



# Newsletter

## Happy birthday to us!



November 2019 marks 30 years since the Hospice first opened its doors to patients, thanks to the campaigning and fundraising of local people.

We're so excited to be celebrating this milestone year and your support over the years. Lots of activity is already underway to commemorate this anniversary. In this edition we are sharing with you all the ways you can get involved to make this our best year yet!

As with all special birthdays, it is custom to look back on previous years and reflect on past events. Here at the Hospice we have had great fun creating a photo timeline of our 30-year history. You can join us on a trip down memory lane by:

1. Viewing the gallery online at [www.pwh.org.uk/gallery](http://www.pwh.org.uk/gallery)
2. Visiting the Hospice, where the exhibition is on display in our Garden Room.
3. Requesting a 30th birthday photo booklet by calling Diane on **01977 781486**

### Can you help?

Sadly we don't have a photograph for the years 1996 or 2000. If you have a photograph for either of these years we would love to see it!

Please get in touch by calling **01977 781486**

**“ We're so excited to be celebrating this milestone. ”**

## Become a super seller



There's only a few months left until our fantastic car raffle is drawn on 18th September.

Can you help us to sell raffle tickets and become a super seller? For every book of 25 tickets you sell, you will receive one entry into a free prize draw to win £150 of Love 2 Shop vouchers. To become a super seller, simply call Anne on **01977 781488** or email [agiblin@pwh.org.uk](mailto:agiblin@pwh.org.uk)

## Cheers to 30 years!



No birthday celebration is complete without raising a glass.

One of our longest standing corporate supporters, Allied Glass, have designed and manufactured 30 limited edition bespoke bottles of gin in celebration of our 30th year. These beautiful bottles, filled with the finest craft gin, are an amazing tribute to our history. Individually boxed and complete with a certificate of authenticity, they make the most exclusive tittle or a keepsake to treasure for years to come. The reserve price of these bottles is to be confirmed.



# ALLIED

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# Shopping spree



Every woman loves a nice pair of shoes, and Lymphoedema patient, Joanne, is no exception. Thanks to our Lymphoedema Team, who have been working with Joanne to reduce the swelling in her leg and foot, Joanne has been able to treat herself to a new pair of heels, something she never thought would be possible!

Joanne, who usually has to buy shoes in different sizes, a seven and nine due to her condition, was thrilled at her new purchase of a pair of size eight heeled boots, she told us;

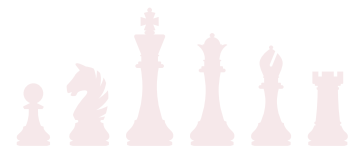
*"I usually just stick with trainers because they're wide fit and comfy. This is the first pair of shoes that I've bought, never mind heels! I'm chuffed that the swelling has gone down that much I can actually buy size eight wide fit shoes."*

Help us to continue to support lymphoedema patients, by giving a regular monthly gift to the Hospice.

With a direct debit gift you can make a donation of your choice every month without having to remember. It is simple, quick and will make a big difference to our patients and their families.

Visit: [www.pwh.org.uk/donate](http://www.pwh.org.uk/donate)

# Checkmate



**It's the small things that make a big difference.**

When we heard that Thomas, one of our Incare patients was a champion chess player, we just had to challenge him to a game.

Thomas has been playing chess since he was 18 years old, so being able to do what he loves while staying with us at the Hospice was a real comfort and really helped him take his mind off his illness.

Here he is, enjoying a game of chess with Angela from our Finance department. Angela said;

*"It was a real honour to play Thomas at chess, especially once I learnt of his fantastic chess history. I later met Thomas's daughter who showed me numerous newspaper cuttings featuring Thomas. It was then I knew I never had a chance of winning the game, but I did have a great challenge trying!"*

**“ It was a real honour to play Thomas at chess.**



# Michelle, Nifty at Fifty



**Here at The Prince of Wales Hospice, we can only describe local florist, Michelle Grainger, of Michelle's Flowers in Pontefract, as one of our most passionate supporters.**

To date, Michelle has raised over £39,000 for the Hospice and she's not ready to stop yet! To mark her 50th birthday, which she celebrated in February, Michelle is embarking on 50 challenges to mark her 50 years, to raise £30,000 for our Hospice.

She has called her campaign 'nifty at fifty' and we certainly agree! To name just a few of her upcoming fundraisers, Michelle will be shaving her head, getting a tattoo of the Hospice feathers, taking on a zip wire over Mount Snowdon and putting on her dancing shoes to organise the popular event, Ponte Dance.

