

RENNIE GROVE PEACE

SPRING 2024

TOGETHER

Sharing news and updates on everything we have achieved together

How our nurses helped Bill to feel safe – page 3

New event: Trek Vietnam – page 8

Care that's as unique as you – page 12



Rennie Grove Peace

Welcome to the latest issue of **Rennie Grove Peace Together**

Every day we work together with incredible individuals to deliver the service that we are all so proud of. Whether it's nurses working with patients and those around them, volunteers working with staff, or colleagues working in partnership with other hospices to share knowledge and ideas – everything we achieve is achieved together.

We often say this: our services simply could not be delivered without our generous local community. Every single supporter is truly unique. Just take a look at the examples on pages 8–9 to see what an amazing range of challenges and events people undertake to fundraise for us.

Of course, every patient we support is truly unique, too. As a specialist palliative care provider, we pride ourselves on tailoring our approach to every patient. There is no one-size-fits-all. On pages 12 and 13 you can read more about the care

that goes into making every moment matter for each patient.

Reading this newsletter has also given me a moment to reflect on just how far we have come in the space of six months since our last issue. From a very busy period of merger integration, we are now settling into our new organisation and placing our focus on improvement and growth across the board.

In 2024, we're working hard to develop patient services that meet the needs of our local communities. We're strengthening both our volunteer engagement and our employee experience and working together to make a difference to the lives of local people in need of support with life-limiting illness or bereavement.

Stewart Marks
Chief Executive
Rennie Grove Peace Hospice Care



We'd love to hear your feedback on this newsletter or any of our stories. Please email marketing@renniegrovepeace.org



BILL'S STORY

When Barbara's partner, Bill, was diagnosed with advanced cancer, the couple didn't know where to turn for help.

Barbara explains:

"We didn't know what to expect. I was so scared and desperate to help Bill. My sister had lung cancer and she did not have a good death. I was petrified this would be the same for Bill.

"When the Hospice at Home nurses first visited, Bill was so overwhelmed and relieved that these people cared enough to come and see him.

"From that point on, things looked up. Nobody could save my Bill from what was coming – but we felt safe now. Bill trusted the nurses and felt confident with them.

"Bill could be ever so awkward and sharp. But the nurses never treated him any differently because of that. They never judged, reacted or held a grudge. He was dying, worried, in pain. Not one of us can understand what that must be like. Surely, you're allowed a little leeway.

"The lovely nurses let him rave and moan if he needed to. They let him get it

off his chest. And nine times out of ten, by the time they left he'd be cracking jokes with them again.

"They visited regularly and I'd ring them between visits if I was worried. Sometimes we'd just talk through what I needed to do to help Bill get comfy. At other times, we'd agree a visit would be better and then they'd be with us as quickly as they could.

"Bill died on Christmas Day. I couldn't believe how suddenly it happened. And I had no idea what to do next. Eventually I rang my neighbour. And then I got hold of the Hospice at Home team. There were nurses nearby, but they were with another patient. So the nurse who answered the phone came out to us and helped move, wash and dress Bill. It was so lovely to see my Bill at peace again.

"Knowing the nurses were there 24/7 was like having someone's arms around you all the time."



**Find out about our full range of services
at renniegrovepeace.org**

Our services in numbers

1 April 2023 – 31 December 2023



3,376

patients supported
in total



135

patients admitted to
our Inpatient Unit



43,355

visits carried out by
our Rapid Personalised
Care Service



834

new patients
supported by our
Hospice at Home
services



16.5

days was the average
length of stay for
patients at our
Inpatient Unit



10,759

visits carried out by
our Hospice at Home
colleagues



We couldn't do it without you

From generous one-off donations to regular gifts and personal challenges, our huge team of supporters really do help us to keep delivering services.

Here are just two of the ways you can get involved:

REGULAR GIVING

Regular financial gifts help us care for more people throughout the year. They help us to plan new services while also delivering support for people from Marlow to Potters Bar.

