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ABOUT US

St Kentigern Hospice is a local charity providing care and support to patients with life limiting illnesses, and their families, across North East Wales; taking in Colwyn Bay in the West along the coast to Northop in the East, and inland encompassing Abergele, Denbigh, Ruthin and Corwen.

In 2020, after 25 years of supporting the local Community, the Hospice completed a major expansion increasing the number of beds available from 8 to 12. The new Inpatient Unit reopened to the public in March 2020 providing specialist care 24 hours a day, 365 days a year. The expansion included updating the Hospice gardens, incorporating much needed office space, the build and refurbishment of the Day Therapy rooms, and the build of a new café on site.

St Kentigern Hospice provides specialist palliative care to patients and support for






families to meet their individual needs. Through a multidisciplinary team including nurses; doctors; a physiotherapist; a counsellor, offering both pre and post bereavement support; dementia specialists; as well as complementary and other therapists, our dedicated team will work alongside patients and their families with the aim of helping them to achieve their goals and understand what matters to them.

Upper Denbigh Road, Saint Asaph, LL17 0RS
t: 01745 585221

e: mail@stkentigernhospice.org.uk
www.stkentigernhospice.org.uk

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GENEROUS SUPPORT

Thank you for doing something amazing and supporting St Kentigern Hospice!

Your generous support makes sure that we can continue to fund our vital work and make hospice care available for all, wherever and whenever they need it. Without you, this wouldn't be possible – thank you! Here are 3 easy steps to get you started:

1 Set a target

This is a great motivator and tells your supporters how much you aim to raise.

Whether it's £5 or £500, every penny raised will help people to live well with their illness.

2 Promote your event

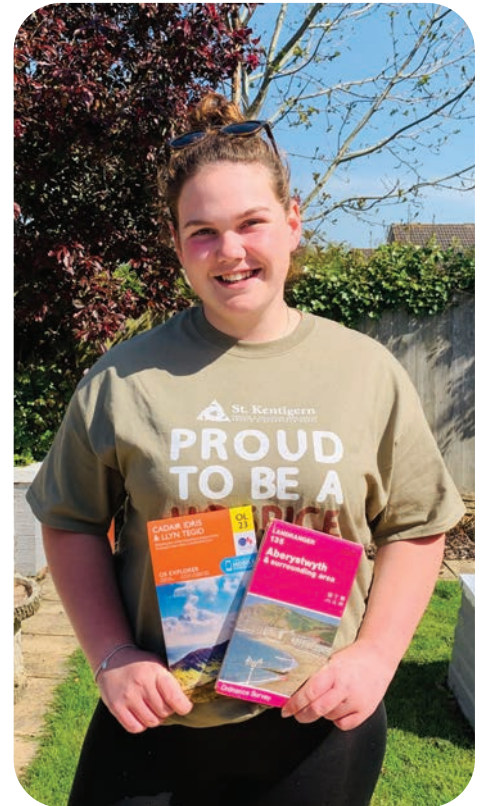
Once you've finalised the details, it's time to shout about it!

Spread the word on social media, contact local newspapers and ask your family and friends to share your event too!

3 Donate and make a difference

When all of your donations have been collected, send them to the Hospice and celebrate your success!

You'll also receive a thank you letter, certificate and a Hospice Champion medal from the Hospice to say a huge thank you for your support.



To help your event look the part, we have all sorts of fundraising resources for you including buckets, collection tins, banners, posters and t-shirts.

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WHAT YOU DO IS UP TO YOU

raffle, organise a baking sale, or make craft items to sell for the Hospice. The sky's the limit!

Every year our supporters take on a variety of different challenges in aid of the Hospice, raising vital funds. Why not join them and become a Hospice Champion for St Kentigern Hospice? By being a Hospice Champion, YOU set your own personal challenge or plan an event – large or small. You can make a real difference in the lives of people in your community. You could Sky Dive, Wing-Walk, organise a Walk, Trek or a Cycle challenge - do it on your own, at work, with family or with friends.

