

RENNIE GROVE PEACE

AUTUMN 2024

TOGETHER



How Living Well helped
Sandra feel more positive
about the future – page 3

Getting arty with
creative therapies –
page 5

What is hospice
care? – page 12



Rennie Grove Peace

Welcome to the autumn 2024 issue of our **Together** newsletter

We recently celebrated the first anniversary of officially becoming Rennie Grove Peace Hospice Care. As you'll see from the news in this issue, a huge amount has happened over the past year. And it's an exciting time for the charity as we look to the future.

We have big ambitions and we wouldn't be able to deliver them without your support.

Whether you support us with your time, money or energy, the charity wouldn't

exist without you. Thank you for everything you do – your support over the past six months has enabled us to support local people, grow our services and plan for the future. I look forward to seeing what we can achieve together over the next six months.

Best wishes

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

A photograph of Sandra, a woman with short grey hair and glasses, wearing a blue zip-up jacket. She is sitting in a wheelchair and holding a large blue exercise ball with her right hand. She is smiling at the camera. The background is slightly blurred, showing an indoor setting.

SANDRA'S STORY

While living with secondary cancer, Sandra from St Albans has accessed a number of Rennie Grove Peace services, including a respite stay at the Inpatient Unit in Watford and attending the Living Well programme. Here she explains how the services have supported her in living well with her illness:

“I was an inpatient at Peace Hospice in Watford when I was told about the Living Well programme. I had not long been in a wheelchair and my health had deteriorated dramatically. I thought the Living Well programme would help me make the most of my time and would be a chance to meet people in a similar situation. I wanted to take stock and look holistically at my life and try to move on in a positive way.

“Each week there was a talk from a specialist on a range of subjects – things like meditation, exercise, nutrition and how to manage symptoms such as fatigue. There was also plenty of time to socialise with the other people on the course.

“I found the exercise sessions particularly helpful as I am disabled from the diaphragm down, so finding exercises I can do is really hard. The Tai Chi sessions were a highlight for me.

“At the beginning of the Living Well programme we set ourselves goals. My goal was to consider whether I could move back home. I currently live in a nursing home, but I wanted to properly explore whether it was possible to live at home. In the end, I decided that it was not the right thing to do, which meant I could move on with my life and stop thinking and talking about it – which in itself was a relief.”

“The Living Well programme gave me the opportunity to look at my life as a whole – medically, physically, emotionally, and psychologically. I came out of the Living Well programme feeling more confident and positive about the future.”

OUR SERVICES IN NUMBERS



4,611

patients supported
in total



176

patients admitted to
our Inpatient Unit



64,462

visits carried out by
our Rapid Personalised
Care Service



13.98

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



1,647

new patients
supported by our
Hospice at Home
services



14,203

visits carried out by
our Hospice at Home
colleagues

SHARING OUR EXPERTISE

This October our annual conference will address some of the most important and topical issues facing UK health and social care professionals. *Embracing the challenges of an evolving palliative care landscape* will feature expert speakers who will explore questions such as: What opportunities does the changing palliative landscape bring? How can we harness the use of data to make patient care more effective? And how can we better support our clinical teams to meet these demands? **Find out more at renniegrovepeace.org/conference24 or by scanning the QR code.**



SPOTLIGHT ON CREATIVE THERAPIES

When living with a progressive life-limiting illness, creative pursuits can be useful to help people explore, accept and understand their identity and emotions.

Our creative therapies practitioner, Alex, explains:

“We really believe that art can have therapeutic benefits for everybody – whether you consider yourself ‘arty’ or not. That’s why we offer a varied creative therapies programme at Rennie Grove Peace with different ways for people to get involved.

“For outpatients we run weekly creative workshops. These are structured group sessions where we offer a different activity each week. The activities are suitable for all abilities and there’s no pressure to make anything. People can just approach the session as they choose. We run these workshops at both Peace Hospice and Grove House each week.”

The team also hosts weekly ‘Open Art Table’ sessions at the Inpatient Unit. Alex continues:

“On Wednesday afternoons and Friday mornings we get out a range of art materials for an unstructured session that’s open to all patients, visitors and staff at the Inpatient Unit. In this time people can just engage with the art materials however they like. Patients and families often tell us that they enjoy having something to focus on and a creative outlet for their emotions.”

