

TOGETHER



**This is hospice care –
it's everything you'd
expect and more – page 4**

**How will you choose to
support us in the coming
months? – page 16**

**How volunteers like Pauline
are supporting people in their
community – page 19**



Rennie Grove Peace

This is your spring issue of our **Together** newsletter

The past six months have seen hospice care feature prominently in the news – from the assisted dying debate to the financial strain hospices are under and the impact the rise in National Insurance contributions for employers will have on the sector.

Towards the end of last year, the government announced investment to help hospices improve their buildings, equipment and accommodation.

This is a positive step for the sector but there is a long way to go to secure the long-term sustainability of hospice care in the UK.

Our sector body, Hospice UK, recently led a campaign to encourage people across the country to consider leaving a gift in their Will to their local hospice as this is one of

the best ways an individual can secure the long-term sustainability of hospice care. See more from page 4 onwards.

In the areas of Buckinghamshire and Hertfordshire where we operate, we are incredibly lucky to have such a wonderful and supportive community. We receive only 14% of our funding from statutory sources and the other 86% is raised by you, our generous supporters. For this, we could not be more grateful.

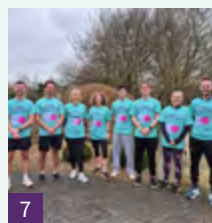
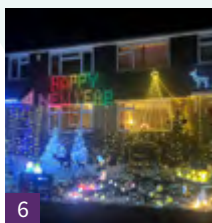
Read on for the latest updates on how you have continued to support us over the past six months and the difference your support has made to local people who are facing some of the most difficult times of their lives.

With very best wishes,

Stewart Montgomery-Marks
Chief Executive



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



STAR SUPPORTERS

(1) **Penny** visited Peace Hospice with her family to hand over a very generous donation for our Inpatient Unit in memory of her husband, David, who enjoyed and benefitted from his outpatient visits to the hospice.

(2) **Xavi** volunteered to cook for people in his community while working towards his Duke of Edinburgh bronze award and donated cakes to patients and staff in our Inpatient Unit.

(3) When **Lynn** isn't giving up her time to provide admin support to our volunteering team, she sings with Croxley Green Community Choir. In recent years the choir has raised almost £5,000 for us through a number of concerts and performances.

(4) **Anne** has raised more than £32,000 by hosting ladies' lunches, fundraising balls and lots more in memory of her husband Grahame.

(5) To celebrate her 80th birthday, **Chris** climbed the roof of the O2 with a group of relatives and friends, raising an incredible £11,385 between them.

(6) A huge thank you to our supporters who decorated their homes with incredible Christmas displays. **Together they raised an outstanding £10,226.77.**

(7) Good luck to our **19 London Marathon runners** who are preparing for race day on Sunday 27 April. Keep running!

(8) Independent accountancy firm, **Seymour Taylor**, entered a team for our Chilterns 3 Peaks Challenge last year raising an amazing £4,600.

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

THIS IS HOSPICE CARE

This year Hospice UK is leading a unique coalition of 143 hospice care providers that are working together to encourage more people to leave a gift in their Will to a local hospice.

At Rennie Grove Peace we are proud to be one of the hospices collaborating on this project to increase national awareness of what hospice care is and the importance of leaving a gift in your Will to secure the long term future of it.

For many years it has been clear that there are a lot of myths and misunderstandings about what hospice care is. Hospice care has moved on more quickly than public understanding. This has left many people with outdated perceptions of hospices such as ‘they’re just places you go to die’.

At Rennie Grove Peace the care we provide is so much more than this. The Hospice UK campaign has given us an opportunity to join forces with hospices around the country to try and tackle some of these misconceptions and highlight how important gifts in Wills are to help us protect services for the future.

Outdated views of hospice care can be a barrier to people accessing the care they need. By driving nationwide awareness of the reality of hospice care, we hope to encourage more people to access our services when they need them.

From companionship in the earlier stages of an illness to fulfilling final wishes, here are the experiences of a few people we have supported recently that bring to life what modern hospice care is all about:

Nigel’s Compassionate Neighbour, Mandy, organised a night out at a music concert for the pair, giving Nigel the confidence to do something he loves but hasn’t felt able to try for many years:

“I’m so touched that she organised this night out for us. I can’t remember the last time I went out to a restaurant, let alone a live music event. Having Mandy to do this with gave me the confidence to get out and experience something that I’ll remember for the rest of my life. It was one of the best nights of my life!”
Nigel



Sue was adamant that she didn't want to be admitted to hospital as she neared the end of her life. Thanks to the joined-up approach of a range of healthcare professionals in our Hospice at Home team, her family was able to honour her wish:

