

TOGETHER



Roly discovers
hospice care is
more than end of
life care – page 3

Making difficult times
more manageable –
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support – page 18



**Rennie
Grove Peace**
Hospice Care

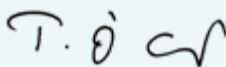
Welcome to the autumn 2026 issue of our **Together** newsletter

The eagle-eyed amongst you will have noticed our updated Rennie Grove Peace logo on the cover. We unveiled the updated logo in June and since then have been on a mission to 'reintroduce' Rennie Grove Peace to everybody in our catchment area.

If you've been a supporter for a long time, you may already know a lot about the organisation. But modern hospice care is evolving all the time and the way we support people throughout a progressive life-limiting illness has evolved over the years. So in this issue we're aiming to give you an overview of what we do today and how your support makes a vital difference to local people whose lives have been turned upside down by a serious illness.

If you're new to the charity – welcome. We're so pleased you're reading this and hope you'll find it a useful introduction to what we do and how we're funded.

If you, or someone you know, could benefit from accessing one of our services please get in touch with our Coordination Centre on 01923 60 60 30 or complete the self-referral form on our website at renniegrovepeace.org/self-refer26.



Tom O'Connor
Chief Executive
Rennie Grove Peace Hospice Care



Did you know we now have a self-referral form, making it even easier to access our services? If you, or anybody you know, could benefit from our support please visit renniegrovepeace.org/self-refer26 or scan the QR code to find out more.





Roly and Caroline

ROLY'S STORY OF LIVING WELL WITH HOSPICE CARE

Many people think hospice care is only for the very end of life. But that isn't the full picture.

Palliative care is support for people living with serious illness at any stage. It focuses on easing symptoms, reducing stress, and helping people live as well as possible, alongside support for the people around them. While it includes end of life care, it often begins much earlier and can continue over months or even years.

Roly's experience shows how this support can look in real life. After a long stay in hospital, he was referred to our Hospice at Home team in January 2024. The team supported him with his pain and helped to get his symptoms under control, while also offering reassurance to Roly and his wife, Caroline.

As his health improved, Roly was discharged from the service, knowing support would be there again if needed.

He later accessed a number of our Living Well services – such as Advance Care Planning and our eight-week Living Well programme – which have helped him to stay active, plan ahead and feel more in control of his future.

Roly's story is a reminder that hospice care isn't just about the final days of life. It's about helping people live well, in the way that matters to them, throughout their illness.

You can read Roly's full story on our website here:
renniegrovepeace.org/roly

Light up a Life

Each year, as winter draws near, our Light up a Life campaign offers a special opportunity to remember and celebrate the people we love and miss. Whether your loss was recent or many years ago, you are invited to join us in honouring cherished memories while helping local families facing life-limiting illness.

There are two meaningful ways to take part this year.

DEDICATE A STAR ON OUR VIRTUAL TREE OF REMEMBRANCE

Add a personalised message in memory of someone special, creating a lasting tribute that can be shared with family and friends. Your dedication will help ensure local patients and families continue to receive the expert hospice care and support they need.



JOIN US AT OUR LIGHT UP A LIFE SERVICE AT ST ALBANS CATHEDRAL

This free remembrance service includes music, readings and quiet reflection, with the opportunity to light a candle and remember a loved one in a beautiful and supportive setting. Open to everyone, it offers a chance to come together as a community and find comfort in remembering those who will always hold a special place in our hearts.

Take part in this year's Light up a Life campaign to pause, reflect and remember, while supporting local hospice care.

Sunday 22 November 2026 at 6pm





FESTIVE FUNDRAISING

Did you know that only 16% of the cost of running our services comes from statutory sources? The other 84% is raised by the generous support of our local communities.

This festive season, there are a number of ways that you and your family can get involved and ensure that your support makes an impact all year round.

THE BIG GIVE

The Big Give Christmas Challenge is back, and this year we are aiming to raise £130,000 to fund two hospice nurses for a whole year. If you're looking for a way to support us from the comfort of your own home this festive season and want to double your donation at no extra cost to you – mark your diary now! Donations via the Big Give Christmas Challenge website will be **doubled between noon on Tuesday 1 December and noon on Tuesday 8 December 2026**, while match funding lasts.



RUDOLPH RUN

Dust off your antlers, pull on your favourite Christmas jumper, and head to St Albans city centre for a morning full of festive fun at our annual Rudolph Run. This year's Rudolph Run will take place on Sunday 6 December and offers something for the whole family with 1.5km and 5km routes available. Visit renniegrovepeace.org/rudolphrun26 for more information.

