



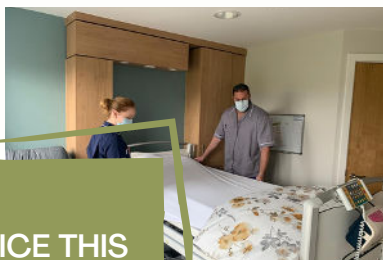
St. Kentigern

HOSPICE & PALLIATIVE CARE CENTRE
HOSBIS A CHANOLFAN GOFAL

Biannual Newsletter

Spring / Summer 2023

Providing free specialist end of life & palliative care for patients for over 25 years



GET INVOLVED WITH
ST KENTIGERN HOSPICE THIS
SUMMER

Wellbeing Hwb
24/7 Inpatient
Care
Caffi Cariad

Tel: 01745 585221

mail@stkentigernhospice.org.uk

www.stkentigernhospice.org.uk

Registered Charity Number: 519931



Introducing Ellen & Steve

In January 2023, the hospice welcomed Ellen Greer as the new Chief Executive Officer. She joins us after spending over 30 years in the NHS. In our last newsletter, the hospice said farewell to Iain Mitchell who retired from the role.

St Kentigern Hospice also welcomes our new Chairman, Steve Thomas, who takes over the position from Jim O'Toole. Steve recently retired from Airbus and became the Chair of the hospice board in March. Steve sits on the board of a number of other charitable organisations.



Ellen says, "It is such an honour and a privilege to join St Kentigern's Hospice as the new Chief Executive Officer. I am very much looking forward to working with all the wonderful staff and volunteers who provide high-quality specialist palliative care for our patients, their carers and the local communities we serve."

Steve says, "I am looking looking forward to working with Ellen and the wider hospice team to shape the strategic direction of the hospice going forward."



Since 2017, our outgoing Chairman, Jim O'Toole, has taken on many fundraising challenges, including climbing Mount Kilimanjaro with a sink strapped to his back. We wish Jim all the best in his endeavours.

WE NEED YOU! VOLUNTEER TODAY!



Our hospice is blessed to have a diverse, hard-working and committed volunteer team who are integral to the delivery of specialist end-of-life and palliative care. Without the commitment and professionalism of the volunteers, our organisation would not function. We cannot thank them enough for their dedication to the hospice.

However, we are still a long way off from filling our volunteer vacancies.

We understand that the hospice needs to offer volunteering in a way that fits in with people's lifestyles and demands on their time. Our volunteer roles are various with flexibility; the diversity of roles within the hospice itself means anyone over the age of 16 can get involved. We encourage interest from students and Duke of Edinburgh participants.

If regular volunteering doesn't suit you, we also have events throughout the year which always need extra hands! If you're interested in helping with some ad-hoc volunteering, get in touch! Weekend and evening volunteers are also vital to the hospice, meaning you can fit a voluntary role around your own schedule.

If you're interested in volunteering for St. Kentigern Hospice, get in touch!
Contact Sharon Newell, Volunteer Coordinator.
Call: 01745 585221 or email: sharon.newell@stkentigernhospice.org.uk



BUDDY THE THERAPY DOG



Many of you will have seen our newest volunteer recruit on our socials, but for those of you who haven't, please meet Buddy, St. Kentigern Hospice's Therapy dog! Buddy is an adorable English bulldog; he is three years old and is owned by Laura and Gareth Williams. He has passed all his therapy dog tests and comes to the hospice to the delight of our patients.

Laura's mum, Ann Clayton, was a patient who received care at the hospice in 2012. Laura has fond memories of spending special time here with her mum at the hospice, out of hours as she was running her own business. Laura's dad could stay over to be by her mum's side. We are grateful that Laura and Gareth give their time to bring Buddy along.

ELIN'S STORY



In your early twenties, hospice care and talking about death should be the last thing on your mind, but sadly, for Elin Jones (Ellie) from Cwm, Dyserth, this was the reality.

When her family needed it most, Ellie's eyes were opened to the exceptional care the local charity provides.

In 2013, Ellie's mum, Jo Jones, who worked as a medical professional as a nurse and midwife at Glan Clwyd Hospital, passed away at the hospice after receiving care at St Kentigern Hospice, St Asaph. Now Ellie wants to mark the tenth anniversary with a unique challenge.

"This July marks 10 years since my incredible Mum, passed away. The care she, and myself and family, received from St Kentigern Hospice during the last few weeks of her life was exceptional and will never be forgotten. Because of St Kentigern's kindness and generosity my Mum was comfortable and well looked after every moment of every day."

On the 21st May, I am taking on Chester's half marathon. This will be my first half marathon and I'm not really built for running but I wanted to mark the 10 years with something big, something that will encourage people to dig deep and support the hospice."