Through planned monthly gifts, our regular givers contribute a total of around £275,000 to the charity each year.

That would be enough to:

Fund four specialist nurses on our Inpatient Unit for a year to provide care, support and symptom management.

OR

Fund the cost of our Hospice at Home service for 51 days.

Could you commit to a regular monthly gift today? The amount you donate is entirely up to you. By supporting in this way, you'll know you're helping us to deliver services today and plan them for tomorrow. Turn to the donation form on the back page to sign up today or call us on 01442 89 02 22. Anybody who signs up by Tuesday 30 April will receive a free Rennie Grove Peace tote bag. See flyer for full details.

GIFT AID

Did you know that you can donate more without it costing you a penny? If you are a UK taxpayer you can Gift Aid any donations you make and increase their value, at no cost to you.

Gift Aid is a tax relief for charities in the UK that helps organisations to generate more income at no cost to the donor. When a charity receives a donation from a UK taxpayer, it is entitled to claim an extra 25% from the government. That means a £10 donation is worth £12.50 thanks to Gift Aid.

As a donor, all you need to do is #tickthebox on the Gift Aid declaration form when you make a donation and we will do the rest. Hundreds of our supporters have already ticked the box. Will you add your tick today?



Turn to the fundraising form on the back page to sign up today.

Caring day and night

Patients and families often tell us that they feel most isolated during the nighttime hours when other services are limited and they are unsure where to turn for support, advice or symptom management.

That's why we're delighted to announce a new overnight service in south west Hertfordshire. This extends the current community service to be available 24 hours per day – which means we can be there for more patients and families when they feel most vulnerable.

For many years 24/7 care at home has been a mainstay of the service we offer in Buckinghamshire and north west Hertfordshire. With the launch of the south west Hertfordshire overnight service, a team of registered nurses, paramedics and healthcare assistants will be offering care to patients from the west of Rickmansworth to the east of Potters Bar between the hours of 9.15pm – 7.15am.

Kim Parkins is a Healthcare Assistant who recently joined the organisation to work in the night team. She says:

“I'm so pleased to be part of the new overnight team covering south west Hertfordshire. I know that patients and those around them can find the long nights quite

daunting and I wanted to be part of a team that supports people during these hours.

“As a wider team we are now able to offer continuity of service to our patients who are in their own homes whether they call us at 10am or 10pm. It's an honour to be there for patients and families in their hour of need, whether they call for advice, help with symptoms or in the event that a loved one has died during the night.”

For a number of years, our group of supporters known as Vice Presidents has raised enough money each year to fund one of the nurses in the overnight team covering north west Hertfordshire and Buckinghamshire. We're now recruiting new Vice Presidents to help fund the newly expanded overnight Hospice at Home service. Read on to find out more about the scheme and how you can get involved.



Vice Presidents' scheme

Vice Presidents are supporters who make regular major gifts that help us deliver our services today and plan for the future with confidence.

Vice Presidents commit to donating £1,000 per year for a minimum of three years. In return, they enjoy an annual reception and regular dedicated updates and reports on the difference these generous donations are making.

Here are the reasons some of our Vice Presidents decided to support the charity in this way:

"The care and support given to my late wife, and mother of our three children, 11 years ago prompted our family to support the charity in its fundraising. My wife wished to die at home and without the charity's care, she would not have been able to do so." **Graham**

"I have volunteered with the charity for 25 years which has helped me to see first-hand the wonderful care and support that is provided to local patients and families who need it. I am delighted to be a Vice President as it is essential that the local community supports the service financially, to ensure this wonderful nursing care and support can continue for many years to come." **Gina**

"I was a trustee of Rennie Grove for a number of years. During that time, it was a pleasure and privilege to watch the charity being able to have an ever-growing positive impact on the community it serves. It also increased my awareness of how much the charity needs regular financial support to allow it to plan ahead."