There will be lots of other ways to support us this festive season – from catching a glimpse of Santa on his fundraising tour of Tring and surrounding villages, to wreath making and end of year quizzes. Keep an eye on our social media pages and website for more information.

NAVIGATING GRIEF – FREE ONLINE SUPPORT

We know that the experience of grief is different for everybody. That's why we offer a range of bereavement support.

Our new Navigating Grief webinar series allows people to access group bereavement support online.

These free online group sessions are designed to support people in the early stages of bereavement, offering gentle guidance, practical tools and a safe space for reflection.

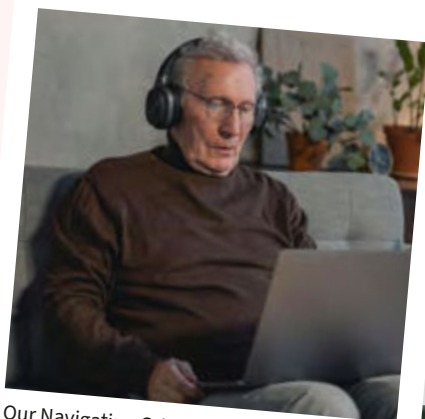
The two-part webinar series helps people better understand feelings such as anxiety and low mood, which can be part of grief. It also introduces simple ways to cope and support mental wellbeing. There is time for quiet reflection and shared understanding, helping people feel less alone.

The webinars are for family members and close friends who have been bereaved in the last six months, following the death of someone cared for by Rennie Grove Peace.

Sessions take place online via Microsoft Teams and last one hour. There is no cost to attend.

Navigating Grief is part of our wider bereavement support, which includes face-to-face and telephone support for people adjusting to life after loss.

Find out more at renniegrovepeace.org/bereavement-support26 or call 01923 60 60 30.



Our Navigating Grief sessions take place online



Practical support during illness

When someone is living with a serious illness, everyday responsibilities don't disappear. Bills still need paying, forms still need completing, and important decisions need to be made. For many people, this feels overwhelming when their focus should be on themselves and their loved ones.

That's where the Rennie Grove Peace Palliative Care Social Work Team can help.

HELP WITH MONEY AND BENEFITS

Our social workers provide free support with practical challenges. They help people access benefits and financial support and understand what they may be entitled to.

SUPPORT WITH FORMS AND PRACTICAL PLANNING

They can help complete forms and guide people through practical planning, including housing, insurance, Wills and powers of attorney, making processes feel more manageable at a difficult time.

To find out more, or refer yourself, visit renniegrovepeace.org/self-refer26 or call 01923 60 60 30.



"The social worker has helped me with a lot of practical things like paperwork – such as a will and power of attorney. That side of things is scary. So it's been really helpful having her here to help me make sense of things."

Amanda

CONNECTING PEOPLE TO LOCAL SUPPORT

The team works alongside healthcare professionals to ensure patients' wishes are heard and respected. They also provide time to listen, supporting patients and families through worries and difficult conversations, helping them feel less alone.

By offering practical and emotional support together, the team helps people focus on what matters most, while knowing someone is there to help with the rest.

VOLUNTEERING

Georgina's story

"It feels like I'm really making a difference, when I see patients returning and thoroughly enjoying their time."

Georgina is a volunteer in our gardening group, which offers patients relaxed, seasonal gardening activities to improve their wellbeing and spend some time in nature.

"I decided to volunteer for Rennie Grove Peace because people close to me have used the charity's services. I wanted to help and support others as I am aware of how difficult it can be for people managing a life-limiting illness.

"I really enjoy volunteering in the gardening group – it's a perfect fit for me. I love to chat and meet new people and find out about their life, backgrounds and interests. It's such a positive experience getting to know the people who attend the group – it really brightens my day.

"It feels like I'm really making a difference. When I see patients returning and thoroughly enjoying their time, it's nice to know that we've been able to help them take their mind off their illness while they're here.

"It's so rewarding, and Rennie Grove Peace is so supportive. If you're thinking of volunteering, there is nothing to be worried about, just give it a go! I always leave with a smile on my face."



To read Georgina's full story, visit renniegrovepeace.org/georgina

Could you lend a supporting hand?

Our Supporting Hands volunteers provide a vital service, visiting patients in their homes to offer companionship and practical support, while freeing up valuable nursing time for specialist clinical work.

