

# Your Hospice



Heart  
of Kent  
Hospice  
April 2025

Step into spring and walk  
with or for your loved ones

BLUEBELL  WALK  
Sunday 4 May



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# Get in touch and share your story

We would love to hear about your experience with our hospice and the many ways in which you support us. You can get in touch to leave your feedback and share your stories using the details below.

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  
hokh.org/feedback

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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 reading **Your Hospice** newsletter and a very warm welcome to you

In this issue you will see that we are supporting Hospice UK’s Dying Matters Awareness Week. Hospices and communities across the country work together to break down the taboo by creating conversations about death, dying and grief.

On page four our Spiritual Lead, Sylvia Rothschild, gives a fascinating insight into how human beings share universal emotions when we lose someone we love - but how cultures, faiths and individuals express those emotions in different ways.

Hospices have been in the news a lot recently, with the debate to legalise assisted dying highlighting the precarious financial situation of hospices across the UK. I hope it has also encouraged a better understanding of the work hospices do to support terminally ill people to embrace the life they have left.

You may also have seen a national advertising campaign about hospice care and how a gift in a Will can help to ensure your hospice continues to provide care for everyone for generations to come. Heart of Kent Hospice joined with 142 other hospices to participate in this campaign, because every year more people need our care, and every year the cost of providing that care increases.

We’re finalising the plans for the new hospice site, Greensand Place in Linton, and hope to submit our full planning application soon. Our ambition is for a welcoming and bright new home which will enable us to support even more local people. When we have more information, we’ll be publishing it on our website so please do look out for that.

In recent months I was sad to hear of the deaths of some of this hospice’s founding members. Their selfless work gave us the hospice we all love today. They continue to inspire us all with the drive to safeguard their legacy for the people of this community. I feel sure that you will join me in sending heartfelt thoughts of sympathy to their family, friends and loved ones.

Thank you, as ever, for your kindness. Thank you for caring about Heart of Kent Hospice and the future of our compassionate and specialist care.

Rachel Street, Chief Executive

P.S. Please nominate Heart of Kent Hospice in the Benefact Group’s Health and Wellbeing Draw, between 28 April and 4 May, to help us win £5,000! Find out more and nominate us at [movementforgood.com](https://movementforgood.com)

# Dying Matters Awareness Week 5–11 May

## Creating a culture of openness about death and dying

**Sylvia Rothschild, Spiritual Care Lead, discusses how different cultures deal with the universal experience of grief and loss.**



So we feel our way, walking alongside every person and loved one in our care. We have artefacts ranging from prayer mats and a Quran cube, books of scriptures and poetry, to crocheted crosses and hearts to share. We try to provide what each person needs for their spiritual sustenance. A powerful example of this was working with a Hindu temple who provided an audio file for a patient to hear while dying; encouraging their soul to ascend.



Wherever we look, we find wisdom in the variety of cultural and religious approaches to death and bereavement. It enables us to help people find the right way for them, rather than them berating themselves for not approaching death or grief in some imaginary “right way”.

Whether it is rituals to do before life ends, or expectations of how grief should be, there is a library of helpful and human ways to act that we can call upon in order to make these inescapable experiences ones that don't leave us struggling and worn down, but instead lifted up and able to find meaning in whatever life throws at us.

**Talking about death and dying can be difficult. We have resources available online to help you, and your loved ones start the conversation.**

All cultures and religions have clear teachings about caring for the dying person, as well as how to help the people who love and grieve for them. Caring for the dying and the bereaved is a profoundly human instinct, and while different cultures and religions have different ways of expressing it, spiritual and practical care for those dying and bereaved is fundamental to them all.

At the hospice we focus on individuals, but it helps to know something of the different influences that shape them. We maintain links with many religious groups, gaining knowledge of different traditions, and the ability to link people back to the comfort of their roots if they wish.

Our Spiritual Care Team consists of people from many faiths and none, because we want to be able to have meaningful conversations with everyone. In those conversations we've learned a lot about different approaches to death, dying and bereavement – and also about the universality of the experience of grief.