Lesley

With over 44 supporters currently signed up as Vice Presidents, the group raises on average over £70,000 per year – which is enough to fund one of the nurses in our overnight teams.

Could you join them and help us fund the exciting expansion of our overnight Community Hospice at Home team?

To find out more about the scheme, visit the website, call 01442 82 07 47 or email philanthropy@renniegrovepeace.org

Or turn to the fold out donation form at the back of this issue to sign up today.



MAKE A DIFFERENCE YOUR WAY

Supporting our work comes in many shapes and sizes – from once-in-a-lifetime experiences to bespoke challenges...

TREK VIETNAM

If you're looking for a unique challenge to really test yourself and raise lots of money to support our work, the brand new Trek Vietnam may be just the challenge for you. This international trek combines the best of a physical challenge with stunning scenery, absorbing culture and the chance to bond with a group of like-minded adventurers.

The 10-day itinerary includes a mixture of trekking, supporting a community hospice project and some free time to soak up the sights and culture of this beautiful country.

Taking place in March 2025, now is the perfect time to sign up for the challenge, so you can focus on the training and fundraising needed to really make the best of it.

The cost of the trip can be covered by sponsorship, self-funding or a mix of both, with trekkers encouraged to raise as much as they can to support our vital work for people living with a progressive life-limiting illness.

To find out more or register your interest, visit renniegrovepeace.org/trek



DESIGN YOUR OWN CHALLENGE

Are you looking to challenge yourself and have a unique idea in mind? No idea is too big or small. Walk, run, cycle or go beyond the ordinary to raise money and make a difference in your community. Terence (page 9) designed his own challenge to run or cycle every day for a month and raised over £1,200. [Get in touch with the team today to kick-start your unique challenge: community@renniegrovepeace.org](mailto:community@renniegrovepeace.org)



DO YOURSELF A FAVOUR!

If you're planning a wedding we can help tick one thing off your to-do list with our new wedding favour package. For a donation of £250 you will receive a bundle including seed packets and cards that show you have made a donation to Rennie Grove Peace in celebration of your marriage. Visit our website today to find out more.



WE COULDN'T DO IT WITHOUT YOU

(1) **Princes Risborough Young Farmers** organised a tractor run and Christmas tree collection that raised a combined £9,625.

(4) A group of young fundraisers from **Watford** raised £341 at their annual neighbourhood book and bake sale.

(2) **Will, Sam, Megan, Barney, Prisha and Felipe** from **Watford Swimming Club** spent months training for their Channel relay swim which raised an incredible £15,800. If they look familiar, you may have seen them in one of the 200 pieces of media coverage that were generated by their incredible challenge.

(5) **Terence** ran or cycled every day in October raising £1,200.

(3) **Jo and friends** organised an event to celebrate the life of their inspirational friend, 'Spitfire Lin', raising £1,700.

(6) **Jackie** celebrated 30 years of voluntary service with a tea party at Grove House.

(7) **RISO UK** has become a Platinum Partner as part of our Corporate Partnership Programme. Staff are set to 'lift off' their fundraising at a sponsored skydive.

Volunteer for your career

Whether you're about to take the first step on the career ladder or you have years of experience in your field, volunteering can be good for your CV and your wellbeing, as well as hugely beneficial to the charity and the people we support.

PATIENT EXPERIENCE HELPS HEALTHCARE CAREER

Shruthi has been volunteering in the Peace Hospice Inpatient Unit while studying for her A levels. She says:

"I am interested in pursuing a career in healthcare so I wanted to find a local volunteering opportunity that would give me practical, hands-on experience to help me decide whether that is the right career path for me.

"I have been volunteering for about a year now. My shifts are on Saturdays between 4-7pm. In this time I help to free up the nurses and healthcare assistants by taking on tasks such as speaking to patients about their food orders and serving meals and drinks to patients and their families.

"I get so much out of volunteering. On a practical level I have gained great work experience that has helped me with my future career plans and will be beneficial when applying to universities. I also get so much satisfaction from giving something back in my community and making a positive impact on someone's life."