Talking about why she supports The Prince of Wales Hospice, Michelle said;

*"My Dad was admitted to the Hospice the month before he passed, as we were having difficulty managing his condition at home. During his two-week stay, the team tailored his medication to manage his pain and helped us all as a family to come to terms with his illness."*

*"I first wanted to support the Hospice because of our experience dealing with my Dad at home, we wanted to give something back. I wanted to help everyone else to see it (the Hospice) how we see it; A place for everyone and their families, who need support with terminal illness. Somewhere that is dignified, peaceful and friendly."*

In June, Michelle completed her 14th challenge, the Pontefract 10k, which

saw her fundraising total exceed £10,000. Michelle said;

*"Completing my first ever 10k race just days after walking the 109 miles of the Cleveland Way National Trail was a huge challenge, but totally worthwhile to smash my first milestone of £10,000 for the Hospice. I'm having a great time doing all the different challenges and I'm overwhelmed by all the support I've received from friends, family and complete strangers!"*

The Prince Of Wales Hospice wishes Michelle the best of luck during her exciting year of fundraising ahead and urges the community to follow her journey and donate at [www.pwh.org.uk/fifty](http://www.pwh.org.uk/fifty)



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## Introducing

We have recently developed our own range, with products available at Ocado

the   
**juicy**  
**MEAT CO.**



# Give the gift of time

**Our shop volunteers are of all ages and come from a variety of different backgrounds. No matter what the reason, volunteering is an excellent way to meet new people and to support your local Hospice.**

At 17 years old, David is one of our youngest volunteers, but he sure makes a big difference to our charity.

David started volunteering at our Castleford furniture shop last October. Talking about why he joined our team, he said;

*"I have two days off a week from college, and instead of sitting around at home, I wanted to do something worthwhile with my spare time and help my local Hospice. I have family members that work for the Hospice, so I know how vital it is to raise funds to keep the Hospice going. I really enjoy volunteering, knowing that I'm supporting such a fantastic cause."*

At our Castleford clothing shop across the road, Angela, has volunteered for an incredible seven years. We asked what she enjoyed the most about volunteering for us, she replied;

*"I love meeting people and seeing the regular customers. You make friends with other colleagues and volunteers, I really love it. It's great socially as well as doing some good, I would encourage anyone to do it."*

If you would like to register your interest in volunteering at one of our shops please visit: [www.pwh.org.uk/shopvolunteer](http://www.pwh.org.uk/shopvolunteer) or call **01977 708868**



## New shop alert!



**We opened a brand new store in Doncaster in October 2018 and we're super excited to tell you we have another shop on its way!**

Our 12th Hospice shop is due to open in Selby at the end of summer. Find out more at [www.pwh.org.uk/shops](http://www.pwh.org.uk/shops)

# £30 for 30 years



**We all know that pennies make pounds!  
Last year our home collection boxes raised a fantastic £3,122 to support Hospice care.**

Our official birthday is on Sunday 24th November, could you raise £30 for our 30th year by collecting your small change in our home collection boxes?

If you would like a home collection box, please call Amy on **01977 781478**

## Hello summer!

The weather may be hit and miss, but our prices are always low. A fantastic range of summer clothing is now in stock across our shops, perfect for your last minute holiday buys.



## Out with the old, in with the new!

**Not sure what to do with your old furniture? We have the answer!**

Our Pontefract shop and Castleford furniture shop are in need of furniture donations. We offer a free collection service, so leave the hassle of getting rid of your items to us.

To book your slot visit: [www.pwh.org.uk/collection](http://www.pwh.org.uk/collection)



## Stock appeal

Shoppers gave us a fantastic year of sales raising an incredible **£1,301,202** in 2018!

This year, we are on a mission to raise even more. Help us fill in the gaps and be able to offer an even bigger variety of items. We are short of stock in the following areas:

- Ladies bags and shoes
- Men's clothing
- Children's clothing
- Bric-a-brac
- DVDs





# Volunteer superstar

**At our 30th anniversary staff and volunteer awards evening earlier this year, we crowned catering volunteer, Ted Cumberland, 'Volunteer of the Year', much to his surprise!**

We caught up with Ted, on his lunch break on one of his volunteering days to find out more. Talking about his win, he said;

*"It was a complete surprise! I was stunned at first because I didn't realise it was my name they were announcing; I didn't even know I'd been nominated; let alone won. It was nice to meet Christine, I recognise her from Calendar, it was lovely to meet her."*

Catering Manger, Jill, nominated him for the award, along with Mel and Lynne in the catering team. Jill said;

*"If you can't get on with Ted, you can't get on with anyone. Whatever we ask him to do, he does it. He changes his personal appointments to come in and help us out, he's always willing to stay longer, or come in earlier."*

*His commitment to the role is fantastic and we would be lost without him."*

Ted started volunteering at the Hospice five years ago, after he spotted a volunteer advert. He had just retired from his job as a shovel driver, and had a keen interest in catering, following 30 years service in the Territorial Army. He volunteers two days a week, alongside additional hours at Hospice events and functions, and has even roped his wife into volunteering too!