Studies of grieving brains show no differences in relation to race, age or religion. Everyone feels loss, sadness, despair. How we show it may vary. For some cultures there's an expectation of a stiff upper lip, for others the public expression of pain. Some see dying and bereavement as a community experience, others have a more private or individual path. And we know too that regardless of belonging to a particular cultural or faith group, some individuals will want to do it their way.



## Rob McCann shares his experience of writing his Advance Care Plan

**“The day I discovered I had pancreatic cancer was the day I was told I had between three weeks and three months left to live. Eighteen months later and I'm still going strong! I consider myself to be a very lucky person.**

“I go to the Hospice Hub drop-in every week where Laura, one of the Hospice Community Nurses, makes things happen. Laura has put me on slow-release pain-relief so I have no pain whatsoever, and she keeps my oncologist and my GP informed so that everything is joined up.

“Laura suggested I think about my Advance Care Plan (ACP). She said it would help me formulate what I would want to happen if I had a heart attack for example, or broke a leg. This made sense because I recently spent seven hours in A&E waiting to be seen. I would think twice about going through that again! So my partner Sue and I filled in the form together.

“One of the questions was, “Where do you want to die?” That was easy to answer, because I know I want to end my days in the hospice.

“I have a little labradoodle called Freddy and we go everywhere together. I couldn't bear the thought of being parted from Freddy towards the end. When I asked Laura what the score was with dogs at the hospice, she said without hesitation that they were welcome. That's what swung it for me!

“When I was a kiddie, nobody talked about death. My sister and I were living with my grandparents when my grandfather died. All the blinds were shut, and we were sent to a back room when the hearse arrived. We weren't allowed to know anything about it.

“Cancer used to be referred to as ‘The Big C’ and the subject was avoided. Now there is much more awareness and discussion about it and that's a good thing.”

## Oliver-Jon Tidball, Deputy Director of Patient Services, explains what Advance Care Planning is and why it's important

“Many people try to avoid thinking about death and dying, and I get that. But it's worth taking time to consider what your wishes are in case you become too unwell to communicate them in future. For example, you can make decisions about future medical care, or where you would like to be looked after if you can no longer look after yourself.

“At the hospice, we encourage patients to record this information in an Advance Care Plan document. This means that no one has the anxiety of trying to guess their wishes when it's too late to ask. It's a bit like writing a Will, but it's for your health instead of your wealth.

“We always recommend talking to your loved ones when you make these decisions. Shared, meaningful conversations are an important part of the process, because they help everyone to understand and to respect your choices.

“You can always go back to it if you change your mind, but once it's done you can put it to one side for when it's needed.”



[hokh.org/dyingmatters](https://hokh.org/dyingmatters)



# Time for family

Hannah Wells lost her mum Shirley six months ago. Shirley was under the care of the hospice and attended the monthly family support sessions with her husband, son, daughter and grandchildren. Hannah, Shirley's daughter, shares how the hospice has brought solace to her family.

"We first learned about the family sessions through the Monday Hub drop-in service, which I attended with my mum and stepfather. Our first session was in September 2024, by which time Mum's prognosis was clear. She had always been open about her end-of-life wishes, and we knew the hospice would play a significant role in our journey. As a family, we chose to be honest with the children about what was happening.

"We rode our bikes to the family session, and attended together with my mum and stepdad, and my brother and his daughter. The kids enjoyed it: Hattie made earrings, Elliot decorated cakes, and they played games. The hospice team were warm and welcoming, making the hospice feel like a familiar, safe place.

"The family sessions were fun and I enjoyed them. The team were very kind and helped a lot." – Elliot

"Just three days later, Mum was admitted to the Inpatient Unit for symptom management. The children were very

keen to visit their nan. Thanks to the family session, they felt at ease. We spent time together in the family room, playing games and sharing stories.

"A few weeks later, we attended another session. By then, Mum was home but too unwell to join us. The children were excited to return, engaging in arts and crafts and delighted that the family support team remembered their names. Afterwards, they had lunch with other children from the session and proudly showed Nan their artwork."

"The family sessions helped me to feel distracted from what was going on with Nan. They helped me to carve pumpkins and find stuff if I didn't know where it was. We know the hospice a lot and don't feel scared or worried about going there." – Hattie

"Through the hospice's Social Worker, Victoria, we were referred to an organisation that provided four therapeutic school sessions for the children - two pre- and two post-bereavement. They created memory boxes and fingerprint family trees, which Nan added her print to before she passed. The final session, held the day before her funeral, prepared them for what to expect.