COMPANY VOLUNTEERING ACADEMY

For those who are more established in their chosen career, our retail and trading team runs a Company Volunteering Academy which offers volunteering opportunities to corporate teams.

The 'module' system sees teams commit to a project that is delivered over a period of time. For example, a team may commit to spending a total of five days working across our network of shops to support the retail team in engaging and recruiting paid staff. Using the knowledge and skills of their own teams, these projects allow a company to have a lasting impact on the future of the retail and trading department.

To find out more about this, or other ad hoc volunteering opportunities for corporate teams, please contact volunteers@renniegrovepeace.org



VOLUNTEER NEWS FROM THE SHOP FLOOR

SHOP EXPERIENCE BOOSTS STUDENT SKILLS

Students from Pace School in Aylesbury have been volunteering at our Bedgrove shop to support the development of their social and communication skills.

Students have been volunteering on Friday mornings and have supported the shop team by working on the shop floor and putting new goods out.

Helen, Shop Manager at Bedgrove, said: "It has been a wonderful and rewarding experience to collaborate with Pace School and have the students volunteering in the shop.

"The shop volunteers have really enjoyed interacting with the students and our customers always like chatting with our younger volunteers."

Sarah, Pace School staff, said "Our students know the importance of the amazing work of Rennie Grove Peace and are pleased to be able to support. The weekly volunteering slots at the Bedgrove shop have been very enjoyable."

RETAIL CARETAKERS

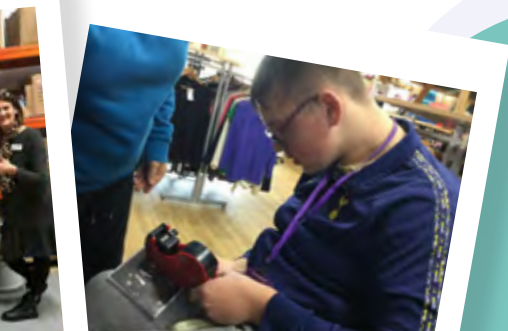
With 34 shops in our retail portfolio, maintaining them is becoming a bigger task with each new shop opening. We couldn't keep on top of the DIY and maintenance tasks that are needed at each shop without our volunteer retail caretakers, like Jeremy. He says:


"The Rennie Grove Peace maintenance team gets in touch with me to let me know what jobs need doing and they arrange for the necessary materials to be at the shop. I then head to the shop at a time that works for me and get the job done.

"I'm happy to support Rennie Grove Peace as I know how much the charity helps local people and their families. It gives me a great sense of satisfaction knowing that with relatively little effort I can make sure that the shops are being kept in tip top condition."



We are looking for shop caretakers to support us in our shops across Hertfordshire and Buckinghamshire. If you have DIY skills and a few hours to spare each month, please get in touch on 01727 73 10 20 or visit renniegrovepeace.org/caretakers





Personalised care is a term that is often heard in relation to healthcare, but what does it mean and how do we ensure a personalised approach to the care we provide to each and every patient?

Care that's as unique as you

Put simply, personalised care describes the way we tailor a person's care to all of their needs and preferences – whether they are physical, psychological, social or spiritual.

Our new Coordination Centre is a crucial first step in ensuring personalised care. By considering a person's whole circumstances we can recommend the services that would best meet their needs.

Once a patient is referred to a service, their needs are recorded via the use of an holistic needs assessment (HNA). This is a tool used by healthcare professionals to identify a person's symptoms, concerns or needs. It is then used to create a completely tailored care plan.

Erin Beer, Head of IPU and Coordination Centre, explains:

“The assessment isn't made about a patient, it is done with them. When patients are admitted to the Inpatient Unit (IPU)

they are joined by a member of both the clinical and nursing teams and they all work together to identify what matters most to the patient and how we can tailor our care to meet that person's needs.

“Of course this includes their clinical needs, but it goes beyond that to cover things like their emotional wellbeing and whether they have religious or spiritual needs that we can support.”

