

Spring/Summer 2023

Snapshot



How we cared for Cordelia pg 4

Our merger with Rennie Grove pg 12

What your donations have achieved pg 14

Thank You

for your
**continued
support**

Welcome

Welcome to the latest issue of Snapshot. I am delighted to be sharing this update which contains all the latest news and information from both Rennie Grove Hospice Care and Peace Hospice Care.

Since the last issue we have been working tirelessly to continue our merger integration, which is entirely driven by our ambition to increase both the reach and scope of our services.

We could not do this without the loyal support of you and your communities, which fund a large proportion of our services.

Within the next 20 pages we hope to share just a snapshot of what your incredible support has achieved, and what we aim to accomplish together in the coming months and years.

Thank you for your loyal support, and please do get in touch with any feedback.

Best wishes,
Stewart



**Stewart Marks, Chief Executive
Rennie Grove Peace Hospice Care**



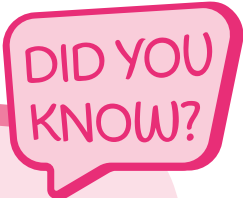
**DID YOU
KNOW?**

As a combined organisation we serve a GP population of over **1 million** people.

Turn to page 12 to find out more about our ambitions as a merged charity.

Contents

How Peace Hospice Care supported Cordelia and her family	Page 4
A night in the life of a Rennie Grove nurse	Page 5
Walk, hike or run to support us this year	Page 6
How you can support us as an individual	Page 7
What's on	Page 8
Could you give the gift of time?	Page 10
Our merger - looking to the future	Page 12
What your donations have achieved	Page 14
The latest from the high street	Page 16
Engaging with local communities	Page 18
Meet a trustee	Page 20
Corporate support	Page 21
How Rennie Grove cared for Jennifer at home	Page 22



Over the past year we have presented more than 100 long service awards to Rennie Grove and Peace Hospice Care volunteers, in recognition of a combined total of 935 years of volunteering.



Pictured l-r: Teresa (Cordelia's mother), Alex (Cordelia's brother), Cordelia and Keith (Cordelia's father)

Cordelia's story

Keith and Teresa's daughter, Cordelia, was cared for in Peace Hospice Care's Inpatient Unit during the last months of her life.

Teresa says:

"Our daughter, Cordelia, was diagnosed with incurable breast cancer at the age of 33. Following her diagnosis she had non-stop treatment as the cancer spread. She never had a remission in that time.

"There came a point where Cordelia was too ill to stay at home and our Macmillan nurse, Liz, said she would help find us a bed at a hospice as quickly as possible. Within a couple of days, Cordelia was admitted to the Peace Hospice.

"The nurses just seemed to have such a lot of time and the doctors were

unbelievable. As her parents we were never made to feel a nuisance. The staff all made us feel part of their whole family. The nurses were so sweet and caring and the doctors were just wonderful.

"Losing your child is such a totally devastating experience. It gave us comfort to know that her last weeks had been spent in such a wonderful environment with doctors and nurses who really cared about not just Cordelia, but our whole family.

"Peace Hospice is such a special place – they were just absolutely outstanding people. All of them."

A night in the life of a Hospice at Home nurse

Providing a 24-hour lifeline of support is the hallmark of Rennie Grove's Hospice at Home service, and a standard of care we are seeking to implement across our combined catchment area as part of our merger vision.

For most, however, the activities of Rennie Grove's night service remain cloaked in darkness. Night team nurse, Liz Bowman, sheds some light:

"Contrary to what most people think, very few of our Hospice at Home nurses work nights. Instead, nights are covered by a dedicated night team of five nurses and three healthcare assistants, working in a rota of pairs to provide support across our entire catchment area. Every night's different but typically we might make between three and five visits. Recently we had a very challenging evening with 10 calls. That night we covered 157 miles.