“As a family we felt very safe and supported. The Hospice at Home team always did everything they could to stabilise her at home, because she didn't want to be in hospital. We knew we could ask the team anything and they made it possible for us to keep our promise to Mum that we would look after her at home.”
Cheryl, Sue's daughter



Vijay was admitted to our Inpatient Unit at a time when his teenage children were studying for exams. Staff at the unit supported not only Vijay as the patient, but the whole family, too:

“Our kids were doing their AS and A-Level exams and there was a lounge in the unit where they could revise. When Vijay passed away, our daughter had her first exam on that day. She was adamant she wanted to do the exam. So after he passed away in the early hours of the morning, the staff gave her a little room to try and sleep for a while. At 7:30am they made her breakfast then my brother-in-law took her to school to sit the exam.”
Yamini, Vijay's wife



Help it live on for all, for now, forever

By raising awareness of what hospice care is, the Hospice UK campaign is encouraging more people to consider leaving a gift in their Will to their local hospice.

Gifts in Wills are one of the best ways an individual can help support the long-term sustainability of hospice care.

*"I will never forget their kindness, compassion and professionalism. I have been pleased to support Rennie Grove Peace and have included a gift in my Will."
Mary, gift pledger*

Last year we generated 21% of our income from gifts in Wills. They are a vital source of income that help us deliver our services today and plan for the future.

Leaving a gift in your Will can also have financial planning benefits for you by impacting the amount of inheritance tax that will be payable on your estate.

Every May we join forces with a number of solicitors to offer local people the chance to make or update their Will while supporting our work. The solicitors we work with during Make Your Will Month kindly waive their basic Will-writing fee in return for a donation to Rennie Grove Peace.

To find out about this year's Make Your Will Month, visit renniegrovepeace.org/make-your-will or contact the team on legacy@renniegrovepeace.org or call 01442 89 02 22.



Did you know we have a dedicated Gifts in Wills guide that explains everything you need to know about leaving a charity gift in your Will? To get hold of your copy today, visit renniegrovepeace.org/GIW or call 01442 89 02 22.

FUNDRAISING NEWS

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

EARTH, WIND & FIRE

If your ambitions for this year include trying something new and stepping outside your comfort zone, our brand-new Earth, Wind & Fire challenge could be just the thing for you. Take part in three separate challenges – the 18-mile Chilterns 3 Peaks Challenge (Earth), a daredevil skydive (Wind) and a firewalk over hot coals (Fire) – to become one of a select group of Earth, Wind & Fire Champions.

Visit renniegrovepeace.org/EWF2025 for more.

TREK CHINA

If you missed out on the opportunity to join this year's Trek Vietnam challenge, fear not. We have another amazing challenge experience for you in 2026. Join our Trek China challenge to experience a unique and unforgettable trek along the iconic Great Wall of China.

Visit renniegrovepeace.org/china for more.



STRICTLY

Earlier this year, Jo and Emma were named the winners of the first ever Rennie Grove Peace Strictly Come Hospice challenge.

The event raised a whopping £50,000 and saw 24

participants learn to dance over a 10-week period.

Visit our website to register your interest in taking part in next year's extravaganza.

CHEERS TO OUR VOLUNTEERS

As a charity, we couldn't deliver any of our services without the support of volunteers.

It is important to us to regularly thank our volunteers and share with them the impact of their contribution.

In recent months we have been bringing together groups of volunteers – sometimes in team meetings or end-of-year get-togethers – to celebrate the things we have achieved together. These get-togethers are also a great chance to mark any long term service awards that are due. These awards recognise the commitment of volunteers who have supported the charity for between five – 30 years.



During a December team meeting of outpatients' volunteers, the team was able to share some statistics about the impact the volunteers have had, as well as a collection of words that were used by patients to describe the difference that volunteers make.

What our patients say about our volunteers:

V Vital, valued

O Organised, observant

L Loyal, laughs

U Unselfish, understanding

N Necessary, needed

T Thoughtful, talkers

E Empathetic, exceptional

E Essential, efficient

R Reliable, reassuring

“Volunteering brought me full circle”

When Jean Grout started work at the Peace Memorial Hospital in 1957 she never could have imagined what the future of the building would be and how she would come to be connected to it again, almost seven decades later. She recently told us how her voluntary work has brought her ‘full circle’ to where her career started and why she finds it a great way to spend some of her time in retirement. Jean says:

“I’ve been volunteering with the Rennie Grove Peace charity shop on St Peter’s Street in St Albans for almost two years. But my connection with the cause goes way back.