When caring for patients in their own home, the process of personalising care is similar.

Helen Holland, a nurse in the Palliative Response Team, explains:

“When we meet a new patient we carry out a full assessment to identify their individual needs and create a plan that's tailored to them.

The form used for the assessment is the same for each patient but

the way we go through it varies by person. I start by asking what is concerning the patient most. This means we can focus the discussion on their specific needs.

We then work through the entire assessment as it may remind them of an issue that they had forgotten to mention. As soon as it's apparent they have another area of concern, we'll focus on that next, until we've come up with a personalised plan of how we're going to address each of their needs.

This plan can then be picked up by whichever member of the team visits them next, so everybody knows what that specific patient's needs are and how we're addressing them together."

In an inpatient setting, food and dining plays a large part in the way care can be tailored to each person. Peace Hospice has a long-serving chef who tailors the menu to each person's needs – whether they are medical needs or preferences – and a team of volunteers who make dining as much about the experience as the food itself.

Erin explains:

"We had a patient last year who, on admission, wasn't eating their meal each evening. We took the time to speak to the patient about why this was and they said that the food from the menu wasn't what they were used to or would eat at home. When we asked what they ate at home, they answered that they ate fish fingers and chips each evening. From then on we could tailor the menu choices to their taste each day.

"Once the food has been tailored to each person's needs, our wonderful IPU volunteers take on the role of making the mealtime experience as enjoyable and normal as possible. They take pride in presenting meals beautifully and tailoring the serving to each person's preference – in terms of in their bed or room, or at the main dining table."

As well as the day-to-day examples of tailoring care to each individual, the inpatient unit has played host to a range of experiences that were tailored to the needs and circumstances of an individual patient. Just last summer our Starlight lounge at Peace Hospice played host to a wedding for a patient who was nearing the end of their life and a christening party to ensure a patient didn't miss out on a big family occasion.



To find out more about the care we provide to patients and families in our communities, visit renniedgrovepeace.org/stories today

Shops fit for the future

Our programme of ‘revisiting’ our High Street shops has continued apace over the past six months.

Since we started the programme to refurbish, update and streamline our shops in 2021, we have revisited 11 shops.

Shops that have been revisited have all been refurbished with sustainability in mind. By reusing shop fittings and making the most of what each shop already has, we’ve been able to update our shops without compromising our sustainability objectives.

Revisited shops are now known as Revalued Outlets, Community Hubs or ReLoved Boutiques, to make sure that every branch is aligned to meeting the needs of its local community. The most recent revisited projects are Radlett, which has become a ReLoved Boutique, and Chorleywood, which is now a Community Hub.

Deborah Gould, Director of Retail and Trading at Rennie Grove Peace, explains:

“Shoppers are increasingly choosing to buy second-hand clothing to reduce the environmental impact of their shopping. The charity retail sector has developed so much in recent years and we’re delighted to be revisiting our shops to make sure they’re fit for the future while meeting the needs of today’s charity shoppers.”

“The response from our volunteers and customers has been positive and sales in our revisited shops are going from strength to strength.”

Deborah Gould



All our shops urgently need good quality donations. Find your nearest shop at renniegrovepeace.org/shops and donate today.

Award-winning team

We recently announced the winners of the second annual Peggy Bainbridge awards for outstanding achievement in our retail and trading department.

Open to nominations of both staff and volunteers, the awards were launched to reward and recognise excellence in our retail operation, in memory of Peggy Bainbridge.

Peggy first became involved with the charity (then called Iain Rennie Hospice at Home) in 1992, after a friend's husband received fantastic care from the Hospice at Home team. It inspired her to do what she could to raise money to support the charity.

Peggy began raising funds from a market stall in Tring, and the stall soon became our first shop in 1993. Peggy was a big influence on its success and soon the charity started to open more shops.