Your challenge doesn't have to be full-on or strenuous either, you could simply organise a coffee morning,

Have you secured a place in an event? Perhaps a local or UK marathon. Support St Kentigern Hospice by raising funds through sponsorship. We'll be here to help, providing you with all the support and ideas you'll need to start fundraising.

Every penny raised through your personal challenges and events will be used to provide vital care and support for people who need it the most. Set-up a Justgiving page so people you know can donate online. You can link this in with your Facebook page or email/text the link to people you know.

HEAR & NOW



St Kentigern Hospice is proud to offer support to those who need it over the phone through our Hear & Now service, supported by our fully trained volunteers from many supportive backgrounds.

This appointment based service is open to those in need of extra support, specialising in bereavement after a long term illness.

To make an appointment, please call 01745 585221 or email m.shorter@stkentigernhospice.org.uk.

Our counsellor, Merith Shorter, will return your call and have an initial conversation to take some details. We will then arrange a time for our Hear & Now team to call you for a 30 minute session during the week.

YOUR FUNDRAISING

Your fundraising makes a vital contribution to the running costs of St Kentigern Hospice.

It costs over
£1.9 million to provide the services at St Kentigern Hospice.

All the money donated stays local and helps local people have the care they need and deserve.

Cost of running the Hospice for 24 hrs
£5,350 per day
£223 per hour

£5.00
your gift will pay for a patient's food for the day.

£20.00
your gift will pay for 1 hour of vital nursing care.

£240.00
your gift will pay for 12hrs of vital nursing care in St Kentigern Hospice In-Patient Unit.

£445.00
your gift will pay for a bed in our In-Patient Unit for the night.

Online Donation pages

There are lots of platforms you can use to set up your online donations page.

Why not take a look at Justgiving or Virgin Money Giving? If you set up a fundraising page on one of these platforms, when someone donates, the money is sent straight to us!

You can also collect donations offline by using the sponsorship form provided in this pack. You can pay in these donations via our website, by post or in person.

Once you've sent in your donation, we will send you a thank you letter, medal and certificate which you can share with the people who kindly supported you.



DONATE AND MAKE A DIFFERENCE...

TOP TIP

With each social media post, don't forget to share your fundraising page!



When it comes to fundraising, the possibilities are endless but we'd love to know all about it! So get in touch and let us know.

Fundraising for the Hospice is a great way to support the work we do, improving quality of life for those with life-limiting illnesses, helping thousands of people across your local area every year.

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Website: www.cartrefni.com**

Cartref Ni Ltd is a community business and registered charity. Company No. 2591631. Charity No. 1071424

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STEP BY STEP

SHOUT ABOUT IT... spread the WORD - Don't be shy—shout about the amazing fundraising you're doing to help St Kentigern Hospice!

Facebook and Twitter are perfect for keeping people updated on your progress, inviting people to any events and activities you're putting on and asking for a helping hand.

Ready? Set? Let's Go...

So, you're all fired up and ready to get fundraising. But where to begin? Follow these simple steps to make it easy from **start** to finish.



Get Ready

Set a target

You may already have a target for example, if you've signed up to do a sponsored challenge or event for St Kentigern Hospice. If not, setting yourself a target is a great way to stay motivated and raise more.

Decide how much you'd like to raise once you've covered any costs and tell everyone your goal. Setting up an online fundraising page such as JustGiving is a great way to stay on track and share your progress. It also makes it easier for people to donate to your fundraising.

WHEN

- The timing of your challenge or event is entirely up to you, however avoid clashes with local or national events.
- Allow enough time for any travel, accommodation or suppliers to be booked in cheaply.
- Planning your event around a special occasion, such as a baby shower or birthday party, is a great way to involve St Kentigern Hospice in your celebrations.

WHERE

Where are you going to hold your fundraising activity? Indoors or Outdoors?

Do you need to plan a route or book a venue? If so, can you get one for free? Ask local schools and community centres.

Selecting a venue depends on how many people you are planning to invite to your event. Check the venue's public liability insurance and make sure it covers the owners' liability risks.

WHO

Think about who you will be inviting to your activity and how you'll do it. Make a list of everyone who may be able to sponsor you.

Spread the word with friends, colleagues and family to help you.