"About three months after mum had died, we visited the hospice to hang a memorial leaf in the garden, choosing a sunny spot where it could glimmer. The hospice remains a place of comfort for us. We still visit on bike rides, and Dave (Shirley's husband) and I sometimes stop in for lunch. Knowing that support is available for the next two years, including for the children, is reassuring. The hospice continues to be a source of strength for our family."

# Living Memories, a new Hub session launching 22 April

When thinking about the end of our lives, having support, information and a chance to address the practical and emotional aspects of this life stage can be important. Our new Living Memories sessions will provide people living with a terminal illness, their carers and loved ones the opportunity to reflect, process and enjoy present moments together.

This warm and welcoming group will help attendees identify and express their experiences, life journey and memories for their loved ones through an array of creative activities.



We hope to support those under the hospice's care and their loved ones. This group is open to anyone with a terminal illness, including those with neurological conditions such as dementia, motor neurone disease and Parkinson's.

Anyone under our care is invited to attend with or without their loved one or carer, some may find doing this together is helpful, others may prefer to attend on their own or separately. We do require those who are not self-caring to be accompanied, to ensure the comfort and safety of the individual.

Please discuss with the team and we will help answer any questions so you can decide what is best for you. Contact the Family Support Team for any further questions on 01622 792 222 ext 260 or email [fst@hokh.co.uk](mailto:fst@hokh.co.uk)

We encourage you to pop along to any session to find out more, no need to book just drop-in and join in.

Ideas for creative projects you may wish to explore throughout the programme are memory boxes, recipe books, life journaling, story telling or milestone cards.

You will be with others also thinking about their life journey, finding support and meaning in this project work together.



Alongside your creative project, each week there will be optional supportive and educative workshops, run on a rolling basis.

## Themes include:

- Mindfulness and relaxation
- Letters to loved ones
- Money matters
- Advance care planning
- Anticipatory grief



## Family support drop-in sessions

Our free monthly support session is for all families under our care and those living with a life-limiting illness. It provides a relaxed environment, focussing on fun activities for young people. There is no need to book, but if you have any questions please contact our Family Support Team by calling 01622 792200 or emailing [fst@hokh.co.uk](mailto:fst@hokh.co.uk)

Please check [hokh.org/events](https://hokh.org/events) for dates and times.



## Living Memories sessions

Sessions begin from Tuesday 22 April and run every Tuesday 10:00am-12:00pm in Magnolia Place at the hospice. We hope these sessions will provide comfort, support and precious moments for all under our care.

Please check [hokh.org/hospice-hub](https://hokh.org/hospice-hub) for dates and times.



# Initiatives driving compassion in our community

At the hospice we firmly believe that every person deserves compassionate and specialist palliative and end-of-life care when there is no cure for their illness.

We treat everyone as the unique and special person they are. All our services are tailored to help people live as fully and as well as possible. Our local community's compassion, kindness and generosity power our services and ensure we can help, support and comfort those in need.

We do this in multiple ways, always focussed on spreading our compassionate community ethos and running initiatives in our community to support people who are lonely, isolated or grieving. The science demonstrates that people who are part of a compassionate society are healthier and happier than those who aren't.

## Compassionate Workplaces

Compassionate Workplaces ensure that people who are working whilst living with a serious illness or who are grieving are listened to and supported. It also ensures that team leaders and line managers are equipped with the skills to do so. In January we held our first Employer Compassionate Workplace round table discussion.

- The aim was to:
- get employers talking about their experience of supporting colleagues either living with a terminal illness, caring for someone else with a terminal illness and those who have experienced a bereavement or loss.
  - generate ideas as to how best to support their colleagues and the retention benefits of doing so.
  - explore how the hospice can develop a suite of training or support and resources to help our local businesses.
  - explore the appetite for Compassionate Workplace accreditation (a formal achievement of an employer demonstrating their commitment to supporting employees living with a serious illness or who are grieving, so that they are listened to and supported.)