For patients who prefer to work one-to-one, the team can offer individual creative therapy. Alex and her team also offer group ‘legacy workshops’ for families. She explains:

“Our legacy workshops give patients and families time and space to work together and create legacy pieces – such as handprints, palm pebbles, memory books or boxes. The pieces created in these sessions can become treasured mementos for loved ones to keep.”



To find out more about the creative therapies we offer, contact the Coordination Centre on 01923 60 60 30

Thinking ahead

As a hospice care charity, our services are available to people right from the point of diagnosis with a progressive life-limiting illness. We encourage local people to get in touch as soon as they are diagnosed to find out how we can support them to live well throughout their illness.

Working together from the early stages of a diagnosis allows us to talk about advance care planning. This is the process of discussing and making decisions about the kind of care you would like to receive in the future.

Creating an Advance Care Plan means that everybody involved in a person's care knows what matters to that individual and how they would like to be cared for.

To support more people in thinking about the future, we hold regular Advance Care Planning courses for patients.

Helen Hextall, Outpatients senior staff nurse, explains more:

“Our advance care planning course takes place over three or four weeks. Patients can bring a loved one with them

if they choose to, and work in small groups with trained professionals. They are guided through conversations about their options regarding future care in a safe, supportive environment and each person puts their personal plan in place.

“Every Advance Care Plan is different as it is based around that individual's wishes, priorities and feelings. The plan is kept by the patient and shared with those involved in their care, but they can choose to update it at any point.”



To find out more about our Advance Care Planning course, visit renniegrovepeace.org/acp

Caring overnight

Did you know that the group of supporters known as Vice Presidents donate specifically to support our overnight service? The group has recently grown to over 50 and their support has enabled us to expand our overnight Hospice at Home Services.

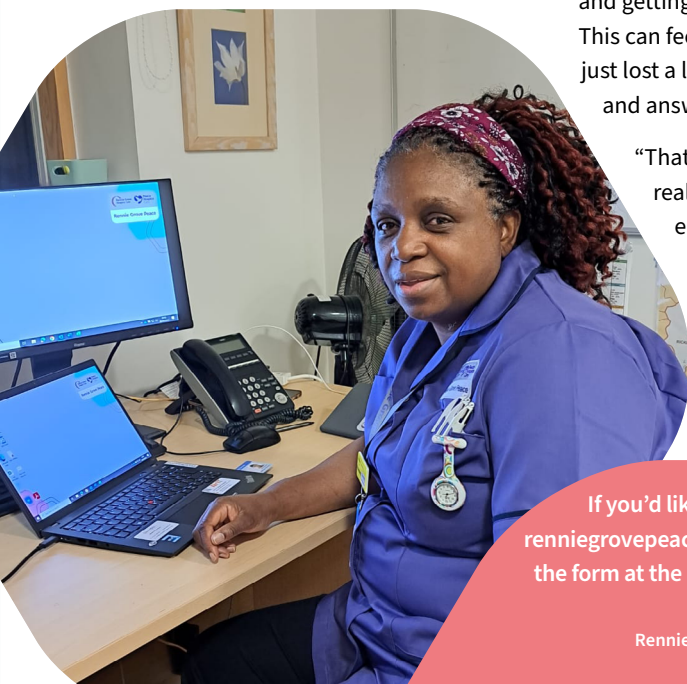
Millisent, a nurse in the newly established southwest Hertfordshire overnight team, explains how the service makes a difference to patients and families:

“When a patient or their family member calls during the night, we get to them as soon as possible. We can help manage a patient’s pain and other symptoms such as nausea and agitation. The medication we give helps the patient to settle and have a calmer night, which in turn helps the people caring for them to get some rest too.

“A big part of my role is to also provide reassurance to family members and people around the patient. On a recent shift I sat with the wife of a patient who had just died and we held hands. They had been married for 50 years and she talked to me about his life. It was nice to have the time to sit with her and not have to rush off or instantly do the paperwork.”

“I was also able to chat to her about what needed to happen now her husband had died, such as calling the funeral directors and getting the death certificate signed. This can feel overwhelming when you’ve just lost a loved one, so I could support her and answer her questions.

