm

Sunday 9 June | 2:30pm – 4:30pm

Wednesday 12 June | 1:30pm – 3:30pm



Amelia's story

Amelia was invited to share her experiences and insights about Heart of Kent Hospice



I was a police officer before I was diagnosed with cancer. My loving husband Alistair and our two children have supported me throughout this difficult time.

I didn't know much about Heart of Kent Hospice before I became ill, but I knew of it because there is a charity shop close to where I live. When I was referred to the Hospice, Alistair and I felt reassured after our first meeting with the Hospice Community Team. They explained everything to us calmly and kindly, and we understood what help and support was there and what would happen next. I decided then that when it came to my end-of-life care, I wanted to be in the Hospice.

Alistair expresses how amazing the team was: "What struck me is there's never a 'no', they did everything to support Amelia, it was about her wishes and what she wanted. But they were also there for me and the children. It's like having arms wrapped around you. There's always someone there to help you in person or at the end of the phone."

When I was up to it, Alistair and I would go to The Hub every Monday and Thursday. It was a way for me to get out of the house. I would often chat with others who were in the same boat as me. "It was knowing when we came to The Hub, we could speak to a doctor or nurse without having to go through hoops," Alistair explains.

Laura, a Clinical Nurse Specialist at The Hub was always so helpful, particularly when things started to go downhill – she would recognise the change and deal with it sensitively and kindly. She was always honest with us and explained things clearly. "She always knew when to give a hug and she did. We never felt alone," shares Alistair.

If you pop into The Hub or stay on the Inpatient Unit where I am, you are always met with a cheery smile. Everyone will say hello, and if they walk past my room, they will pop their head in. They are all friendly and warm, and people here always have time for you.

If you or a loved one are being offered help and support from the Hospice, I encourage you to take it. They can offer you so much, and everyone here is lovely and genuine in offering help and support. I wish we had found them sooner.

Since telling her story Amelia has died. Alistair shared their story so others can benefit earlier from the help, support and care Heart of Kent Hospice offers. "From our first contact with Heart of Kent Hospice, we always had someone we could turn to. They do what is needed for you. It's lots of the little amounts of help - that makes what they do a big help, for which I know Amelia and myself will always be grateful."



Amelia, Alistair and their children

hokh.org/caring-for-you

Having a clear out? Book your Free Furniture Collection with us!

How to book your Free Furniture Collection?

To arrange a collection, contact our Transport Team by calling **01622 791142** or email us with details and photos of your furniture at transport.logistics@hokh.co.uk

We will arrange a collection date between Monday and Friday and contact you to confirm. Please check items meet legal and health and safety standards. Our furniture team will not accept items that cannot be sold.

To find out more about our Free Furniture Collection Service and what items you can donate visit:

hokh.org/furniture



Have you had a chance to visit our new website hokh.org?

We're thrilled to announce that we have launched an improved version of our website that offers a better online experience for patients, families and supporters.

Our new website makes it easier and quicker for people to find the information and support they need while highlighting our patient-centred approach to providing palliative and end-of-life care.

"We've taken a significant step towards improving accessibility and helping those in our community learn about our valuable services," said Jess Roe, Digital Marketing Manager for Heart of Kent Hospice. "Our main aim was to create a website that is highly accessible to all users. To achieve this, we have incorporated a variety of text and visual formats in the site's design. With clear and straightforward site navigation, users can easily locate information in just a few clicks. In addition, the site offers features like magnification and a reading guide to help users focus on the text they are reading."



Please explore our new website and share your feedback with us.
✉ enquiries@hokh.co.uk

What's on this spring

We have some fantastic activities happening over the next few months.
Take part and support your Hospice, whilst doing something fun.

CONCERT OF FAVOURITE MUSIC

Saturday 27 April | 6:00pm - 8:00pm
Invicta Grammar School, Maidstone

We are excited to announce that Simon Proctor and the Heart of Kent Orchestra will be performing a selection of beloved classical pieces to benefit the Hospice. They will be joined by guest pianist Oliver Poole.

BLUEBELL WALK

Sunday 5 May: Harrietsham Village Hall

Sponsored by



We have some fantastic news to share! We are delighted to welcome Bedfont and NewMed as our event sponsors for Bluebell Walk. Jason Smith, the Managing Director at Bedfont, is over the moon to be teaming up with Heart of Kent Hospice. He shared his excitement by saying, "We are thrilled to support our local Hospice. We know how much of a difference they make to so many people in our community, and we hope our contribution will make it even greater."

Enjoy a leisurely six-mile ramble through the enchanting woodland and beautiful bluebells to show your support for those in need of our care.