We had 12 local employers from our corporate community involved as we looked at providing the tools and training, resources and education to their workforces. Attendees shared experiences of supporting colleagues in the workplace with grief and bereavement and how that had led to long-term workforce productivity, morale and retention.

To find out more and get involved in future sessions please email [CN@hokh.co.uk](mailto:CN@hokh.co.uk)

## Compassionate Neighbours

across Maidstone, Tonbridge & Malling



We've reached a new milestone of **81** Compassionate Neighbour volunteers supporting people in our community. Sadly, we have even more people that are lonely and isolated. Could you give just 1-2 hours a week to offer friendship and support to a person in your local community affected by terminal illness or frailty and experiencing loneliness or social isolation?

The Compassionate Neighbours programme works by matching local people based on shared likes, experiences and interests. Volunteering as a Compassionate Neighbour is a rewarding role in which you build genuine friendships with local people who are socially isolated. We encourage you both to catch-up together, either on the phone or in person, at least once a week.

You will be provided with a full training programme. The training courses are informal, interactive and give you the opportunity to explore how to use your compassion and time to help others.

If you are interested in being involved, please contact the hospice Compassionate Neighbours Team by calling **01622 792200** or emailing [CN@hokh.co.uk](mailto:CN@hokh.co.uk)



Our hospice team have been hosting a new Compassionate Café at MateStone Coffee and Tea House, located in Maidstone town centre. We've held three sessions since January and can see the benefits and impact this opportunity is bringing to people in our community coping with grief and social isolation.

An example of the people we're supporting in our community was a gentleman that attended in January. He had only been bereaved the week before after caring for his wife for over 20 years. He talked about how having this caring responsibility and his wife's illness had made life very isolating for him and this was his first venture to get back into the local community and build his support network.

One lady had lost her husband recently but had had a difficult time with her stepchildren and was struggling. Another lady had lost her partner and her daughter within a few months of each other and was looking for support and friendship.

The groups talk easily, they laugh and connect. We've seen telephone numbers exchanged, and they have fed back that they would like the Compassionate Café to run regularly. They also shared what they knew about other groups and networks in the area. For a few hours each month, we're giving people the opportunity to connect, make friendships, share and feel part of something, which for many of them wouldn't be a daily occurrence. We know what a big impact this can have on someone's health and wellbeing and therefore the hospice will be running a Compassionate Café every month to support our local community and is open to anyone feeling isolated, lonely or dealing with grief.

Hear what to expect from our attendees

"It gets me out of the house. If I don't leave the house, I don't see anybody as my house is set away from the road so nobody walks past. I didn't see anyone at all on Saturday and Sunday. It was nice to have a chat to people."



"I found it really helpful. Such lovely people. There was a lot of warmth and compassion. It helped me get through my dark days. I lost my daughter, and my partner just a year ago and I get so lonely."



3rd Thursday of the month

"It was lovely to meet new people at the Compassionate Café. I live on my own, and can go a week without speaking to another person! Increasing mobility problems mean I can't get out as often as I would like, so it was a treat for me to see another human!"



Upcoming Compassionate Cafés - 17 April and 15 May - 10:30am – 12:00pm

Check our website for updates [hokh.org/events](http://hokh.org/events)

# Celebrating our hospice volunteers – and inviting you to join the team

“When you watch the news on TV you can get the impression that the world is full of negativity and bad people. But through my work as a hospice volunteer, I’ve met the good side of society: people with compassion, people with sincerity, people who care about others. And it’s a joy.”  
Bill Seymour



Every year during Volunteers’ Week in June, we celebrate and thank the people who give their time to the hospice. Over 500 volunteers can be found wherever work needs to be done. Their contribution is worth over £1m every year and it would be impossible for the hospice to do what it does without their passion and commitment.

Bill has brought his warmth and charm to many roles in the past six years. He says:

“The hospice is like a second home for me now. I’ve met people from all walks of life who I would never have met before I became a volunteer, and I’ve made some great friends. I am in awe of everyone at the hospice and the work that they do. It’s what spurs me on.”

Karen, Head of People Services, acknowledges the work of volunteers in her team:

“My team’s priority is to ensure that our hospice colleagues thrive in their work. Volunteers are integral members of the team, bringing a wealth of experience including HR, office management, public sector and procurement expertise. We are hugely grateful to them, and we also appreciate their humour and baking skills!”