“As a 17-year-old in 1957 I took a job as a junior medical laboratory technician at Peace Memorial Hospital. I absolutely loved that job and have many fond memories of that time.

“My career and family life then took me away from Watford when I qualified as a radiographer at Charing Cross Hospital, then worked in King’s College and Guy’s and St Thomas’ hospitals.

“After my retirement, I moved to St Albans and, finding myself with time on my hands, I decided to volunteer with Rennie Grove Peace. I’ve always enjoyed going into the St Peter’s Street shop and when I decided to make the leap from customer to volunteer, I just popped in and met with the shop manager. I now volunteer each Tuesday morning and I regularly cover other shifts when volunteers are either sick or away.

“I enjoy everything about volunteering. I enjoy the interaction with customers and helping them while they’re in the shop. I enjoy volunteering with Rennie Grove Peace because for me it’s like a ‘full circle’ – I started my career at the Peace Memorial Hospital and I’m now spending some of my retirement volunteering for the charity that now occupies that same building.”





Caring at every stage

As the Hospice UK campaign (see page 4) has highlighted, there's more to hospice care than many realise. Modern hospice care is about supporting people to live well throughout an illness, not just being there as they reach the very end of their life.



The support that we offer to local people who are living with a life-limiting illness can be grouped into four phases. Here we explain what each of the phases covers and how we can support local people right from the point of diagnosis with a progressive life-limiting illness to bereavement and beyond.

EARLY SUPPORT

Being diagnosed with a life-limiting illness can make people feel like their world has been turned upside down. Our services are here from the start to help people make sense of things.

Our Support Hubs in the community offer a place to meet others in a similar situation for peer support, as well as gentle exercise and information about local sources of support.

We can also offer companionship through our Compassionate Neighbours scheme and help people plan for the future with Advance Care Planning support.



LIVING WELL

With a focus on enhancing quality of life, our support for people who are living with a life-limiting illness includes services such as nurse-led clinics, exercise classes and creative therapies, as well as emotional support and inpatient care if needed.

Many people believe that inpatient care is only for the last few days of a person's life, but this is not the case. Inpatient care can help to address complex symptoms with the aim of discharging the patient when their symptoms are stabilised.



Sharon, seen on the cover, is a healthcare assistant in our Inpatient Unit

DYING WELL

As a charity, our vision is that everybody in our community is supported to live well and die well. When the time comes, we are here to support our patients to die well by providing the medical, emotional and spiritual support they need. Whether that care is delivered by our community teams in the patient's own home or at our Inpatient Unit, each person's needs will be holistically assessed to ensure they can die well while feeling supported, comfortable and in control of their care.



BEREAVEMENT

Our support doesn't end when a patient dies. We are here to support those around each patient as they deal with their bereavement. This support is delivered in a range of ways from one-to-one counselling or listening, to bereavement group support and our Compassionate Cafés in the community.

To find out how Rennie Grove Peace can support you or those around you, at any stage of living with a progressive life-limiting illness, get in touch with our Coordination Centre today on 01923 60 60 30.

CORPORATE PARTNERSHIPS MAKE A REAL DIFFERENCE LOCALLY

If you know, own or work for a business of any size in the area, you could support our work as a corporate partner.

It's a broad term and covers a whole range of activities, such as:

- Charity of the Year partnerships
- Sponsoring one of our events
- Organising staff fundraising events
- Regular corporate gifts from as little as £50 per month
- Taking part in our fundraising events
- Volunteering as a team
- Offering pro bono services to the charity

The benefits for businesses that take part are also wide ranging. They include:

- Making a real difference in your community
- Motivating staff
- Team building
- Generating positive publicity and brand awareness by association with a well-known and much-loved local charity
- Meeting Corporate Social Responsibility (CSR) objectives



If your business would like to start making a difference today, get in touch with the team on corporate@renniegrovepeace.org or call us on 01442 89 02 22

COULD YOU BECOME OUR 50TH VICE PRESIDENT?



We now have 49 Vice Presidents. This group of supporters helps us plan for the future by committing to a significant regular gift for a minimum of three years. They, along with our Presidents' Circle members, donate money that is used to fund our overnight service. This vital patient service brings our expert clinical care into patients' own homes at any time of night.

Mike is a member of the Presidents' Circle. He says:

"My wife, Christine, was helped and supported by the Rennie Grove team before she died of bowel cancer in July 2021. The care and support that she received whilst at home and

later in a care home was totally excellent.

The team was there for us at every stage, advising on what would be best and how they could help us both.

"After she sadly died, I wanted to support the charity to ensure it could be there for other families who need it. I heard about the Vice Presidents and Presidents' Circle schemes and decided to go for it."