“That’s the part of my job that I really like – being able to provide emotional care for people with life-limiting illnesses and those around them, as well as clinical care.”



If you’d like to become a Vice President visit renniegrovepeace.org/vicepresidents24 or turn to the form at the back of this issue to sign up today.

WHAT'S NEW IN FUNDRAISING?

As a charity we need to raise over £17,000 every single day, just to keep providing our services. This autumn our fundraising team has two new and exciting events for you to take part in.



HERTS 10K

With a new venue, new route and different distance options to choose from, the Herts 10K is back this October, but not as you know it!

The running extravaganza will take place on Sunday 6 October at its new venue, the Herts County Showground. There will be the traditional 10K running course, as well as a brand new 5K route and Fun Run option.

Whether you're looking to chase a 10K personal best or prefer a Fun Run to complete with the whole family, there's something for everyone.

Visit renniegrovepeace.org/herts10k to find out more and sign up today.

STRICTLY COME HOSPICE

This autumn, 30 lucky local amateurs will be given professional dance tuition as part of our brand new Strictly Come Hospice event.

Training starts in October, culminating in the grand finale show in January 2025, when one couple will be crowned the winners and take home the coveted Strictly Come Hospice trophy!

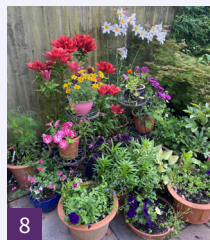
Visit renniegrovepeace.org/strictlycomehospice and keep an eye on our social media accounts for updates throughout the challenge and information on how to secure your tickets for the spectacular final show.

DOUBLE YOUR DONATIONS THIS DECEMBER!

During this year's Big Give Christmas Challenge we'll be aiming to raise £100,000 in just seven days to fund two paramedics for a year. And we need your support! Donations made from 12 noon on Tuesday 3 December to 12 noon on Tuesday 10 December via the Big Give website will be doubled while match funding lasts.

Sign up at renniegrovepeace.org/the-big-give to be kept up to date about the Big Give Christmas Challenge.





HOW YOU'VE SUPPORTED US OVER THE PAST SIX MONTHS

(1) **West Herts Charity Trust** made a significant donation enabling us to buy a much-needed new van to keep our growing retail operation moving.

(2) Firefighter, **Steve Moore**, from Aylesbury ran between all 102 fire stations in London in just five days, raising £1,600 for Rennie Grove Peace.

(3) **Geoff Shreeves and Kevin Luckhurst** made our 10th Question of Sport event truly iconic when they brought together 240 supporters at Sopwell House, St Albans. They raised a record-breaking £100,000.

(4) Octogenarian, **Sue**, took her fundraising to new heights by abseiling 100 metres down the Spinnaker Tower in Portsmouth this summer, raising an incredible £1,829.

(5) 14 Rennie Grove Peace runners took to the city to run the **London Marathon** this April, raising a tremendous £64,000 between them.

(6) **Mike** organised a charity football match this June, raising £1,760.

(7) **R Benson** has raised £25,000 over the past five years thanks to sponsoring and participating in events from the Chilterns 3 Peaks Challenge to golf days and even a skydive!

(8) **Pauline** organised her first Tring Open Gardens event this June, raising £4,500 through ticket sales and refreshments.

If you're inspired to organise your own fundraising event, visit renniegrovepeace.org/fundraise today.

Paw-some volunteers

Many people know the benefits that owning a dog can have – from companionship to emotional support. Some owners choose to spread these benefits by sharing their four-legged friends for the purpose of pet therapy. Jo and her dog, Falkor, volunteer to do just that for patients and relatives at our Inpatient Unit (IPU) in Watford.

Falkor is a beautiful Tibetan terrier who, according to Jo would ‘literally stop traffic’ as a puppy because he was a ‘ball of fluff’! That, says Jo, is how she first knew that Falkor could bring comfort and joy to other people’s lives as much as he does to her own. So they joined Therapy Dogs Nationwide.

Jo says:

“The visits to the IPU are really guided by each individual patient and at times, their visitors. Everybody is given the choice about whether they’d like to spend some time with Falkor and me. If they would, we visit them wherever they are – in their room or the communal areas – and they spend a little while stroking Falkor. Some people like to just sit in silence and enjoy the comfort of stroking a dog. Other people like to chat away to Falkor, and to me.