Lex is a young volunteer in one of our charity shops:

“Volunteering in a charity shop gives you real retail experience and a chance to meet new people and develop skills. The best part is spending time meeting new people every Saturday and it’s great to support your local community.”

Join the team and help your hospice support those who need compassionate care now

Do you want to learn new skills, gain experience for your CV, stay active and engaged in retirement or connect with others? Volunteering at the hospice can help you do all those things and improve your sense of well-being, too.

## Celebrate Volunteers’ Week – Join our team!

Volunteers’ Week is a time to celebrate the incredible contributions of those who generously give their time. At our hospice, over 500 volunteers support our work in retail shops, at the hospice, and in the community - helping us provide specialist care, we couldn’t do it without them.

Volunteering offers so much more than giving back. It’s a chance to gain new skills, build confidence, and connect with others. Many volunteers find it improves their well-being, reduces stress, and brings a strong sense of purpose. Whether in patient support, administration, or events, there are plenty of ways to get involved.

Our retail volunteers play a crucial role in raising essential funds. Volunteering in our shops is a great way to stay active, meet people, and develop customer service skills.

Whether you’re gaining experience for your CV, staying engaged in retirement, or looking to give back, it’s a rewarding and social environment. We also welcome students, like 14-year-old Lex, who volunteers as part of the Duke of Edinburgh Award. He’s learning new skills, gaining experience, and meeting new people.

## How did you hear about the Heart of Kent Hospice Borough Green shop?

“I live locally to the village, and I was walking past and my Dad suggested that I come in and ask to volunteer here so I said why not, and I got it.”



## How have you been finding volunteering here?

“It’s been good. I’m enjoying coming here and being a part of it all. I’m learning a lot of new skills. I get involved in sorting out donations, stocking shelves, putting labels on items and stuff. It gets busy, lots of people come in regularly to buy and to donate.”

## What would you say to anyone else who was thinking of volunteering?

“I’d say definitely come and volunteer in a charity shop because you get the whole experience, you get to have some practice working in retail and it’s a good opportunity to meet people and develop new skills.”

Thank you to Lex and all of our volunteers in retail for giving their time so generously to support our work.

Whether you have a few hours to spare or are looking for a regular commitment, we’d love to welcome you to our team and support the work of our hospice together!

Pop into your local shop for more information or contact our People Services Team on **01622 792200**, or email [volunteering@hokh.co.uk](mailto:volunteering@hokh.co.uk) or visit [hokh.org/volunteering](http://hokh.org/volunteering)



Volunteers are central to every one of our services, helping to support people in our community and their loved ones. They are the mainstay of our charity shops, helping to raise the money which keeps the hospice running. Volunteers also carry out essential admin to keep everything running smoothly.

## E-commerce volunteers urgently needed

If you enjoy buying and selling on online platforms such as eBay, we have the perfect volunteer opportunity for you. Our retail team is looking for volunteers with great ideas to create inspiring e-commerce listings to showcase our pre-loved clothing, shoes, accessories and homeware items. If you are interested in joining our fun and supportive retail team contact us at: [volunteers@hokh.co.uk](mailto:volunteers@hokh.co.uk)



[hokh.org/volunteering](http://hokh.org/volunteering)

# Remembering Margaret Hale who left the hospice a gift in her Will

Margaret died in August 2023 at the age of 85. Her children, Steve, Amanda and Cathy were proud to carry out her wishes and give the hospice the gift that their mother had chosen to leave in her Will.



We asked Cathy to tell us about their mum so we can join her and her family in remembering a very special person.

"Mum was someone who grabbed life with both hands.



"She was full of fun and laughter and loved being active. All our family holidays were spent outdoors - walking, cycling, playing tennis or horse-riding. When I was seven, we went climbing in the Alps and I have memories of us all diving into freezing cold mountain lakes.

"As a young woman, she was a secretary in Fleet Street and that's where she met our dad. Then she became a full-time mum to the three of us, but when we got older she was keen to go back to work. Mum became the Secretary to the Chief Executive at Leeds Castle where she remained for 25 years and made many friends along the way.