Because of St. Kentigern and the wonderful staff my Mum was exceptionally well looked after and I was able to spend every minute of every day with her, for which I cannot explain how grateful I am. It will never be forgotten by myself or my family. Which is exactly why all my donations will be coming straight to St. Kentigern Hospice."

If you would like to keep up with Ellie's progress and sponsor her first half marathon head over to her JustGiving page: www.justgiving.com/fundraising/EllieJ2023

Supporters choose to raise funds for us in all kinds of ways! Our supporter calendar is filling up with all sorts of brave, funny and innovative challenge ideas. We're always looking for more Hospice Champions. If you would like to take on a challenge and raise money for St Kentigern Hospice, contact **the Fundraising Team on 01745 775415 or email mail@stkentigernhospice.org.uk**

HOSPICE CHAMPION

Our next hospice challenge event is **Snowdon at Night** on the 5th August

For more information
Call the fundraising team on
01745 775426



ADVENTURE AWAITS

If you have been in Caffi Cariad lately, you may have seen the slides depicting the adventure that awaits in 2024.

Join us on a classic **Camino de Santiago** experience – trekking the final 67km of the famous Camino Frances – the French Way. Starting in Palas de Rei, we begin our three-day trekking adventure along this popular pilgrimage route. We will trek through rolling green landscapes, traditional villages and picturesque woodlands on our way to Santiago, discovering local traditions and meeting fellow pilgrims.

Today the Camino is more than a pilgrimage; it is a remarkable journey and a unique experience. Our final destination is the magical Santiago Old Town, a wonderful UNESCO World Heritage site, home to the stunning Cathedral of Santiago de Compostela!

We still have places left if you would like to get involved with this wonderful opportunity. However, if you don't feel that a 67km trek in Spain is for you, why not join the many people who do personal challenges to raise money for us?

In 2022, almost £30,000 was raised by people undertaking such challenges as marathon running, skydiving, walking, leg waxing, hair shaving, motorbike trekking, cycling and other wonderful events.

EVENT CALENDAR

CHARITY FASHION SHOW

The Kinmel Hotel, Abergele. Wednesday 19th April, 6pm

A night out with the girls at our evening of fashion & fun! Try & Buy Fashions & Accessories at Bargain Prices. Organised by the Inner Wheel Club of Rhyl.

For tickets call Sharon 07849538006 Jeannette 07436800096



LUNCH WITH MARIA LEIJERSTAM

The Oriel, St Asaph. Wednesday 07th June, 12pm

Step into Spring, the new season, with fruity punch & canapés on arrival and a specially selected two-course meal. Whilst indulging in brilliant food and conversation, the fantastic and inspiring Maria Leijerstam will be giving a talk about her adventures, including being the first person to cycle to the South Pole and balancing her ventures with motherhood.

Book now on <https://bit.ly/LunchwithMaria> or call: 01745 775415



DAWN WALK REWIND

St Asaph Cathedral. Saturday 22nd July

We're going back in time with our annual fundraiser! This year we will be returning to our old route, and there's an added twist! A Silent Disco warm-up will take you back to the 80s and 90s with some of the best music from the decades!

Find out more on <https://stkentigernhospice.org.uk/event>

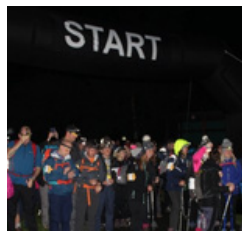


SNOWDON AT NIGHT

5th-6th August

Join us for a mountain trek with a difference - Climb Wales' highest mountain-by night! Follow the Llanberis track to the summit and watch the sunrise across the stunning mountain range. Snowdonia National Park is a Dark Sky Reserve - so we may be treated to incredible views of the stars!

Register at: www.globaladventurechallenges.com or call: 01255 676 454



If you would like to hold an event for St Kentigern Hospice, please let us know! Contact the Fundraising team on 01745 775415



RUTHIN EVENING 5K

6th September

The hugely popular 5K course, takes you on a journey through the welsh country side, eventually coming home to Ysgol Brynhyfryd. A way-marked and measured 5K route, free parking, with superb event centre facilities, and of course, some truly inspiring running. 10k also available.

Register at: www.bespokefitnessandevents.co.uk



UK 3 PEAKS CHALLENGE TREK

8th – 10th September

Ben Nevis, Scafell Pike & Snowdon – 3 days, Summit the highest mountains in the UK. Explore picturesque mountain ranges and discover stunning scenery. See the sunset over Mickledore and tackle Scafell Pike at night! Ben Nevis (1,345m), Scafell Pike (978m), Mount Snowdon (1,085m). You'll climb around 3,400 meters and have walked approx. 22 miles, so grit and determination are essential to completing this fast-paced challenge.