“The reaction we get from people we visit can be very profound. Some people talk about their own dogs – maybe their dog sadly died, or they were unable to look after them due to ill health – and they miss the companionship and comfort that a dog can bring.”

“I’d definitely recommend it to other dog owners as I get a great deal out of the role. Prior to having a dog I volunteered in other settings, but I find that volunteering with a dog has opened up a whole new level of engagement and mutual enjoyment for me and the people Falkor visits.”



BAG YOURSELF A ROLE AT BAINBRIDGE HOUSE

Tucked away on an industrial estate in Berkhamsted is Bainbridge House – our retail and trading support hub. This buzzing hub is the control centre of our retail business, supporting our network of 33 shops and busy online trading operation.

It takes a huge number of people and a great deal of organisation to keep everything moving – from stock control to online product listing and dispatching.

Staff at the base are outnumbered more than 5:1 by volunteers who play a crucial role in raising vital funds that support our work.

We urgently need new volunteers in a whole range of roles at Bainbridge House. If you'd like to be part of a friendly team working hard to make a real difference to our retail business, get in touch today. We'll help you find the role that best suits your interests and experience.

SAYING THANK YOU

This summer we hosted a series of get-togethers to say a huge thank you to the volunteers across the entire organisation who give their time to make our work possible. The events were a great chance to socialise, share feedback and enjoy some delicious bakes!



CHRISTMAS CARDS ARE ON SALE NOW!

Visit your nearest shop or browse the range on the website today. Packs of 10 are available for £3.75 per pack: renniegrovepeace.org/xmascards

If you'd like to join our fantastic team of volunteers, get in touch today:
renniegrovepeace.org/volunteers
volunteers@renniegrovepeace.org
01727 73 10 20

Our care and support

What does hospice care mean to you? Although many people associate it with death, modern hospice care is all about life – enhancing the quality of someone’s life while they are living with a life-limiting illness. For some people the time may be short and for others it is longer. In all cases hospice care exists to support each person’s medical, emotional, psychological, spiritual and practical needs when living with a life-limiting illness.

At Rennie Grove Peace Hospice Care our support is available right from the point of diagnosis. We support people via a whole host of outpatient services as well as our Hospice at Home and inpatient services. We are also here for those around each patient and support people in our community through bereavement and beyond.

CARING FROM THE START

Janethri, Coordination Centre administrator:

“If you, or somebody you know, is diagnosed with a life-limiting illness, you can contact our Coordination Centre straight away. We will work with you to identify what is most important to you and what support you might need, then suggest the services that will best suit you.

“Some patients will benefit from accessing our Living Well programme early on in their diagnosis. Or may have symptoms that could be supported by our nurse-led clinic. Other patients may feel physically well but benefit from psychological support or may have symptoms that could be alleviated by attending one of our exercise classes.

“All of our services are here to support people to live well with their illness. Whether it is equipping you with tools and techniques to manage symptoms or supporting you with the emotions you experience around your diagnosis; having all of these needs supported allows you to focus on living, and the things that are important to you.”



CARING AT HOME

Lynda, healthcare assistant with our Rapid Personalised Care team:

“Each person’s care is completely tailored to them. People are asked where they would like to be cared for and if that is at home, our services can support them there. The team is staffed by nurses, healthcare assistants and paramedics and together we support patients with their medical, emotional and practical needs at home.



“This allows patients to be surrounded by the people and things they love, in an environment where they feel most comfortable.”

A LITTLE EXTRA SUPPORT

Karuna, IPU nurse:

“Sometimes a patient has symptoms or needs that require some extra support. In that case, a stay at our Inpatient Unit can help to get things under control. If home is the patient’s preferred place of care, our aim is always to support them to the point that they can return home.

“Although some patients do spend their last days in our Inpatient Unit, it is a misconception that inpatient care is only for people who are reaching the end of their life.”



CARING FOR THOSE AROUND A PATIENT

Sonia, Supportive Care counsellor:

“We know that a life-limiting diagnosis doesn’t just impact the patient, but everybody around them, too. That’s why our support extends to the people around each patient. This is the case during the illness and following bereavement.”