After her retirement Peggy continued volunteering. She moved to our retail headquarters, Bainbridge House – the building named in her honour – where she kept an eye on the operation she had established!

Peggy had a tenacious drive to make a difference and an eye for excellence in everything she did. Peggy sadly died in 2021 and we are continuing her legacy with annual awards to celebrate excellence in the retail and trading team.



THE WINNERS OF THE 2023 AWARD

Staff

Lucy Jack
Michael Kelly
Alison Jones

Volunteers

Jill Heffer
Barrie Tuffnel
Yvonne Malin
Diana Turner






Lend a hand

Since it was established in 2017, our Supporting Hands service has been offering companionship and practical support to people with a life-limiting illness and those who care for them. The service is not only invaluable to patients and their families, but also frees up our nursing staff to focus on patients' clinical needs.

Thanks to our merger we are now able to offer the service to even more patients and families, but we can't do this without more volunteers.

We're urgently seeking new volunteers who can spare a few hours each week to join the Supporting Hands team.

Maureen, who during her working life was one of the nurses who established Iain Rennie Hospice at Home, has been volunteering for a number of years and says:



"I volunteer for an hour or so per week, to offer support and company to patients in their own

home. Often the people I support are quite unwell so having the company of a Supporting Hands volunteer gives their carer the confidence to go out or focus on other things in the time that I'm there.

"From all my voluntary experience I can definitely say that I get more out of volunteering than I put in. The sense of satisfaction and reward that I get out of supporting a patient and their family at a difficult time in their life is worth much more than the hour or two that I put into it each week."

Alison Raynor, Supporting Hands Lead at Rennie Grove Peace Hospice Care, explains:

"Now that we serve patients in a bigger area, we need more volunteers across our whole patch – from Wycombe to St Albans and Aylesbury Vale to South Bucks. No previous medical experience is needed and the time commitment starts from as little as an hour per week."

01727 73 10 20
volunteers@renniegrovepeace.org

SPOTLIGHT ON LIVING WELL



We have recently relaunched our Living Well programme which is designed to help patients in early diagnosis learn to live well with their illness.

The programme is a 10-week course, held at Grove House in St Albans. It is tailored to suit individual patient needs, with peer group encouragement and a friendly atmosphere.

Topics covered include health and nutrition, fatigue management, emotional support and signposting for practical day-to-day advice.

Head of Outpatients and Rehabilitation, Becky Varvel, explains:

“With the new programme we’re able to support people at different stages of their illness, including some who may have only recently been diagnosed. There are a lot of misconceptions that hospice care is only relevant to people who are nearing the end of life but that’s not the case at all.

“The course is very much tailored to each person’s individual needs. Patients meet with nurses one-to-one to set their own goals at the beginning of the ten weeks. These may relate to being able to work, keeping up their hobbies, or staying active during treatment. Goals are then reviewed at the mid-point and end of the course to make sure each person is getting as much out of it as they can.”



Nigel was one of the patients in the pilot group. During the programme he said:

“I signed up for the course as I wanted to learn more about how to handle my illness and get advice on how best to look after myself. Everything about the course so far has been a great experience. I find it very rewarding and Grove House is a place where I feel really safe and supported. The staff are fantastic. If I have any issues, I know I can speak to the nurses for advice.

“I also enjoy the peer support aspect of it and have a good chat and a laugh with the other people on the course. I’d say to anybody else thinking of signing up, give it a go – you won’t regret it!”

Following the initial success of the programme, the team is already making plans to roll it out to other locations, starting with Peace Hospice in Watford.

For more information on the Living Well programme, contact the Rennie Grove Peace Coordination Centre on 01923 60 60 30.