*"My wife Helen started volunteering in housekeeping two years ago. I said to her "Haven't you got any free time? You can come with me!" Volunteering has two roles, helping out here and going out and telling people about the Hospice and the vital support they need."*

Ted has no plans to throw in the towel yet, and hopes to volunteer for us for years to come. He said;

*"I'll volunteer for as long as I'm able. I like coming here; I like the people I meet and a bit of banter and chat. I look forward to coming here because the role gives me something to look forward to. It's nice to talk to the patients and know you are helping, I like to keep busy."*

As we said goodbye to Ted, so he could carry on with his shift, we couldn't help but feel totally inspired by his dedication and enthusiasm.

If like Ted, you can spare a few hours each week to give your time, and would like to find out more, visit [www.pwh.org.uk/volunteer](http://www.pwh.org.uk/volunteer), or call Angela Sibbit on **01977 781483**



# Thank you!

Junction 32

**We'd like to say a huge thank you to our Charity of the Year partner, Junction 32, for their incredible support.**

Their year of fundraising activities kicked off in April, with our car raffle promotion on site over the Easter holidays, raising £1,423 in just one week.

Junction 32 generously got the campaign off to a great start by donating an additional £1,000. The stores within Junction 32 will

also be encouraged to support the Hospice throughout the year by having collection boxes in shops to support the Hospice's 30th anniversary, and joining in with a 30th birthday party, later in the year in conjunction with Junction 32's 20th birthday celebrations.



## Fundraising made simple!

**Need an online sponsor form? Want people to give because we've cared for someone close to you? We've got the answer!**

Create your very own fundraising page on our website. Once it's up and running you can use our handy links to share it with your friends and family via email and social media.

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## Wood carving

We are incredibly proud to have recently unveiled our woodcarving panel here at the Hospice.

**This bespoke panel consists of 42 carvings which represent the work of almost 40 carvers, who each depict a prominent feature within the town and district of Pontefract.**

The subjects for the carving were carefully chosen by both the Hospice and members of the West Riding Woodcarvers Association to portray the work of the Hospice and its links to the rich history of the surrounding area.

We would like to thank Jen and Dave Mitchell, who kindly sponsored this magnificent project.



**The panel is proudly on display in our reception area for patients and visitors to enjoy.**

# It's party time!



## Love a good party? Why not hold one in aid of the Hospice as we celebrate our 30th birthday year!

Whether you're hosting an afternoon tea, cocktail party or coffee morning, our fundraising party packs are full of hints and tips to help you plan the perfect party for all your friends and family to enjoy.

Siblings Emily and Daniel have been fundraising for the Hospice since May 2017, when they lost their Dad, who sadly passed away at the Hospice after a very quick illness.

Both are very passionate about the Hospice because they remember it was a place that gave their Dad fantastic care, helping him and the family manage and come to terms with his illness.

Daniel took on our Cyclothon this year, raising a fantastic £411.50, whilst Emily decided to request one of our party packs and hold a coffee morning. Emily said;

*"I struggle to walk far, so a lot of the Hospice events I can't physically do. I wanted to raise money for the Hospice, so I rounded up my friends and family to help organise a coffee morning instead."*

*"The coffee morning was held on the 8th of June at a local church who let us use the facilities for free which was great. We advertised on social media and put posters up around Castleford."*

The coffee morning was a huge success, and raised a fabulous £588.50. Emily's Mum, Lian said;

*"There was a lovely atmosphere and it was great for Emily to be supported by family and friends. Emily has decided she will do this every year to help the Hospice, as it will always be special to them."*

To request a birthday pack visit: [www.pwh.org.uk/birthdaypack](http://www.pwh.org.uk/birthdaypack) or call Becki on 01977 781487






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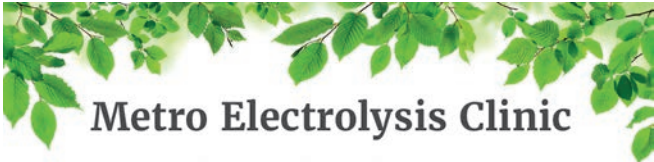


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Interested in sponsoring one of our Hospice events?  
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# Dates for your diary

## Starlight Walk

Friday 6th September



Back for the second year running, we're inviting both men and women to take on our much loved 10k Starlight Walk to raise vital funds for the Hospice. Join us for a night of fun, fizz and sparkle as you remember your loved ones.

## It's a Knockout

Sunday 22nd September



Get your team together and go head to head battling giant inflatables, obstacles, and plenty of foam for a chance to be crowned the It's a Knockout winner. It's a Knockout is a great opportunity for team building or just a fun day out with family and friends!

## Yorkshire Three Peaks Challenge

Saturday 14th September



Join us this September to tackle the Yorkshire Three Peaks Challenge! This is a 26 mile route and the walk takes less than 12 hours to complete, led by a guide from EDGE Travel Worldwide.

## Santa Dash

Date: TBC



### Santa suits at the ready!

Our annual Santa Dash is the perfect way to get you in the festive spirit this Christmas. Join hundreds of Santas, elves and even reindeer at Pontefract Town Hall to take on this 2.5km Dash around Pontefract.

**“ Walk to raise vital funds for the Hospice. ”**