"Nights are very different to days. People don't call a nurse in the middle of the night unless there's a crisis, and you never know how a situation might unfold. Recently, during a visit in the small hours of the morning, a family member experienced a medical emergency themselves. As hospice nurses, we don't often have cause to use our life support training, but we were grateful for it that night.

"Unpredictability is the nature of the job we do. People can deteriorate very suddenly. That's why a 24-hour service is so vital."



Fireworks Fundraiser

St Albans Cathedral has blown us away with an incredible donation of £15,000 from this year's Fireworks Spectacular. **Boom!**



Fundraising events

Thank you for continuing to support our fundraising events, big and small. As we progress our merger integration to become Rennie Grove Peace we are working on an exciting programme of fundraising activity that will offer something for everybody.

Here, supporters explain what they enjoy about just some of the options that are currently available.

See our 'what's on guide' on page 8 for more information about upcoming events.

Chilterns 3 Peaks

Speaking during last year's Chilterns 3 Peaks challenge, walker, Jo, said:

"Rennie Grove is very close to my heart. I have organised fundraising events in the past but I have never walked this far to fundraise. I'm enjoying the day and finding the 18-mile route a real challenge!"



Husband and wife, Graham and Linda, have signed up to this year's London Bridges Walk, taking place in aid of both Rennie Grove and Peace Hospice Care on 26 March. They said:

"We've taken part in the London Bridges Walk every year since it started. Our priority is to raise money for hospice care, but the attraction of this event is being able to walk through some picturesque and interesting areas of London. If you are thinking of doing the walk don't be put off by the distance; the miles go by quickly as you take in the views!"



Colour Run

After last year's Colour Run, Peter Taylor, Mayor of Watford, commented:

"Loved taking part in the Colour Run! A brilliant event for a wonderful charity!"



Vice Presidents scheme

Our Vice Presidents scheme sees supporters commit to donating £1,000 per year for a minimum of three years, to help fund the overnight nursing service.

Here Stephen and Alison Spiro, pictured below, talk about what it means to them to be Vice Presidents:

"For us the main attraction is knowing that we are making a real difference to the lives of patients and families in our local community who need hospice care during the night. As a former Chair of Trustees I know the impact that overnight hospice care at home can have on preventing unnecessary hospital admissions, so we're delighted to offer our support.

"We are pleased to be part of a growing group and have enjoyed meeting fellow Vice Presidents at the annual reception and other special events, as well as regularly hearing about the impact our support has on patients."

For more information:

E philanthropy@renniegrove.org
T 01442 820 747



Make Your Will Month

Throughout May

During the month of May, we will be partnering with local solicitors across our new catchment area who are offering their expertise to help you make or update your will, in return for a donation to Rennie Grove or Peace Hospice Care.

If your family has grown or you've recently moved house, got married or experienced another significant life change, Make Your Will Month is the perfect opportunity to update your will.

For more information, visit our websites in May:

**renniegrove.org/mywm
peacehospicecare.org.uk/legacy**

Or contact us on:

E legacy@renniegrove.org
T 01442 890 222



What's on

Daffodil Walk

12 March

Take a stroll through the beautiful West Wycombe Park while raising funds to support our care before enjoying tea and cake when you finish.



26 March

Everyone can take part in this walk, enjoying some of London's most iconic bridges and landmarks. Adults £18, £10 for children and under 5s are free.

London Marathon

23 April



Cheer on our charity runners at this year's London Marathon. If you're inspired to join them next year, look out for Golden Bond applications opening shortly after the race.



Dan Reynolds

Dan took on not 1, not 2 but 7 Marathons in the space of 6 weeks, raising a whopping £3,191 – Dan you really are a superstar, thank you!

St Albans Charity Cycle Ride

14 May

Enjoy this fun cycle ride through the beautiful Hertfordshire countryside. Organised by the Rotary clubs of St Albans, Rennie Grove is delighted to be one of the beneficiaries of this year's event.