Our patients and those around them often tell us how much of a difference it makes – one patient said: “The volunteer visits and

keeps me company which is exactly what I was hoping for. I just feel a little brighter on the visit days and not so low. It’s made all the difference. Thank you – the volunteer is fantastic, he really brightens my life.”

If you’re interested in joining us as a Supporting Hands Volunteer, find out more at renniegrovepeace.org/supportinghands

WHY OUR VOLUNTEERS LOVE WHAT THEY DO

“The friendships with the team have been invaluable to me and given me a real sense of belonging.”

“It’s an opportunity to give something back to the charity that looked after my loved one.”



“It gives me something to look forward to. After retiring it has added structure to my life.”

Visit renniegrovepeace.org/volunteer-roles to view our latest volunteer vacancies.

COULD A CAREER WITH US BE YOUR NEXT OPPORTUNITY TO MAKE A DIFFERENCE?



There are many ways to support Rennie Grove Peace Hospice Care and working with us is one of them. Whether you're looking for a new challenge, a more rewarding role or a chance to give back to your community, we'd love to hear from you.

Some of our roles, including healthcare assistants, don't require specific

qualifications or healthcare experience. What matters most is compassion, a willingness to learn and a desire to help others. If you're looking for a fulfilling career, visit our website to view current vacancies or sign up for alerts about future roles.

renniegrovepeace.org/jobs26

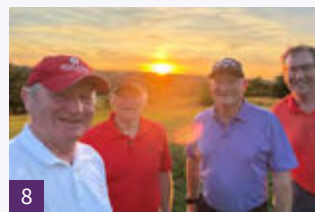
IT'S A WIN-WIN WITH THE HOSPICE LOTTERY PARTNERSHIP

For just £7.50 a month, you could be in with the chance of winning a £1,000 weekly prize, plus a rollover jackpot that can reach an incredible £25,000. By joining The Hospice Lottery and supporting health charities, you'll be helping to ensure compassionate care is available when it's needed most. It's a simple way to help fund local hospice care, with the added bonus that you could be the next big winner!

To play, or for more information and terms and conditions, visit hospicelottery.org.uk/RGP



Players must be 18 or over. Please gamble responsibly. Promoted by The Hospice Lottery Partnership and licensed and regulated by the Gambling Commission. For full terms and conditions visit hospicelottery.org.uk



SUPPORTER SPOTLIGHT

1. **The children of Trefusis Walk** held a bake and book sale raising a sweet £528. If you'd like to raise money through baking, why not organise a Time for Tea party? See page 16 for more information.

2. **Mike Hodge, Dingo and Rookie** have organised a golf day for us every year since 2004 and this year raised £8,260, bringing the total over the years to a whopping £237,000.

3. As well as being a patron of the charity and supporting us through his business, M.K. Ginder & Sons, **Adam Ginder DL** took part in Trek China earlier this year, raising £13,621.

4. Thank you to everybody who organises **Open Garden** events to support Rennie Grove Peace. Over £16,000 has been raised over the past year. Could you use your green fingers to 'grow' support for us in this way?

5. **Andy Graham** supports our Question of Sport event each year by sourcing many of the raffle and auction prizes. This allows us to raise fantastic sums through those activities on the night.

6. Over the past 18 months **Dominic Ashburner** has supported us as an event participant and volunteer. By taking part in events such as Chilterns 3 Peaks Challenge, London Bridges Walk, Trek Vietnam and Ultra Challenges, he has already raised over £10,000.

7. Long-term supporter **Anne Swanston** has raised over £30,000 with her annual ladies' lunches.

8. **Aldwickbury Park Golf Club** has named Rennie Grove Peace its Charity of the Year for 2026–27. As part of this, Golf Captain Mark Quigley took on our Sunrise to Sunset Golf Challenge, playing 72 holes in a day.

If you're inspired to support our work, visit renniegrovepeace.org/support-us today for ideas and inspiration or contact the team on fundraising@renniegrovepeace.org

Reintroducing Rennie Grove Peace

When people hear the word “hospice”, they often think of the final days of life. But modern hospice care is so much more than that. At Rennie Grove Peace Hospice Care, our support begins from the point of diagnosis with a progressive life-limiting illness to help people live well with their illness and navigate the challenges ahead with confidence.

Our care is delivered in four phases, is tailored to the individual and delivered in the place that's right for them.

EARLY SUPPORT

Being diagnosed with a progressive life-limiting illness can turn life upside down. During the Early Support phase, we help people make sense of their diagnosis and understand what support is available. We focus on practical guidance, emotional support, peer connections and opportunities to plan ahead, to help people feel less alone and more prepared for the future.