If you'd like to become our 50th Vice President, get in touch with the team today (philanthropy@renniegrovepeace.org or 01442 82 07 47) or complete the form at the back of this issue.

GIVE, PLAY, WIN: THE HOSPICE LOTTERY PARTNERSHIP

Since 1997, The Hospice Lottery Partnership has been a vital source of income for us, raising an incredible £5.8 million in that time. Across the eight local healthcare charities the lottery supports, they're on the brink of an extraordinary milestone of £20 million raised – and you can help to get there.

For just £5 a month, you'll not only support the communities we serve within Buckinghamshire and Hertfordshire; but also have the chance to win one of 136 weekly prizes. **Scan the QR code to enter today.**

SHOP, VOLUNTEER, DONATE

Did you know there are lots of ways to support our work through our retail activity? It's not all about shopping in store. Every bag of good quality items you donate could help us raise £38 – enough to fund an hour of care – without costing you a penny! And your time could be priceless to us in one of our retail volunteering roles. Read on to find out more.



CHARITY SHOP GIFT CARD

Need a gift for somebody who is impossible to choose for? Looking for a unique gift for a fashion-loving friend? We have just the thing! We're delighted to announce we're now part of The Charity Shop Gift Card scheme. This unique gift card can be bought or redeemed in all our 32 shops, as well as almost 2,000 charity shops nationwide. Ideal if you're looking to give the gift of choice while supporting our work.



"Our network of 32 shops relies on donations of good quality items for sale. Disposing of donated items that are not saleable quality costs the charity money. By including only good-quality items in your bag of donations you can save us time and money, as well as helping us to generate even more vital funds in our shops. Donations can be even more valuable to us if they are Gift Aided. Thank you for your support."
Valerie Moore, Head of Retail



Keeping the wheels of business turning

Volunteering is a great way to support our retail business. Your time really is priceless to us and is the key to the success of our whole retail operation.

Have you ever wondered how we keep stock moving between our 32 shops and retail hub, Bainbridge House? The answer is our dedicated band of volunteer van drivers. From delivering seasonal stock to stores, to collecting donated items to be sold via our eBay shop or moving stock between shops, this team of volunteers is on the road across

Buckinghamshire and Hertfordshire five days per week. Without these volunteers our whole operation would grind to a halt. And we urgently need new volunteers. Could you spare around four hours per week to take on a van driving shift and help keep our stock moving? We currently have vacancies for both drivers and drivers' mates.

To find out more, get in touch with the volunteering team today on volunteers@renniegrovepeace.org or 01727 73 10 20.



Turn to page 8 to read why Jean enjoys volunteering in one of our shops. If you'd like to join her in supporting us, pop into your local Rennie Grove Peace shop today and speak to the shop manager. Our Berkhamsted, Moneyhill and Chesham shops particularly need volunteers on Sundays.

WHAT'S ON

SATURDAY 12 APRIL 2025

HERTS CHAMBER ORCHESTRA

Enjoy an evening of classical music in St Albans in aid of Rennie Grove Peace. Tickets £15 per person. renniegrovepeace.org/HCO

SUNDAY 27 APRIL 2025

LONDON MARATHON

Cheer on our 2025 runners at this year's London Marathon. Are you inspired to be part of our 2026 team? Contact gemma.ralph@renniegrovepeace.org to find out more

THURSDAY 8 MAY 2025

QUESTION OF SPORT

Showcase your sporting knowledge, enjoy a delicious three-course dinner and bid on money-can't-buy prizes at our annual Question of Sport evening. renniegrovepeace.org/QOS

SATURDAY 10 MAY 2025

MENTAL HEALTH WORLD CUP

Charity football tournament, the Mental Health World Cup, will be coming to Watford for the first time this May. We will be one of the charities to benefit from the funds raised. Buy your tickets now to watch this special five-a-side tournament at Vicarage Road and support our work. renniegrovepeace.org/mhwc

MAY AND SEPTEMBER 2025

COMMUNITY GOLF DAYS

Get together a team of four and tee off at one of the community golf days organised by our supporters, Mike Hodge and Anne Swanston.

Tickets for Mike's event at Aldwickbury Park Golf Club (15 May 2025) cost £110. Contact grove.house.charity.golfday@gmail.com

Anne's event (5 September 2025) will take place at Verulam Golf Club.