To book, visit saccr.co.uk/event.php

Mike Hodge Golf Day

25 May

Get together a team of four and tee off at this annual Golf Day at Aldwickbury Park Golf Club. Tickets cost £110 per player.

To book, email grove.house.charity.golfday@gmail.com

Find out more about our upcoming events by visiting our websites:

Open Garden - St Albans

11 June

A rare opportunity to explore a peaceful riverside garden, hidden away in St Albans. Tickets cost £5, with refreshments available to buy on the day.



Skydive

18 June

Experience the thrill of jumping from 10,000 feet by taking on a tandem skydive to fundraise for us. The last booking date for the 18 June skydive is 10 March.

Colour Run

25 June



Join us at Aldenham Country Park for the most colourful 5km run around! The family-friendly fun run includes regular paint stations to ensure a bright day out for all the family, whatever the weather.

Beer and Band

14 July

Part of Tring Carnival, join us for Tring Brewery beer and fabulous bands in the marquee at Pound Meadow, Tring.

Chilterns 3 Peaks Challenge

10 September

Save the date for this annual walk through the Chilterns countryside. Choose from a range of routes, varying in length from 8 to 20 miles, then lace up your boots and enjoy the views.



Herts 10K

8 October

Start training now to ensure you're race-ready for the legendary Herts 10K when it returns to Harpenden this October.



Volunteering

Sue's story

Sue volunteers in our Tudor shop once a week and has been a retail volunteer with Peace Hospice Care for around six years.

The Tudor Shop is one of our community hubs – not only offering a shopping experience which promises great items at low prices, but also acting as a hub for local people.

Sue says:

"I cover the full range of tasks within the shop - sorting, window displays and service at the tills. I love people,

so the interaction with customers is fun. Creating the window displays allows me to channel my creative streak and it's a great feeling making a brilliant display from donated goods.

"I love volunteering and being able to give a little of my week to a cause that supports so many."



Could you give the gift of time?

Volunteers truly are the lifeblood of the organisation, keeping everything from our offices to our shops running smoothly. With over 1,500 active volunteers across a variety of different roles, we have a huge range of opportunities to suit all skills and interests.

Take a look at our websites to see the current roles we're recruiting for. If there isn't a role that takes your fancy, we would still love to hear from you. We can work with you to identify the best use of your time, skills and experience.

For more information

T 01727 731 020

E volunteer@renniegrove.org

T 01923 330 346

E volunteers@peacehospicecare.org.uk



Maggie's story

Maggie has been a volunteer with Rennie Grove for almost ten years. When the pandemic disrupted her role at Grove House, Maggie found herself with spare time at home.

Maggie says:

"I still wanted to do something to help. I have always enjoyed sewing and decided to start making and selling fabric face masks in aid of Rennie Grove. I made between 300-400 and even needed to buy a new sewing machine to keep up with demand!"

Maggie now volunteers on the Grove House reception desk, taking phone calls and welcoming visitors.

"It was great to try something new and it pushed me out of my comfort zone once again!"



Ann's story

Ann is a volunteer at the Peace Hospice Inpatient Unit in Watford, which provides specialist palliative care for patients and support for families, too.

Speaking about her role, Ann says:

"I am a practising registered nurse working in acute assessment but have a few free mornings each week so decided to join the hospice as a volunteer. I support healthcare assistants on the unit and help to provide emotional and practical support to patients, including everyday tasks such as washing and serving meals and drinks.

"As a volunteer I have time to listen and provide emotional support for patients and families and can take them to the garden to enjoy the plants and flowers."



Our merger - looking to the future

Recently we were saddened to read a news report from a national charity that painted a bleak picture of out-of-hours palliative care support in some areas of the UK today. The study reported that almost 70% of the UK is without a consistent 24-hour helpline for the terminally ill.

Addressing this deeply concerning issue is at the heart of our purpose as a charity. At Rennie Grove and Peace Hospice Care, we have long worked to ensure this national norm is not the case for our own communities. And through our merger, we are aiming to strengthen both the range and reach of our services, to deliver top-quality palliative and end-of-life care for the GP population of over 1 million people who live within our catchment area.