LIVING WELL

A key focus of hospice care is helping people live as well as possible with their illness. Through our Living Well services, we support physical, emotional and wellbeing needs, helping people manage symptoms, stay independent and continue doing the things that matter to them. From wellbeing activities and therapy services to specialist advice, support is tailored to each person's individual circumstances.





Lorna's husband, Mick (right), was supported by our Hospice at Home team.



END OF LIFE CARE

As needs become more complex, our teams provide expert palliative and end of life care to help people to die well. We help people remain comfortable, maintain dignity and receive care in the place that is right for them – which may be the place they call home or our Inpatient Unit. We also support loved ones through difficult decisions and practical challenges during this time.

Lorna's husband, Mick, was cared for by our Hospice at Home team as he reached the end of his life. She says: "The nurses were just so brilliant, Mick was a really proud man, and didn't want to rely on others for

his care, but the nurses talked everything through with him in such a reassuring way and treated him with such dignity. He wasn't a number; he was a person."



BEREAVEMENT SUPPORT

Our care does not end when someone dies. We provide bereavement support to families and those around them, helping people cope with grief in the months and years that follow. Because loss affects everyone differently, this support is tailored to individual needs and circumstances.

Darren attended group bereavement sessions following the death of his wife, Laura. He said: "I enjoy going to speak with people who have gone through something similar to me. Sometimes we're laughing, sometimes we're crying, sometimes we're just talking about our families."

REFER YOURSELF OR A LOVED ONE

If you, or somebody you know, is living with a progressive life-limiting illness, why not complete our confidential online referral form today, to start a conversation about support that is available and whether it's right for you. Visit renniegrovepeace.org/self-refer26 or call 01923 60 60 30.



A NEW HOME FOR RETAIL

Earlier this year, we relocated our retail warehouse to a new site in Tring, marking an exciting step in our plans for long-term growth and sustainability to ensure hospice care remains accessible to all who need it.

Our new Retail Hub, on Icknield Way Industrial Estate in Tring, is now the heart of our retail operation, providing a central base where donated items are sorted, processed and distributed to shops or sold online to maximise their value and generate vital income.

This move brings the Retail Hub closer to our Tring office, Rennie House, which will strengthen efficiency, communication and collaboration between teams.

In order to make it easier for local people to support us by donating high-quality items for sale, the Retail Hub is also due to have a new 'donation station', opening this autumn. Keep an eye on our website to find out when the donation station is open for donations of good-quality items at 5D Icknield Industrial Estate, Tring, HP23 4JX.



Latest news from our retail and trading team

SHOP, SAVE AND SUPPORT

There are plenty of ways to support Rennie Grove Peace while finding great gifts and bargains this season.

If you love discovering hidden treasures in our charity shops, don't forget to pick up a loyalty card. Collect one stamp for every £10 spent and, once you've filled your card with 10 stamps, you'll receive £5 off your next purchase!



SEND A LITTLE MORE THAN FESTIVE CHEER

As you prepare for the holiday season, our beautiful Christmas cards are a wonderful way to stay in contact with those close to you. They're 100% recyclable, printed and hand-packed in the UK, and every purchase helps fund our hospice care services.

LOOKING FOR AN EXTRA-SPECIAL FESTIVE GIFT?

A Charity Shop Gift Card is perfect for stocking fillers, Secret Santa gifts or loved ones who are hard to buy for. It gives friends and family the chance to discover unique pre-loved finds while supporting vital local hospice care.

Whether you're shopping for gifts, sending festive wishes or treating yourself, every purchase helps us continue providing compassionate care across our communities.

renniegrovepeace.org/shop26



WHAT'S ON

OCTOBER 2026

TIME FOR TEA



Get together with family, friends, neighbours or colleagues for a charity tea party to raise funds for vital hospice care. Choose the day, time and place that works best for you then get the kettle on. Register for your free fundraising

pack at renniegrovepeace.org/timefortea26

5 OCTOBER AND 7 DECEMBER 2026

FREE VIRTUAL WORKSHOP HOW TO TALK ABOUT DEATH, DYING AND LOSS



This online workshop is open to anybody who would like to tackle taboos and feel more confident starting conversations about death, dying and loss.

renniegrovepeace.org/death-dying-workshop

12 NOVEMBER 2026

FIREWALK



Could you walk over hot coals to support hospice care? Join us for our Firewalk fundraiser at Peace Hospice and experience the thrill as every step paves the way for extraordinary hospice care.