See Darren’s story on page 22 to find out more about the support we offer to families during and beyond a patient’s illness.

The rise and rise of charity retail

Did you know that around one third of the money we raise each year is raised by our High Street shops?

Our Director of Retail & Trading, Deborah Gould, explains how charity retail has changed over the years and how we've been evolving our own shops to make them the charity shop of choice for local people.

"When I started my career in retail, charity shops were seen as the poor relation of the High Street. They had a reputation for being small, unkempt units selling low quality items at rock-bottom prices.

"Now charity shops are a retail destination for savvy locals looking to shop for quality goods in a way that's kinder on their wallet and the environment.

"Tough financial times and growing concerns about the environmental impact of consumerism have fuelled the growth of charity retail. This is something we have been preparing for in recent years.

"To make our shops fit for the future we have been revisiting them to make sure that each branch meets the needs of the community it serves and offers a quality shopping experience in a convenient location.

"We have also been working hard behind the scenes to keep up with changes and trends in charity retail.

"We work with local fashion influencers to showcase the amazing outfits that can be found in our High Street branches and encourage local people to make visiting our shops part of their regular routine.

"Our 'Sustainable September' campaign also challenges people to see what they can find in our shops and how they can incorporate their buys into their outfits every day for a month!"

"Now when I walk around our shops and see them slotting in seamlessly amongst branches of popular High Street brands and buzzing with shoppers, I feel very proud of how far charity retail has come."

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



Dressed to impress

To really showcase the amazing outfits that can be purchased in our High Street shops, we recently joined forces with personal stylist, Alex Standley, to host a catwalk fashion show at the St Albans Sustainability Festival Expo 24. Using items purchased only from our St Albans, Harpenden and eBay shops, Alex created a total of 32 outfits that were modelled by local people who all have a connection to Rennie Grove Peace.

Here are some of the amazing looks from the night.



MAKE A DIFFERENCE WITH THE HOSPICE LOTTERY PARTNERSHIP

Since 1997, the Hospice Lottery Partnership has raised an incredible £5.5 million which goes directly towards helping us provide essential services within our local community.

You can join the lottery for just £5 per month to be in with a chance of winning one of the 135 guaranteed weekly prizes, all while supporting local hospice care.

Ready to support and win? Scan the QR code to join today!



CAN YOU FIX IT? YES YOU CAN!

We're looking for handy volunteers who can help with minor repairs, DIY and maintenance tasks in our shops across Buckinghamshire and Hertfordshire. By sharing your practical skills as a shop caretaker you could help us save money on repairs that can be spent on patient services instead.

To find out more about our shop caretaker role, visit renniegrovepeace.org/caretaker today.

SPOTLIGHT ON PARAMEDICS

When we care for patients, we support all of their needs – whether they are medical, practical or emotional. To care for such varied needs, we need a team with a whole range of skills. In recent years we have added paramedics to our Hospice at Home Service to help with rapid assessment and intervention. This helps patients avoid unnecessary hospital admissions.

Caroline Allen heads up our community teams. She explains:

“Paramedics bring with them a wealth of specialist training and experience that really adds to the service we can offer to patients. They are skilled in assessment, symptom management, signposting support and advanced communication – even in crisis situations. They can be very responsive and are trained in making decisions quickly. They complement the skills of our nursing colleagues to ensure we can meet patients’ needs, even when they’re changing quickly. This helps to avoid unnecessary hospital admissions.”

Neil is a paramedic (photographed on the front cover) working in our palliative response team. He says:

“Patients, or their loved ones, can call us at any point if they are concerned and feel they need some extra support.

“Once the phone call comes through, I can either offer advice over the telephone, or visit the patient’s home to assess their symptoms and provide the care they need.

“We often get called when a patient is in pain or agitated. As a paramedic, I do a full assessment of the patient’s symptoms. We can administer the correct medication or, if needed, refer the patient to an on-call doctor.

“For the loved ones who are caring at home, it can be incredibly stressful and tiring, so we do what we can to reassure them. By providing the medication or reassurance that the patient needs, we also help their family get some well-needed rest.”



This December we'll be taking part in the Big Give Christmas Challenge with the aim of raising enough money to fund two paramedics for a year. See page 8 for more information.