WHY

Tell everyone why you are fundraising and about the great work St Kentigern Hospice does in the community. Use blogs, social media and anything else you can think of.



giftaid it

**GIVE YOUR DONATION
AN EXTRA BOOST!**

Did you know that as a UK taxpayer, you can include Gift Aid when you donate? This means that **an extra 25p for every £1 donated will be added by the taxman!**

Don't forget to encourage anyone who is sponsoring you to tick this box!

What you get from us

We can offer ideas and guidance, help with setting up a Just Giving page and will provide you with a Hospice Champion T-shirt, banner, posters, invitations, collection tins, sponsor forms and any help and advice you need to make your Fundraiser as successful as possible. Download them at our website www.stkentigernhospice.org.uk

THANK YOU, YOUR FUNDRAISING MAKES A HUGE DIFFERENCE

To discuss your Fundraiser, or for any other support or advice, call our fundraising team on 01745 585221.

Upper Denbigh Road, Saint Asaph, LL17 0RS
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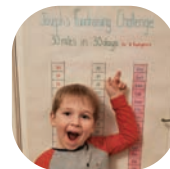
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HOW WE SUPPORT YOU



Hospice Champions Inserted in your brochure is...

- **Sponsorship Form**
 - Includes Gift Aid form/ Data approval
- **How to pay the money in**
 - paying in slip details & Bank Details
- **Empty Belly Poster & Invitations**



IMPORTANT STUFF...

When planning your events, there are a few health and safety items you must be aware of to make sure everything runs smoothly.

Insurance

If you're organising your own event, unfortunately St Kentigern Hospice's public liability insurance will not cover your event and/or be liable for any loss or injury. You may need to arrange for your own insurance, unless you are covered by your own home insurance.

Branding:

If you would like personalised branded marketing materials to help promote your event such as banners, posters, balloons, and collection buckets, please contact the St Kentigern Hospice Fundraising Team who will be happy to create these for you and send them over.

Raffles and lotteries:

If your charity raffle prize is worth more than £200 or you will be selling tickets for longer than 24 hours, you may need a small lottery license. Take a look at the gambling commission website for further information. www.gamblingcommission.gov.uk



We wish you the best of luck with your Challenge and any event you decide to do, but don't forget, we are always here to support you – give us a call or drop us an email.

Personal Challenge or Event? Events

You may prefer to hold an event in aid of the Hospice, be it a fun day with stalls and entertainment or a ticketed event such as an 80s night. We are always happy to help promote community events on our website and help with posters if required.





Why not visit Caffi Cariad with friends and family after your Fundraiser? Or you can book the Café for a special celebration event!

We will also be offering open/information evenings for our new Challenge events throughout the year, follow us on Facebook to keep up to date with all our events at Caffi Cariad.

Whether you're looking to grab a bite to eat or meet friends over a cup of freshly ground coffee and delicious home-made cakes; we will always be happy to see you. We're dog friendly too, so you can visit us to 'rest and recoup' whilst on your walks.

Delicious breakfast and lunch menus are available with 'special' dishes created each day and did we mention that we bake the most scrumptious cakes! We also offer a takeaway service which you can collect at your convenience.

CAFFI CARIAD

Caffi Cariad offers fresh, seasonal produce, of the highest standard. It is locally sourced with a varied cuisine and the best part is all our profits go straight back to the Hospice and to making a lasting difference to the lives of people in Conwy, Denbighshire, Flintshire.

We are open for bookings of parties and meetings too and celebrating special occasions, you can book directly on: 0788 7477116.

Don't forget to try our popular Afternoon Tea takeaway. We cater for all dietary requirements and specialise in gluten free, vegan and vegetarian options.

Menus can be found on the hospice website.
www.stkentigernhospice.org.uk

Caffi Cariad is located through our main entrance/reception area within the Hospice and is situated around our open courtyard. It is light and airy with a friendly and relaxing atmosphere.

The Caffi Cariad team and volunteers look forward to welcoming you all to Caffi Cariad. We are open Monday to Friday, 10am until 4pm.

For any enquiries and to book please call Caffi Cariad on: 0788 7477116.



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