Register at: www.globaladventurechallenges.com or call 01255 676 454

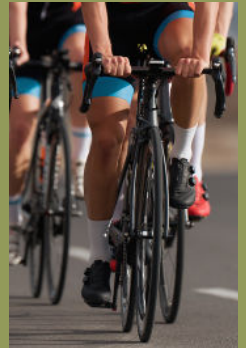


LONDON TO PARIS CYCLE

13 – 17th September

We'll spend 4 days in the saddle, cycling 309 miles from capital to capital. Our journey begins in London with the route taking us through glorious English countryside as we cycle from Kent to Dover, before crossing the Channel to Calais. Once across the water, we start cycling 'French style', remembering to keep to the right! We cycle along quiet French country lanes, through traditional market towns with views of the rolling green hills of Northern France, passing the war memorials and cemeteries of the Somme.

Register at: www.globaladventurechallenges.com or call 01255 676 454

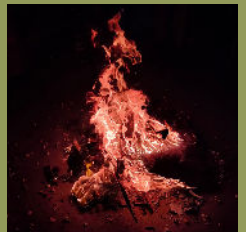


FIRE WALK

Friday 27th October

Can you stand the heat? Are you and your friends brave enough to walk over smoking-hot coals? Then the Fire Walk Challenge is for you!

Register by calling St Kentigern Fundraising Team on: 01745 775415



This is just a snippet of our upcoming events.
To stay up to date with the latest follow our social media!

EASY WAYS TO SUPPORT THE HOSPICE



You may have seen our recent **Help your Hospice** online appeal, aimed at raising £20,000 for the unexpected increase in the hospice's energy bills.

The increase of 67% has been deeply worrying for us all. Not only has it directly impacted our costs but energy prices soared for all of our supporters too. Many of our supporters have been forced to reevaluate their spending regardless of where they would prefer to see their money going.

Since the start of 2022, we've seen a decline in donations and a dip in lottery membership which many people have been forced to cancel because of rising household bills.



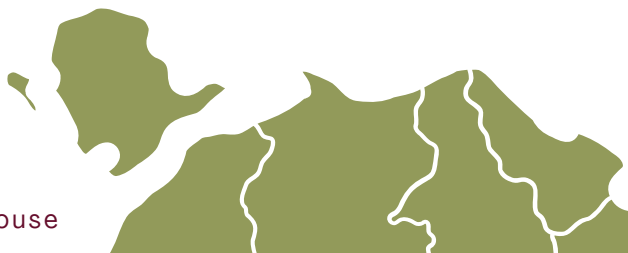
"We are aware that families are facing financial struggles and completely understand that priorities have changed for some of our supporters. We are so grateful for the continuing support we receive from our local community. Whatever people can do to help the hospice will be very much appreciated."

- Lindsey Thomas, Lottery Coordinator

For those of you who can help, an easy and cost-effective way of supporting the hospice during this challenging time is joining our weekly lottery draw for just £1 per week. Players have a chance of winning £1,000 each week or a rollover prize of up to £6,000, and a massive 60p of your £1 goes directly to the hospice.

OUR SHOPS

Abergele - Colwyn Bay
Denbigh - Flint - Holywell
Prestatyn - Rhyl - Ruthin - Old
Colwyn - Rhyl Preloved Warehouse

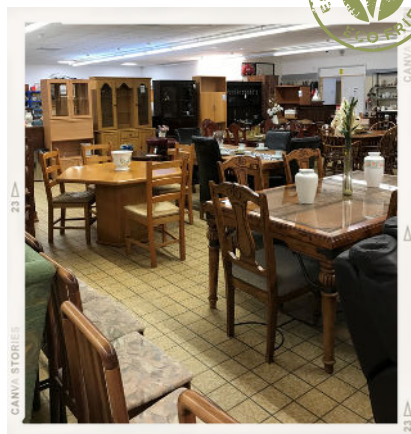


Alternatively, you can also support the hospice by donating items or shopping in one of the ten St Kentigern Hospice Charity shops.

PRE-LOVED TO RE-LOVED



The charity retail sector is built on the principles of reusing and recycling “preloved” items and reducing the amount of waste that ends up in a landfill. Recent years has seen a shift in consumer shopping habits, resulting in an increased awareness around sustainability. Last year St Kentigern Hospice moved the “Preloved Warehouse” from Bodelwyddan to a larger premises on Wellington Rd in Rhyl with accessible parking.



OUR PRELOVED WAREHOUSE



Thanks to the generous donations from our wonderful communities, the money raised from our shops goes towards supporting end of life care which the hospice has provided for more than 25 years.