WHAT'S ON



6 OCTOBER 2024

HERTS 10K

Our flagship running event returns with a new venue, new distance options and a Fun Run to boot! 10K £30, 5K £16, fun run £10. Herts County Showground. renniegrovepeace.org/herts10k

28 NOVEMBER 2024

TRING BREWERY TOUR

A relaxed evening that covers the history of the brewery and an insight into how the beers are made. Tickle your taste buds with a fish and chip supper and free flowing beer. 7.15–10.15pm. £27.50. Tickets available from the brewery shop from 1 October. Or email community@renniegrovepeace.org. Dunsley Farm, HP23 6HA.

Our **Light up a Life** events are back this November. See the enclosed leaflet for more information about your nearest event and how to dedicate a star in memory of a loved one.

1 DECEMBER 2024

RUDOLPH RUN

Don your best Christmas attire and we will supply the antlers for a festive family run in St Albans. 1.5K and 5K routes available. Adults £10, Child £6. renniegrovepeace.org/rudolphrun



3–10 DECEMBER 2024

BIG GIVE CHRISTMAS CHALLENGE

Double your donation and help us raise £100,000 in just seven days to fund two paramedics for a year. renniegrovepeace.org/the-big-give

4 DECEMBER 2024

WREATH MAKING WORKSHOP

Let your creativity flow at our annual event, making a beautiful wreath just in time for the festive period. £45. Grove House, St Albans. renniegrovepeace.org/wreath



25 JANUARY 2025

STRICTLY COME HOSPICE

Join us for the grand finale of our Strictly Come Hospice challenge. See the results of 10 weeks of hard work as the dancers dazzle on stage in this final show. Watersmeet Theatre Rickmansworth. Adults from £16, children from £10. renniegrovepeace.org/strictlycomehospice

DECEMBER 2024

TRING SANTA FLOAT

Get ready for Santa and his faithful elves as they visit Tring and surrounding villages. Keep an eye on our website and social media for details of when they will be visiting your area. renniegrovepeace.org/santafloat

DECEMBER 2024

THE BIG FESTIVE QUIZ

Test your knowledge with our Christmas quiz. Download the quiz for a £5 donation and host wherever and whenever suits you. renniegrovepeace.org/quiz

2 FEBRUARY 2025

WATFORD HALF MARATHON

Challenge yourself with the half marathon starting at Cassiobury Park. We're one of the lucky beneficiaries of the event and encouraging runners to raise at least £300 in sponsorship. renniegrovepeace.org/watfordhalf

9 MARCH 2025

LONDON BRIDGES WALK

Ready to take on the iconic bridges and landmarks for another year? Walk either 5 or 10 miles and take in some of the best views the capital has to offer. Start at Battersea Park. Adults £15, children £10. renniegrovepeace.org/lbw2025

Everybody needs a neighbour

With an age gap of 55 years, Siobhan and Arthur may seem like an unlikely pairing. But through our Compassionate Neighbours scheme, the pair have become firm friends who see each other regularly.

Arthur lives with chronic obstructive pulmonary disease (COPD) which has left him very isolated. After being referred to Compassionate Neighbours by his clinical nurse specialist, he was matched with Siobhan who has been visiting him since March.

Arthur says:

“Siobhan really is a lovely girl. She’s like the granddaughter I never had! I always look forward to her visits and she’s a delight. We spend a lot of time just chatting.

“It’s lovely to know that Siobhan is coming to see me each week and we have that time just to chat and socialise. I have some other visitors like the warden at my block of flats and the lady who helps with my shopping, but I know when Siobhan comes round she’s here for a few hours and it’s a purely social visit.”

Siobhan adds:

“We really have become friends over the past few months and I get a great deal out of visiting Arthur. There is a big age gap between us and people might question what we have in common or what we’d have to talk about. But we never stop talking! Arthur has so much life experience that I can benefit from. I love hearing about how things were in the past and the things

he’s done during his life – the jobs he’s had and the things he’s interested in, like sports. I learn so much from him and get a lot of satisfaction from knowing that I am making a difference in his life.”



To find out more about volunteering as a Compassionate Neighbour see page 21.