We thank Cathy, Amanda and Steve for telling us about their mum - the wonderful person behind this gift.

"Leeds Castle became a special place for the whole family. Mum and her second husband, Bob adored playing golf there, and Bob's ashes are scattered on the fifth fairway.

"When she was 70, Mum went on a cruise where she fell in love with her third husband, John. He misses her terribly, as we all do. They had a whirlwind romance and got married the same year. They were together for 14 years.

"In 2023 Mum was diagnosed with an aggressive form of cancer. She had chemo for a couple of months, but she felt so ill, and she hated not being able to get into her garden. We all understood, but it was one of the worst days when she decided to stop the treatment.

"Mum met one of the lovely Community Nurses at the hospice who offered her and John a lot of support. Mum wanted to spend her last days at the hospice so she could get the care that she knew she needed. But then she went into hospital with an infection. We had visited her the night before but none of us were there when she died the following morning because we didn't realise she was so close to the end. We all regret that missed opportunity, but she knew how much we loved her and that our hearts were with her.

"It was no surprise to discover that Mum had left the hospice a gift in her Will. She was so kind and giving and had such a warm heart. It's exactly what she would do. It's lovely to know that Mum's gift is helping other families like ours. It's such a good cause - and who knows, maybe our family will need the hospice again someday."

We would like to say a huge **THANK YOU** to all our supporters who fundraised and supported us over this past year. We are truly grateful for your generosity.

## Mother's Day dedications

Thanks to all who donated and posted to our Mother's Day dedication page. This page is a chance to remember and celebrate those women who shaped our lives with their love, wisdom and strength. It's not too late to make a dedication! If you would like to donate and leave a special message, please visit:



[hokh2025mothersday.memorypage.org](https://hokh2025mothersday.memorypage.org)

## Father's Day dedications

Father's day is **Sunday 15 June** and it is the perfect time to celebrate and remember all the incredible fathers who made the world a better place.

If you would like to donate and make a special dedication, please visit:



[hokh2025fathersday.memorypage.org](https://hokh2025fathersday.memorypage.org)



## Sponsor a Nurse success Wow! You raised over £14,890

Thank you from the bottom of our hearts for supporting our Sponsor your Heart of Kent Nurse campaign. Together, we raised an incredible amount for the hospice. Your support helps us reach more people and make a bigger impact - we couldn't do it without you.

## Best year ever for Christmas Tree RECYCLING



This was our fifth year running our environmentally friendly Christmas Tree Recycling initiative and we're delighted to announce it was a huge success!

We collected and recycled **627** trees and raised an amazing total of **£12,120** for the hospice.

We're extremely grateful to our partners who chip the trees for us at **Gallaghers** and **Ightham Mote**.

We also want to say heartfelt thanks to the following businesses who generously volunteered their time and vehicles to support the campaign:

**Alon Interiors, Bison Print, Brakes, CS Heating, Handikram, JDL Distribution, Midas Waste, Milletts Electrical, Phoenix Plumbing & Heating, Pirtek, Royal Mail, TPS Global, The Merit Group, and Volmech.**

## Calling all thrill-seekers!



We need you to take to the skies and help raise vital funds for your local hospice; by taking on an adrenaline-fueled skydive or wing walk challenge!

Contact our Challenges team at [challenges@hokh.co.uk](mailto:challenges@hokh.co.uk) for more information and to resister your interest.



Request your free gift in Wills guide at [hokh.org/giftsinwills](https://hokh.org/giftsinwills)



# What's on this spring

We have some wonderful events planned for the season ahead.  
Why not join in and support the hospice while doing something you enjoy!



## CONCERT OF FAVOURITE MUSIC

**Saturday 26 April**

**Invicta Grammar School, Maidstone**

Simon Proctor and the Heart of Kent Orchestra will once again be performing a selection of beloved classical pieces to benefit the hospice.

## BLUEBELL WALK

**Sunday 4 May**

Our annual Bluebell Walk is a picturesque, leisurely six-mile ramble, taking you amongst the stunning bluebells and through enchanting woodland.

We are delighted to have Bedfont and NewMed as our event sponsors for a second year.