WHAT'S ON



SUNDAY 24 MARCH 2024

LONDON BRIDGES WALK

Starting at Battersea Park, choose between a 5 or 10-mile route and enjoy iconic London sights. renniegrovepeace.org/LBW2024

SUNDAY 21 APRIL 2024

TCS LONDON MARATHON

Cheer on our 2024 runners at this year's London Marathon. If you're inspired to join our 2025 team contact gemma.ralph@renniegrovepeace.org

18 AND 19 MAY 2024

JURASSIC COAST WALK

Enjoy the spectacular World Heritage coastline of the Jurassic Coast as you take on this ultra challenge in aid of Rennie Grove Peace. Choose your own challenge from 10K to a marathon. ultrachallenge.com/jurassic-coast-challenge

THURSDAY 23 MAY 2024

MIKE HODGE GOLF DAY

Get together a team of four and tee off at this annual Golf Day at Aldwickbury Park Golf Club. Tickets cost £110 per player. For more information contact grove.house.charity.golfday@gmail.com



15 JUNE AND 13 JULY 2024

SKYDIVE

Take to the skies in aid of Rennie Grove Peace. Register today for a skydive that will leave you feeling on top of the world! renniegrovepeace.org/skydive2024



For more information on events happening in your area, visit renniegrovepeace.org/get-involved



SATURDAY 22 JUNE 2024

SKINNY DIP

Shake off your inhibitions, and your clothes, in aid of Rennie Grove Peace! The Great British Skinny Dip returns to Chalfont St Peter this summer with the Diogenes Sun Club hosting the event to raise funds for us. Registration fee: £10 per person. Sponsorship target £150. Visit renniegrovepeace.org/whats-on

SUNDAY 8 SEPTEMBER 2024

CHILTERN 3 PEAKS CHALLENGE

Conquer the most beautiful peaks in the area with our Chilterns 3 Peaks challenge. Choose your route and go at your own pace. Early bird tickets start from £15. renniegrovepeace.org/C3P2024

OCTOBER 2024

HERTS 10K

Join hundreds of local runners to tackle this popular 10K race and raise money for local hospice care. renniegrovepeace.org/Herts10K

25-27 JULY 2024

SOUNDS AROUND THE ABBEY

Sounds Around the Abbey returns to St Albans Cathedral this summer. The evening, hosted by Rosemarie Ford, will showcase rock and pop classics as well as songs from West End shows. Tickets will be available to purchase via St Albans Cathedral from May.

15-25 MARCH 2025

TREK VIETNAM

Join our ten-day challenge to experience varied trekking and a community hospice project in northern Vietnam. Contact Emma today to find out more: emma.stewart@renniegrovepeace.org or 07984 52 53 79

Compassionate Communities

The Rennie Grove Peace Compassionate Communities programme offers community-based support which is available to people from the point of diagnosis with a life-limiting illness. We work with local partners and volunteers to reach more people, earlier in their diagnosis, so we can support them and their loved ones all the way.

Between April 2023 and December 2023, our Compassionate Communities teams:

- **Trained 73 new volunteers**
- **Launched 10 new Compassionate Cafés in conjunction with community partners**
- **Supported around 45 community members per month, with Compassionate Neighbours volunteers making an average of 205 visits per month**

One attendee who visits their local Compassionate Café, said:

“The Compassionate Café made such a positive difference to me. It was wonderful to meet like-minded people who understood what I was going through and gave me the space to talk about how I was feeling.”



Find your nearest Compassionate Café here renniedgrovepeace.org/cafes

Dave is one of our Compassionate Neighbours volunteers. He has been supporting Jason for around seven months.

“I love supporting Jason each week. He has mobility issues so I can support him with getting out of the house. We often go to the supermarket together or do jobs around his house.

“I really enjoy our afternoons together each week. Jason has led such an interesting life that there’s always a new tale to hear or a fact about him that I didn’t know. Jason’s big love is cars and he’s very knowledgeable about them. We can talk for hours about cars and he also enjoys showing me his own beloved car.”

When he’s not volunteering as a Compassionate Neighbour, Dave works as a London taxi driver and taxi tour guide. In December 2023 the two worlds collided when he treated his community member, Jason, to a Christmas lights taxi tour of London’s West End! After a turkey lunch at a Baker Street pub, Dave took Jason on a tour of Marylebone, Mayfair and Soho, including the lights of the Bond Street.