Looking back

Back in 1991 a group of local pioneers set up the South West Herts Hospital Charitable Trust and ran an appeal to establish a new hospice at the site of the old Peace Memorial Hospital in Watford. The appeal raised almost £2 million in four years. By 1993 enough money had been raised to set up a day care centre in a portacabin by the



main building. In 1996 the main building reopened, following extensive renovation, as the Peace Hospice on 25th September 1996.

The history of Rennie Grove is a different story but driven by the same passion for providing excellent palliative and end-of-life care. Rennie Grove Hospice Care was formed in 2011 from the merger of Iain Rennie Hospice at Home and Grove House, a day hospice in St Albans.

Both charities had the same patient-centred ethos, believing that patients should have the choice to lead a good quality life at home for as long as possible.



extend their impact across and beyond borders.

We look forward to continuing our merger integration which honours the work of those who were instrumental in founding both organisations. We will serve, reach and strengthen our services to ensure that the picture of palliative care in our own area and beyond continues to improve for years to come.

Since then Rennie Grove Hospice Care has continued to grow and strengthen its services for local patients and families, and the current merger is the next step in that process.

Moving forward

Our two organisations are both built on foundations of passion, dedication and commitment from staff, volunteers and fundraisers alike.

Together we are stronger and Rennie Grove Peace is part of a growing network of palliative and end-of-life care services across the Southeast, that are working collaboratively to





What your donations have achieved



Over
12,000 Hospice at Home visits to adults and children



Over
3,000 sessions delivered by complementary therapy staff and volunteers



Over
1,700 adults cared for by our Hospice at Home service



Just under
200 patients supported by our Living Well service at Grove House



Almost
60 children with a life-limiting illness cared for

Here's just a snapshot of the services that Rennie Grove Hospice Care and Peace Hospice Care delivered during 2022.

With your help we look forward to continuing and strengthening this support as we merge to become Rennie Grove Peace Hospice Care.



More than
5,000 bereavement and counselling sessions



Over
2,000 attendances at our Outpatients sessions and clinics



Over
1,300 visits to patients' homes by our community teams



Over
100 patients cared for in our Inpatient Unit



Spotlight on Kim Retail Manager

Kim has been a Retail Manager with Peace Hospice Care for over 20 years. In that time she has managed many of our shops and is currently Retail Manager at the Watford Pond branch.

Speaking about her role, she says: "I've been in retail all of my life – I've had my own shop, market stall and café. I've always been driven by a challenge, and charity retail can definitely be challenging, but I absolutely love it. I enjoy sales and it is amazing motivation when I get up every morning to know that the funds raised in my shop go directly towards patient care. I really believe in the job I do and the fantastic cause we're all working towards. I have seen the care the hospice delivers and so I know the difference a thriving shop makes to the care we can provide.

"The Watford Pond shop is a bustling, social spot with lots of customers

who come in routinely every week. Having been involved with the hospice for so many years, I've come to know many of our regular shoppers very well - we're part of a big family.

"Another key part of that family is my amazing volunteers who help me make the sales I do - I really couldn't do it without them."

**DID YOU
KNOW?**



**In Oct-Dec 2022
our shops recycled over
230,000 kg
of textiles, saving almost
250 tonnes of material
from ending up
in landfill.**



**DID YOU
KNOW?**

**As a combined charity, we
now have 32 shops where
you can rehome and
purchase pre-loved items.**

**Shop for high street fashion
and designer labels with less
impact on the environment
and your wallet!**

Future-proofing our high street shops

High streets around the country, and in our local area, are changing rapidly. In order to keep up with the changes and offer the best shopping experience to customers, we have been 'revisiting' and refreshing many of our shops over the past year.

Last summer, Rennie Grove's Warners End shop reopened as a community hub and our Harpenden branch was refreshed to become a Revalued Outlet. Autumn also saw the arrival of our second boutique – this time in Berkhamsted.