COMPASSIONATE COMMUNITIES

As well as supporting people like Arthur in their own homes, did you know that our Compassionate Communities team supports people at Compassionate Cafés and Compassionate Support Hubs?

Between January and June 2024, the team:

- Trained 27 Rennie Grove Peace volunteers and 11 volunteers at the partner organisations we work with to deliver our Compassionate Communities services
- Launched four new Compassionate Cafés, including our first in Buckinghamshire at Great Missenden Library
- Had 711 visits to Compassionate Cafés and Support Hubs
- Facilitated 1,685 Compassionate Neighbour visits to people in the community

To find out about becoming a Compassionate Neighbour visit renniegrovepeace.org/cn-volunteer



Our next volunteer training date is:

FRIDAY 15 NOVEMBER

9.30am to 4.30pm

Grove House, St Albans AL3 5QX

COMMUNITY ENGAGEMENT

The Community Engagement team works to raise awareness of Rennie Grove Peace services, bust myths about hospice care and help people to feel more comfortable talking about death.

Between January and June the team attended 118 events and spoke to more than 1,600 people.

Read more on our website here: renniegrovepeace.org/community-engagement

Highlights included:

- Hosting Watford Interfaith Association's AGM to raise awareness of our work with faith communities in Watford
- Attending the Saheli Women's HAWA wellbeing event to raise awareness of our services and how members of the community can support us
- Holding a pop-up event at Watford General Hospital during Dying Matters Week to discuss the benefits of advance care planning



Bereavement support

When Darren's wife, Laura, died following a stay in our Inpatient Unit, he knew our support for his family didn't end there.

Darren was able to access a course of weekly one-to-one counselling with one of our trained counsellors. He's also since gone on to attend our drop-in bereavement support group at Peace Hospice.

He says: "My first one-to-one counselling session wasn't easy but I was fine after that. The drop-in group sessions have also been a revelation.

"I enjoy going to speak with people who have gone through something similar to me. They may have lost their husband, wife, child, grandparent, and they're from all walks of life – but we all have something in common.

"Sometimes we're laughing, sometimes we're crying, sometimes we're just talking about our families.

"Counselling has been one of the best things to happen to me.

It's also wonderful to know that you can always go back. Some people I know have been going to the drop-in group for almost a year.

"The difference Rennie Grove Peace has made has been incredible."

Reflecting on the support Darren and his family received both during Laura's illness and following her death, he said:

"The hospice feels like a home from home. I can't put into words how wonderful the place is. There is always someone there to hold your hand and give advice, with a shoulder for you to cry on."



To find out more about our bereavement support, visit renniedgrovepeace.org/bereavement or call the Coordination Centre on 01923 60 60 30

Question of Sport



This year's Question of Sport event was a huge success – raising a record £100,000! The evening, hosted by sports broadcaster, Geoff Shreeves, saw 240 guests from our corporate supporter community come together at Sopwell House for an evening of fun and fundraising.

Our head of partnerships and philanthropy, Lisa Meagher, said:

“It was a fantastic evening and raised an

incredible amount. It wouldn't have been possible without the business community coming together to sponsor the event, buy tickets, bid in the auction and take part in the raffle. Every penny raised will be used to provide vital care for local people who are living with a life-limiting illness.”

To find out more about becoming a corporate supporter visit renniegrovepeace.org/corporate-supporters

BECOME A FRIEND OF RENNIE GROVE PEACE



Glen is a Friend of Rennie Grove Peace which means she makes a regular donation to support us. Here she explains why she chooses to help in this way:

“I first became aware of the charity when my Mum, Betty, started volunteering at the Rennie Grove charity shop in Victoria Street, St Albans, shortly after my dad died.

She really enjoyed her time there, making friends with customers and volunteers alike.

“Mum would often tell us about the important work of the charity and how it provided support for people living with life-limiting conditions and their families.

“Sadly Mum died in 2017. As the charity was so important to her, I wanted to make a commitment to donate regularly, so I set up a monthly Direct Debit. I feel it is important to make sure charities like Rennie Grove Peace can continue supporting those in our community who need it.”

To join Glen as a friend of Rennie Grove Peace and donate regularly, fill out the form attached to the back page.



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

If you have been inspired to support our work, here are 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 33 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.

Registered with



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Rennie Grove Peace