Tickets, which cost £100 per player, are available by emailing anne.swanston@hotmail.co.uk



**VARIOUS DATES,
MAY-SEPTEMBER 2025**

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/skydive2025



SUNDAY 14 SEPTEMBER 2025

LONDON TO BRIGHTON CYCLE RIDE

Saddle up for this new challenge to tackle 55 miles on two wheels and raise vital funds for hospice care.
renniegrovepeace.org/cycle



SUNDAY 14 SEPTEMBER 2025

CHILTERN 3 PEAKS CHALLENGE

Lace up your boots for another unforgettable walk through the stunning Chiltern Hills. Choose your route between 7 to 18.5 miles long and bring along friends, family and even canine companions.
renniegrovepeace.org/C3P2025



VARIOUS DATES

ULTRA CHALLENGE®

With 20 Ultra Challenges taking place across the country throughout the year, there is something for everybody who wants to walk, jog or run to show their support this year. Just visit the website, choose the right challenge for you and select Rennie Grove Peace Hospice Care as your chosen charity.
renniegrovepeace.org/ultra

SATURDAY 21 MARCH 2026

TREK CHINA

Join this once-in-a-lifetime trek and enjoy breathtaking views and local hospitality along the iconic Great Wall. renniegrovepeace.org/china

Community engagement

In an average month our Community Engagement team attends around 15 meetings and events with other community organisations. What does this really mean?

OUR PURPOSE

The aim is to raise awareness of what hospice care is, with all sections of our local community. We work together and deliver initiatives to help remove the stigma of dying and encourage local people from all communities to access the support they need earlier in their diagnosis.

RECENT ACTIVITY

Here is a sample of the team's activity over the past six months:

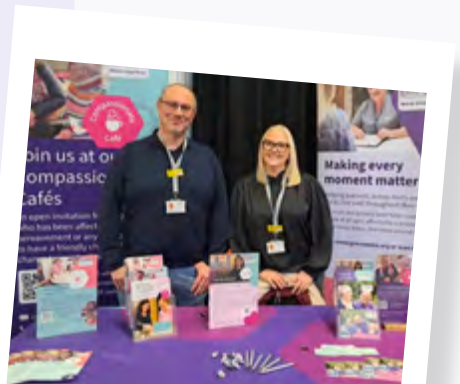
- Running a range of online awareness sessions with Communities 1st to break down barriers around death, dying and loss and explain the importance of advance care planning.
- Launched new activities such as fatigue management and future planning at our Support Hubs in the community to encourage people to engage with our services earlier.
- Developed a range of ideas such as “No Barriers Here” which is an art-based activity to help people feel more comfortable around the subject of dying and how to support each other.
- Attended a range of wellbeing events to talk about our services.

PLANS FOR THE FUTURE

In the next six months the team will continue to plan and deliver initiatives in the community to encourage earlier access to our services and advance care planning. For example:

- Deliver awareness sessions with other organisations like care homes on topics like death, dying and loss, the importance of advance care planning and grief awareness.
- Attend awareness events in the community to talk about ‘what is hospice care?’
- Develop new activities and talks for our Support Hubs.

If you are part of a community group or organisation that might like to partner with us on this work, please contact the Community Engagement team on compassion@renniegrovepeace.org or 01923 33 03 30.



COMPASSIONATE NEIGHBOURS

After Monica's husband died last year, she was finding things hard and feeling low. Her daughters encouraged her to attend her local Compassionate Café which led to her being matched with a Compassionate Neighbour volunteer. She recently told us what a difference the support has made to her at a difficult time. Monica said:

"I felt so nervous about going to my first Compassionate Café that my daughters had to practically push me through the door! But then I started talking to people and it made me feel less lonely. Now I go every month.

"I met Pauline at the Compassionate Café and a member of the Rennie Grove Peace team asked if I would like to have a weekly visit from her. We got on like a house on fire right from the start.

In an average month, the Compassionate Communities team delivers:

195

Visits by Compassionate Neighbours

130

Visits to Compassionate Cafés and Support Hubs

20

Compassionate Café and Support Hub sessions

"I live on my own and I don't see anybody else, so having my visits from Pauline and going to the Compassionate Cafés has helped me a lot. Pauline also drives me to the Compassionate Cafés. I wouldn't go otherwise because I've lost my confidence with driving. It's nice to get out of the house and have some company, as I am often very lonely."

Monica's Compassionate Neighbour, Pauline, added:

"Monica and I have become friends and I enjoy her company. It is rewarding to know that I am helping her and that she values our time together. My volunteering work as a Compassionate Neighbour for Monica and working at the Compassionate Cafés has been a really satisfying experience for me. It gets me out of the house too. I get to make new friends and meet lots of interesting new people in the community."



Compassionate Neighbour, Pauline

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 or get in touch with the volunteer team on volunteers@renniegrovepeace.org.



SHOP WITH US

With 32 shops across Buckinghamshire and Hertfordshire, 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