Our Abergele shop opened its bridal and occasion wear section on its second floor over a year ago. The shop stocks a range of beautiful dresses and accessories including hats, fascinators and shoes. Whatever your special occasion we're sure you will “Say yes to the dress” at St Kentigern Hospice in Abergele.

To book an appointment call 01745 822813



If you have furniture or other items you would like to donate call the retail team on 01745 583170



GIFT AID EXPLAINED

$$\begin{array}{ccccc} \text{£20} & + & \boxed{\checkmark} & = & \text{£25} \\ \uparrow & & & & \downarrow \\ \text{YOUR DONATION} & & & & \text{WHAT WE RECEIVE} \end{array}$$

Gift Aid is one of the simplest and most effective ways of giving to charity. It is a government scheme which allows us to claim 25p for every £1 that you donate. So, for example, if you donate £20, we can claim an extra £5, making your gift to St. Kentigern Hospice worth £25.

When you provide a Gift Aid declaration, it will cover all of the eligible donations you have given us in the last four years and on any donation you may make in the future, so only one declaration is required.

It won't cost you an extra penny, and all you have to do is tick the box

giftaid it ☒

FOOD FOR THOUGHT

Good food brings joy, elicits wonderful memories, and often plays a key role in marking important milestones. Using locally sourced ingredients, the hospice's Caffi Cariad team have created delicious meals for hundreds of patients living with a diagnosis of a progressive and/or life-limiting illness. Their goal is to enhance the well-being of our patients and their families, staff, volunteers and customers with nutritious and tasty dishes.



"The Hospice catering team ensure that patients' individualised nutritional needs are met and that the dishes they create are presented in an attractive way. The team always go above and beyond to support patients and their families, achieving special family moments."

Jane McGrath, Matron

Caffi Cariad offer breakfast, lunch and afternoon teas!
Download all their menus on our website or call 07887 477116 to book now

CAFFI CARIAD



TELEPHONE ORDER:

**07887 477116 or
01745 585221**

ask for Caffi Cariad

Caffi Cariad invites you Monday to Friday 10am to 4pm for breakfast, lunch, afternoon tea or hot drinks and cake!

Everything we have to offer is made with local Welsh ingredients and can be adapted to suit all dietary requirements including vegan, gluten and dairy free.

We also offer daily delicious specials.

CAKES & EXTRAS

Welsh Crisps	£1.00
Tray bake	£2.50
Homemade cake slice	£2.95
Homemade shortbread	£2.15
Scone with butter	£2.50
Scone with jam and cream	£3.50

HOMEMADE SOUP OF THE DAY SERVED WITH WHITE OR

GRANARY ROLL £4.95

Filled Jacket Potatoes £7.00

Tuna mayonnaise
Baked beans (vegan)
Cheese onion (vegan)
Chickpea tuna mayo (vegan)
Prawn Marie rose sauce

All the meals below are served with side salad, Caffi Cariad dressing and crisps.

Tortilla Wraps £6.95

Chicken Caesar Club
Thai chicken, red pepper & rocket
The Wrapped Greek (vegan)

Filled Sandwiches £6.50

(thick granary or white bread)
Coronation chicken and cucumber
BLT
Houmous, carrot & coriander (vegan)
Mixed cheese & spring onion (vegan option available)
Ham, tomato & mustard mayonnaise
Egg & cress mayonnaise

HOT & COLD PANINIS £7.25

(sour dough filled paninis)

THE BANGKOK - sweet chili chicken, roasted red peppers, grated Welsh cheddar cheese, spinach leaves.

THE BLUE FIN - tuna and sweetcorn mayonnaise, grated Welsh cheddar cheese, rocket leaves.

THE BOMBAY - Chicken tikka, mango chutney, grated Welsh cheddar cheese, roasted red onion, spinach leaves, coriander leaves.

**Welsh Rarebit 2 Slices £7.25
With Bacon £8.75**



SPRING RAFFLE

£2,000

Enter St. Kentigern Hospice Spring Raffle
Jackpot Draw for your chance to win £2,000!



To enter this raffle and support local hospice
care call the fundraising team



01745 775426
Draw Date: 31 May 2023

Terms & Conditions

- Players must be aged 16 or over. **Closing date: 26 May 2023 Draw Date: 31 May 2023.** Cheques payable to 'St Kentigern Hospice.' Entries received after 26 May 2023 will be treated as donations. Promoters: St Kentigern Promotions Ltd. Company Number: 3265191. Registered office: St Kentigern Promotions Ltd, St Kentigern Hospice, Upper Denbigh Road, St Asaph, Denbighshire, LL17 0RS. Responsible person: Nichola McGowan Telephone: 01745 585221. Licensed by the Gambling Commission. www.gamblingcommission.gov.uk