The reopening of our Warners End shop



The arrival of our second boutique in Berkhamsted

**DID YOU
KNOW?**

**We claimed
£170,000
in Gift Aid
on donations to our
shops in 2022.**

Keep an eye on our website for further information and look out for a revisited shop coming to a high street near you soon!

Sustainability is at the heart of our retail operation. When refreshing the shops to make them fit for the future, we kept a nod to the past by reusing and upcycling as many fixtures and fittings as we could.

More shop refreshes are underway right now and will continue over the coming year.

Community Engagement

The Community Engagement team focuses on spreading the word about the work of Rennie Grove Peace locally and consulting people on what services they would like to see us deliver.

Here are some of the highlights from the past six months that have seen the team out and about meeting people, raising awareness of our work and creating joint services to meet the needs of our communities.

The Borehamwood Community Wellbeing Fair gave us an opportunity to speak to local people about how our services might be able to help them and improve their quality of life.

Colleagues Fiona and Amy attended a Three Rivers volunteer event at Rickmansworth library to tell people about our services and how they could make a difference as a volunteer.



A group from Bushey Synagogue volunteered at Peace Hospice to mark Mitzvah Day – an annual day of social action – and helped clear up the gardens for winter.

The team attended the Voluntary Community Faith and Social Enterprise annual conference in Hatfield, to talk about the services we offer and to learn from others about best practice in community engagement.

Everybody needs good neighbours

Compassionate Neighbours is a social movement of local people who provide friendship and emotional support to people who are lonely, ill or isolated, due to life-limiting illness or bereavement.

Libby volunteers as a Compassionate Neighbour through Peace Hospice Care. She says:

"Volunteering looks different, depending on the person you're supporting. One lady had lost her independence as she could no longer drive. She desperately missed being able to go out and see the outside world. We would sometimes go to a garden centre or just drive around as she liked being outside but couldn't do it on her own. I enjoy volunteering because I meet new and interesting people and feel very valued in my role."



Compassionate Cafés

Have you heard of Compassionate Cafés? They are drop-in sessions, hosted in a local café, that provide a space for members of the community who have been affected by any kind of loss to come together and chat to others over a cup of tea.

In the Watford area, Peace Hospice Care now runs two Compassionate Cafés, including a new one in partnership with Café West at West Watford Free Church, which are open to all with no need to book.

The team plans to open more Cafés across Hertfordshire and Buckinghamshire, so please do get in touch if you know of a suitable venue.

Compassionate Cafés

West Watford Free Church
Tolpits Lane | WD18 6NU

Third Tuesday of every month
9.15am - 12.15pm

The Kitchen

Croxley Green | WD3 3DB
First Friday of every month
10am - 11am



Meet a trustee

Did you know that Rennie Grove Peace is governed by a board of trustees? The group of volunteers is responsible for ensuring the proper and effective running of the organisation.

Seema Hill tells us more about being a trustee of Rennie Grove Peace:

"I first volunteered as a trustee to give something back after my parents both received wonderful care from Rennie Grove. I have worked in the commercial sector for 25 years so have a variety of skills and knowledge from my professional life to bring to this role.

"As trustees we aren't involved in the day-to-day running of the charity. The organisation has a wonderful executive board that oversees the

operational side of things. Our role is to have strategic oversight as well as ensuring the quality and compliance of services, and effective financial management.

"When supporters donate money to the charity, they want to know that it is being used properly, to fund effectively managed services. It's an honour to play my part in ensuring that for the communities we serve."



Footsteps Nursery

Thank you to all at Footsteps Nursery & Pre School who put their best foot forward for a week-long fundraising drive including a pyjama day, raffle and games, raising an amazing £620.



Handy Cross Runners

A massive thank you to the Handy Cross Runners for choosing Rennie Grove as Charity of the Year 2022 and raising a spectacular £3,500.