COMMUNITY ENGAGEMENT

Our Community Engagement team has been busy visiting local groups and attending community events to raise awareness of our services, dispel myths about hospice care and to understand some of the barriers people face in accessing our services.

Between April 2023 and December 2023, some of the Community Engagement team's highlights were:

Potters Bar Health and Wellbeing event (1)

Visits to Herts Asian Women's Association (HAWA), Active Lifestyles (African-Caribbean group) and Shrimad Rajchandra Mission Dharampur (SRMD) (2)

Attending various Older Persons' Active Learning & Safety events in Hertfordshire (3)

Participating in Senior Forums in Watford and Three Rivers (4)

Attending Proud Watford and Herts Pride with Dean Russell MP (5)



The difference supportive care can make

Following a breast cancer diagnosis, a patient from St Albans accessed the services provided at Grove House. Here she explains what a difference they made:

“I live locally but before my diagnosis I didn’t even know Grove House existed. I thought I was too young to need to think about anything to do with cancer or its treatments and side effects.

“I accessed four sessions of reflexology at Grove House. For me it was very beneficial and relaxing. I would arrive for a session feeling full of stress or apprehension about the day ahead but I would leave feeling much lighter and more positive.

“The therapist was wonderful and such a calm and mindful person. The whole experience was hugely beneficial to me at that time and I would recommend it to anybody in a similar situation.

“Once I was known to Rennie Grove Peace, I was also able to access counselling at Grove House.

“I was glad to be able to access this support because after diagnosis and treatment you are not the same person. The counselling sessions gave me a space to reflect on what I had been through and changes I wanted to make. The counsellor was very supportive and helped me to make my own decisions about things that I wanted to change or address in my life.”

“I’m so glad I was referred to Rennie Grove Peace to access these treatments at Grove House. It was so helpful for me at a very difficult time and I now want to make sure that other people know about, and access, these services when they need them.”



WHAT YOUR MONEY COULD DO

Everything we do is made possible by your generous donations. Here is what we can achieve with the money you donate:

£37



could pay for a
specialist nurse for
one hour

£250



could pay for a
complementary
therapist for one day to
help manage symptoms
and aid relaxation

£305



could pay for meals
in our Inpatient Unit
for one day

£734



could cover the cost
of all our clinical
services for one hour

£1,754



could pay for a
whole day of our
Living Well service

£2,689



could cover the
daily costs of running
our buildings

HOSPICE LOTTERY SPRING SUPERDRAW RAFFLE

Our partner, The Hospice Lottery, has launched its 2024 Spring Superdraw Raffle. The Raffle offers players the chance to win some great prizes, including a top prize of £2,000, whilst also raising funds to support local health-related charities, including us.

Last year, we received a phenomenal £400,000 from The Hospice Lottery. These funds were raised by the generous supporters who play its weekly lottery and superdraws. Every penny raised helps us to make a real difference to the lives of the local people we care for.

Tickets cost just £1 and are available from hospicelottery.org.uk/superdraw-raffle or by scanning the QR code below.



We hope you enjoyed reading this issue of Rennie Grove Peace Together.

If you have been inspired to support our work, here are the details of just some of the ways you can get involved:

VOLUNTEER WITH US

Search volunteer vacancies on our website or call the volunteer team on 01727 73 10 20.



SHOP WITH US

With 34 shops across Hertfordshire and Buckinghamshire, you're sure to find one on a High Street near you.



RAISE FUNDS FOR US

Whether it's through regular giving, taking part in a challenge event or supporting an event in your community, every penny you donate helps us to deliver our services for patients and families. Visit renniegrovepeace.org/get-involved to find out more.

KEEP IN TOUCH

We'd love to stay in touch via email to keep you updated on news and events from Rennie Grove Peace. Visit our website today to sign up for our emails.

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Rennie Grove Peace