Take on a challenge

Embark on a once-in-a-lifetime challenge and support your local Hospice by participating in one of our charity challenge events. We offer challenges suitable for all ages and athletic abilities.

Wing walk | Skydive | TCS London Marathon
Three Peaks Challenge | Ben Nevis Guided Ascent

SUNFLOWER APPEAL

Sunday 9 June
and
Wednesday 12 June

We are pleased to invite you to our Hospice garden this year, where we can share memories and enjoy a moment of quiet reflection.

If you're an avid gardener, why not consider organising a plant sale to help raise funds for our Hospice? When you're planning your garden for the summer, consider sowing some extra seeds and taking a few more cuttings to stock your plant sale. You can hold the sale in a hall, at a car boot sale, at a village fête, or even in your garden. To increase the amount you raise, you could offer tea and homemade cake to your guests.



Have you been searching for an exciting and fulfilling challenge? Look no further than the Kent Downs 50 Ultra Challenge! There are many challenges throughout the year suitable for all ages

and fitness levels, and you get to choose your challenge and complete it at your own pace. Plus, you'll have the opportunity to support Heart of Hospice when you sign up.

ultrachallenge.com/kent-downs-50-challenge

MOONLIT MEMORIES WALK

Save the date!

Our Moonlit Memories Walk will take place on **Saturday 5 October**. This year, we have made some changes and moved the location to Cobtree Manor Park.

You can enjoy a lovely walk around the park as darkness falls and the moon rises. Whether you prefer an energetic walk or a leisurely stroll, it's an event you won't want to miss!

A BIG Heart of Kent Hospice thank you

Thank you to all those who have fundraised for us this year. While there are too many to name, we appreciate every single one of you.



Our Christmas tree recycling was a tree-mendous success



This was our fourth year of running our environmentally-friendly fundraising Christmas Tree Recycling initiative, which was a huge success and helped raise thousands for the Hospice.

We collected and recycled 686 trees; the total raised from Maidstone and surrounding areas was over £13,500.

Thank you to all of our Christmas tree recycling sponsors, partners and volunteers.

A big thank you goes out to **Gallagher Group, National Trust, Compare & Recycle, Parkfoot Garage & Convenience Store, Maidstone Borough Council, Tonbridge & Malling Borough Council** and a wonderful team of over **40 local volunteers** with vans who all came together to support this initiative. Your support means the world to us!



Compassionate Neighbours
across Maidstone, Tonbridge & Malling

Hello and welcome to our amazing new **Compassionate Neighbour Volunteers!**

We are incredibly grateful for your help in our mission to combat loneliness and isolation in our community. If you're interested in learning more about becoming a Compassionate Neighbour, please don't hesitate to get in touch with our wonderful Compassionate Neighbours Team.

01622 792200 CN@hokh.co.uk

We are grateful for the unwavering support we receive from our friends and colleagues in charitable trusts and foundations.

These trusts and foundations provide crucial support for many areas of our work. Their funding is essential to plan new projects and sustain the delivery of our exceptional services.

The Hospital Saturday Fund, The Screwfix Foundation, and the National Lottery are just a few of the many wonderful supporters we have. Their generosity enables us to offer our Hub drop-in services, Family Support Group Saturday sessions, and dementia services, as well as finance much-needed capital projects and improvements to our Hospice environment.

A special thank you!



We would like to extend a special thank you to Brian and Alaine Summers for their unwavering support over the years. They have generously hosted lunches, organised a carol concert and opened their garden to friends and family for a BBQ, all to raise funds for Heart of Kent Hospice. Their kindness and generosity have resulted in an incredible **£6,750** raised for the Hospice. We are immensely grateful for their loyalty and support. On behalf of everyone at the Hospice, thank you so much.



WOW!
you raised
£22,500

Wow! We are overjoyed by your amazing response to our campaign "**Sponsor your Heart of Kent Hospice Nurse!**" Together, your contributions have reached an incredible **£22,500**. We cannot express enough how much your kindness means to us. Please know that we are truly grateful for your generosity. **Thank you from the bottom of our hearts for supporting us here at the Hospice.**



HEART OF KENT
LOTTERY

Weekly prizes
drawn every
Friday!

★ Just £1
to play
and help! ★



Play and support us: hokh.org/lottery

- ★ £1,000 guaranteed winner
- ★ £50 guaranteed winner
- ★ Rollover prize of up to £10,000*
- ★ Plus, 20 guaranteed prizes of £10!

*How the rollover works: unsold numbers are added to the draw for the rollover prize each week. This prize is won if a sold number is picked or rolled over if an unsold number is drawn. If unsold numbers are continuously picked, the rollover could build up to an incredible £10,000!

Thank you for being the reason we can care.

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