## Blooming Green OPEN GARDENS

**Saturday 14 June, Linton, Maidstone ME17 4AG**

Don't miss this chance to visit a working flower farm at Blooming Green, an eco-flower farm at Loddington Farm. Immerse yourself in a sea of seasonal flowers and learn about the unique side of flower farming while supporting Heart of Kent Hospice!

## SUNFLOWER APPEAL

We are pleased to invite you to services in our hospice garden this year, where you can share memories and a moment of quiet reflection.

**Sunday 22 June**

11:30am – 1:30pm  
and 2:30pm – 4:30pm

**Wednesday 25 June**

1:30pm – 3:30pm



**Friday 4 July**  
Start time, 7:00pm



Get ready to run on the iconic ex-Formula One motor racing circuit. You'll experience the thrill of running one lap on the Grand Prix circuit and one lap on the shorter Indie circuit, tracks that have seen world champions in action. This event is designed for all ages and abilities, whether you're a novice or a seasoned runner.

## ALLINGTON CASTLE OPEN GARDENS

**20 July – 3 August**



Allington Castle is a medieval 12th-century castle nestled in 42 acres of picturesque woodland on the banks of the Medway River, located about three miles northwest of Maidstone.



## Save the date!

**Saturday 4 October**

This year create new memories with friends and loved ones by lighting up the night sky on a five-mile charity walk.

There is also a one-mile walk for those who would like a shorter route.

# Find hidden gems for less - shop preloved and support hospice care today!



Charity retail is more than just shopping - it's about making a real difference for those who need our specialist end-of-life care. Every purchase from our hospice charity shops helps fund our services supporting people living with terminal illnesses and their loved ones. Your support ensures we can continue providing comfort, dignity, and specialist care when it matters most.

By choosing preloved items, you're not only giving them a second life but also reducing waste and promoting sustainable shopping. From unique fashion finds to vintage treasures, every item has a story, and every sale directly supports the hospice and our services.

Whether you're hunting for a bargain, refreshing your wardrobe, or simply giving back, shopping second-hand helps provide vital care and support to those who need it most.

Visit one of our 14 shops today - love preloved, love hospice care!

## Borough Green Village Hall sales

We're delighted to bring you regular village hall flash sales in Borough Green. These sales have proved so popular we've scheduled them for the whole year. Pick up a bargain and grab yourself a real find, at an unbeatable price.

24 April • 22 May • 26 June  
17 July • 25 September  
30 October • 27 November  
11 December  
2:00pm - 4:00pm

Borough Green Village Hall, High St, Borough Green, Sevenoaks TN15 8BT

FLASH SALES

## Have you joined our hospice retail Facebook group?

[facebook.com/groups/heartofkenthospicecharityshops](https://facebook.com/groups/heartofkenthospicecharityshops)



Join our hospice retail Facebook group and be the first to discover what's happening in our shops!

From stylish fashion finds to unique homeware and vintage gems, our group is the perfect place to be the first to hear about exclusive deals and special promotions.

## Shop and support our ebay charity store

Did you know you can support our hospice from the comfort of your home? Our eBay charity shop is packed with incredible finds, from designer clothing and accessories to vintage homeware, rare collectibles, and unique treasures you won't find anywhere else!

Shopping through eBay allows us to reach a wider audience, maximising donations and raising vital funds to support hospice care.

### Why shop with us on eBay?

- **Sustainable shopping** – give preloved items a new home and reduce waste
- **Unique finds** – discover rare, high-quality, and designer goods at great prices
- **Shop anytime, anywhere** – browse our items 24/7 from the comfort of your home
- **Support a worthy cause** – every penny raised helps fund hospice care

## How you can help:



**Donate quality items**  
Have something valuable to give? Your donations keep our shops thriving!

**Share our shop**  
Spread the word and help us reach more supporters.



**Shop with us**  
Find your next bargain or hidden gem!

giftaid it

Gift Aid your donations to boost your support

**Start browsing today:**



For more information or to take part in any of these activities visit our website [hokh.org/events](https://hokh.org/events)

Thank you for making a difference - one purchase at a time!



# Will you leave a gift of kindness?



Heart  
of Kent  
Hospice

Leave a gift in your Will to help us care  
for families who need us tomorrow



[hokh.org/giftsinwills](https://hokh.org/giftsinwills)



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