renniegrovepeace.org/firewalk-26

22 NOVEMBER 2026 AT 6PM

LIGHT UP A LIFE SERVICE

Join us at St Albans Cathedral for our annual Light up a Life remembrance service. This non-faith celebration with music, readings and reflections is a chance to pause and remember the life of someone special.

renniegrovepeace.org/lual26



6 DECEMBER 2026

RUDOLPH RUN

Dust off your antlers, pull on your favourite Christmas jumper, and head to St Albans city centre for a morning full of festive fun for the whole family. Choose from a 1.5km or 5km route and spread festive cheer while fundraising.

renniegrovepeace.org/rudolphrun26



14 MARCH 2027

LONDON BRIDGES WALK

Mark your diary for our iconic London Bridges Walk and take on an unforgettable challenge through the heart of the capital. Choose five or ten miles, cross up to 12 famous bridges, and soak up some of London's most breathtaking landmarks along the way. Keep an eye on our website for details, renniegrovepeace.org/londonbridges26



22 JANUARY 2027

STRICTLY COME HOSPICE

Join us for the grand finale of Strictly Come Hospice to enjoy the results of 10 weeks of professional dance tuition for 24 local amateur dancers. Tickets go on sale this autumn. Keep an eye on our website and social media for details.



20-27 FEBRUARY 2027

TREK SAHARA

Push your limits on a multi-day trek across the Sahara's vast plains and towering dunes, supported by Berber guides and rewarded each night with campfires under some of the darkest skies on Earth.

renniegrovepeace.org/saharatrek



ONGOING

SCHOOLS' ACCUMULATOR CHALLENGE

School groups are challenged to take £30 and multiply the funds through their choice of fundraising activity. Students can develop teamwork and entrepreneurial skills while raising money for hospice care.

renniegrovepeace.org/schoolschallenge



To find out more about our fundraising events, scan this QR code or visit renniegrovepeace.org/events2026



Spiritual care and support

As part of caring for each individual as a whole person, our teams are trained in providing spiritual support.

SPIRITUALITY IS BROADER THAN FAITH

Many people think spirituality is only about faith or religion. While faith can be an important source of comfort for some, spirituality is broader than faith. It can be about relationships, values, memories, identity, connection, and the things that give life meaning and purpose.

SUPPORTING PEOPLE THROUGH SPIRITUAL DISTRESS

Sometimes people experience spiritual distress. They may feel worried, alone, uncertain, or have difficulty making sense of what is happening to them. Our staff are trained to recognise these concerns and have sensitive conversations about what matters most to each person, helping them find comfort, meaning, and peace at a difficult time.

“What was important for us was spending time together and having the space to practice our religion to bring comfort to us all. Rennie Grove Peace gave us all of this.”

Sadia, whose mum was cared for at the Inpatient Unit in Watford

COMPASSIONATE CAFÉ STORY

PAT AND JOAN

When Pat joined our first Support Hub session in Abbots Langley in 2024, she didn't know what to expect. By chance, she sat down next to Joan, whose first words to her were "I do like to talk!" and they have been friends ever since.

Pat had recently moved to the area to be closer to her family after her husband had died. She didn't know many people locally, so joined the Support Hub to meet new people and take part in the wellbeing activities on offer. Although Joan has lived in the area for many years, she found losing her sister had made her feel very lonely and isolated, so after seeing the Support Hub advertised she thought that would be a great place to meet others.

The pair, who are now regulars at the sessions, said, "The Support Hub is so much fun! We love Georgina and her chair exercises. We love the volunteers, too, they really make us laugh."

Soon, the pair also started attending one of our Compassionate Cafés, for a cuppa and a friendly chat with other people who have experienced bereavement. They have since introduced more friends to both groups.

When asked what keeps them coming back for more, Pat and Joan said, "The Compassionate Café is somewhere that we can share stories with others that have lost people. We love to go and have a good talk and catch up with everyone."



Find out more about our Compassionate Cafés and Support Hubs at renniegrovepeace.org/supporthubs26 and renniegrovepeace.org/compassionatecafe

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

If you have been inspired to protect hospice care, here are details of just some of the ways you can get involved:

SUPPORT OUR WORK

If you'd like to give a gift today to support our work, visit renniegrovepeace.org/gifts



SHOP WITH US

With 30 shops across Buckinghamshire and Hertfordshire, you're sure to find one on a high street near you.



VOLUNTEER WITH US

Search volunteer vacancies on our website or get in touch with the team on **01923 33 03 30** or volunteers@renniegrovepeace.org

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**
Hospice Care

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