Corporate support

If you own or work for a company – however big or small – you could help us by becoming a corporate supporter.

From a Charity of the Year partnership to volunteering your time, there's so much your company could achieve.

As well as supporting local people with life-limiting illnesses, the benefits of corporate fundraising for you include everything from staff engagement and team building to positive PR, boosting morale and motivating teams.



If you would like to learn more about becoming a corporate supporter, contact us at:

T 01442 890 222

E corporate@renniegrove.org



**Play today
for your
chance to win
£2,000
plus other
cash prizes**



The Hospice *Lottery*

Tickets are now available for the Hospice Lottery's Winter Superdraw, offering you the chance to win some great cash prizes, including a top prize of £2,000.

Every ticket you buy will help to support Rennie Grove Hospice Care by raising additional funds so we can continue to provide care for more local families face life-limiting illness.

Players must be aged over 18 to enter the draw. The lucky winners will be selected on 29 March.

Buy your ticket at hospicelottery.org.uk/superdraw



"With the support of Rennie Grove we were able to keep Mum at home as she neared the end of life. We were all with her when she died, which is a huge comfort to us.

"I feel so lucky that we had the support we did during those last weeks and months of Mum's life. It was such a comfort to us to know that Rennie Grove was just at the end of the phone and could help us with everything from medical care to practical information and emotional support for the whole family."

Jennifer's story

Dawn's mother, Jennifer, was cared for by Rennie Grove Hospice Care at the end of her life.

Dawn says:

"For the last four or five years of Mum's life she had a number of health problems. At the point that her medical team advised she move to palliative care, her GP referred her to Rennie Grove.

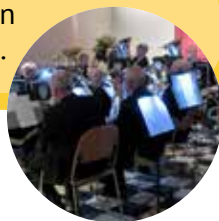
"At first Rennie Grove was a voice at the end of the phone. A service we could call upon if we needed it.

"But in June last year Mum started to take a turn for the worse. This is when Rennie Grove really stepped in and started to support the whole family.

"As well as regular visits from Hospice at Home nurses, Rennie Grove was able to arrange for healthcare assistants to come to the house multiple times each day to help with Mum's personal care.

Ascot Brass

Ascot Brass heralded the beginning of the festive season with a spectacular concert, enabling the Beaconsfield Fundraising Group to raise an amazing £2,392.



Helen Harper

Helen reached for the sky when she chose to take on a skydive in memory of her dad, Len, raising an incredible £3,000.

What your donation could do

£21

could pay for meals for a patient in our Inpatient Unit for one day



£30

could provide an hour of specialist care from a Hospice at Home nurse



£96

could pay for a therapist for a day to provide reflexology, massage or acupuncture



£5

per month

for a year could fund three end-of-life care boxes



£4,900

provides a specialist Hospice at Home nurse for a month to care for patients and help them stay at home



£292

could pay to run one bed in our Inpatient Unit for one day



£721

provides the Rennie Grove Night Team for one night to give essential care and support



Your views matter



We really hope you've enjoyed reading this edition of Snapshot. Thanks to you, we've been able to keep providing care, day and night, for people with a life-limiting illness – despite all the additional challenges of the last couple of years.

If you'd like to reduce costs and paper, why not sign up to receive your next issue by email? When it's ready, we'll send you a link so you can read it online. You can stay up-to-date with everything that's going on, and make sure more of the money you help raise goes directly towards patient care.

Your views matter to us, so please let us know your thoughts about this issue of Snapshot. If there are aspects of our work you'd like to hear more about, we'd love to hear your suggestions for future articles. Please email communications@peacehospicecare.org.uk or call us on 01923 330 330.

**To receive regular updates from us via email, sign up at
peacehospicecare.org.uk**



peacehospicecare.org.uk

Peace Hospice Care

Peace Drive, Watford, Hertfordshire WD17 3PH

T 01923 330 330 **E** info@peacehospicecare.org.uk

Registered Charity Number 1002878