

Events 2019

*Whatever your passion,
there's something for everyone*



Gavin's story

"My grandad, William, was an incredibly proud and independent man with an infectious smile, living comfortably and happily. His passing came as a massive shock to our family but the caring staff at Pilgrims made him as comfortable as possible, and really looked after us all during a very emotional and exhausting time. To celebrate his memory and to ensure Pilgrims Hospices can be there to care for other families in the future, I decided to take on a series of challenges to raise vital funds for the local hospice care they provide.



Gavin with staff at Pilgrims Hospice Canterbury

My other grandad, John, also passed away shortly afterwards, so now I'm fundraising in memory of them both. So far, I've completed a triathlon, ran the Canterbury Half Marathon and braved my first skydive from 12,000ft. Now, I'm in training for my biggest challenge yet; the London Marathon! I guess you could say I enjoy a challenge, so doing the things I love while generating funds for such a special charity is really inspiring; I believe my grandads would be incredibly proud.

Thanks to the support and generosity of family, friends, local businesses and communities, I've already surpassed my initial fundraising target and hope to raise in excess of £3,000 by the time I run the marathon.



Gavin's grandads William (left) and John (right)

I experienced first-hand what an incredible job the Pilgrims' nurses and staff do. By taking on fundraising challenges in aid of Pilgrims, I hope to support them in caring for other families when they need it the most.

I'd encourage anyone to get involved. There are so many things you can do to help and it all makes such a difference."

Each year Pilgrims supports thousands of local people coping with a life limiting illness and their families. Our charity offers a range of services: from end of life care given on our wards, to our Wellbeing and Social Programme supporting people after they are diagnosed to live well and stay independent.

If you or someone you know has been diagnosed with a life limiting illness, visit www.pilgrimshospices.org to find out more about our full range of services.

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Walking and trekking events

A Night to Shine

20 September 2019

Where:

Julie Rose Stadium, **Ashford**

The Pavilion, **Broadstairs**

Canterbury College, **Canterbury**

Registration:

Early bird entry: Adult £12

Under 18s: £8

Under 3s go free

(closing date: 4 August)

Standard entry: Adult £15

Under 18s: £12

(closing date: 15 September)

On the night: Adult £20

Under 18s: £15

(entry includes T-shirt, torch, medal and more!)

Sponsorship:

Raise as much as you can!



Get the whole gang together for A Night to Shine - our popular 5 mile sponsored walk. In each town, enjoy live music, a friendly, party atmosphere, energetic warm up and lots more before setting off into the night in a sea of shining torchlight. Whether you walk for fun, fitness or in memory of a loved one, come together with hundreds of hospice supporters and help us be there for the next family who needs us.

Pilgrims Way Challenge

22 June 2019



Where:

Wye to Dover
25km, 35km or 55km challenge

Registration:

Early bird entry: £25
(closing date: 12 May)

Standard entry: £30
(closing date: 16 June)

On the day: £45

Sponsorship:

A pledge to raise at least £100 in sponsorship



New routes



Enjoy the rural beauty of one of England's oldest and least trodden national trails. Lace up your walking boots for a 25km, 35km or 55km hike along the Pilgrims Way to the historic cathedral city of Canterbury and onward to a coastal finish at the impressive Dover Castle. It's the perfect challenge for people of all abilities, with full event support and a T-shirt included with your entry.

Walking and trekking events

Paws 4 Pilgrims

24 March 2019



Where:

The Bandstand, Deal CT14 7EB

Registration:

Early bird entry: £10

(closing date: 4 March)

Standard entry: £15

Entry includes 1 person & 1 dog

Fun dog show: £2 per class

Sponsorship:

Dogs are asked to use their puppy dog eyes to raise as much as they can!

This spring, join hundreds of dog walkers as you embark on our popular 5km sponsored dog walk along the beautiful Deal coastline. After the walk, why not enter your furry friend in some of the many classes in our fun dog show; with 'Fastest Sausage Catcher' and 'Dog Most Like its Owner' being popular choices. With refreshments and stalls too, it's a great day out for the whole family.

Ultra Challenge Series

London 2 Brighton Challenge 25-26 May 2019

Jurassic Coast Challenge 8-9 June 2019

Thames Path Challenge 7-8 September 2019

Registration:

Full 100km Challenge: £99

Half 50km Challenge: £64.50

Quarter 25km Challenge: £39.50

Sponsorship:

100km Challenge: Minimum sponsorship pledge of £299

50km Challenge: Minimum sponsorship pledge of £199

25km Challenge: Minimum sponsorship pledge of £199



Choose from a selection of inspiring endurance events like no other; you can walk, jog or run in aid of Pilgrims Hospices. Whether it's a 25km walk, a testing 50km, or the 100km ultra marathon run or walk – there's a distance for all! These all-inclusive challenges are perfect for people of all fitness levels. Passing by stunning scenery, meeting new friends and discovering hidden resilience and spirit, few can describe the elation of crossing the finishing line.

Conquer Mount Toubkal and camp in the Sahara

4-10 July 2019

Where:

Morocco

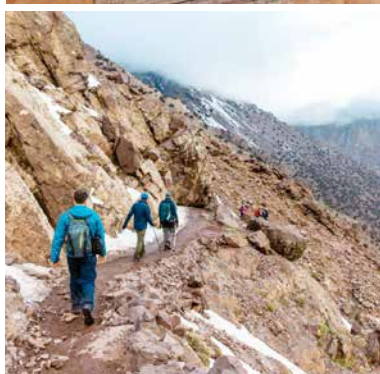
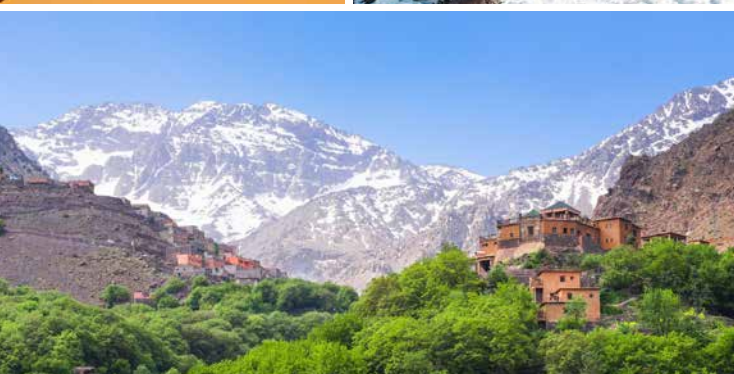
Registration:

£460 self-funded adventure

Sponsorship:

A pledge to raise at least £500 in sponsorship

Only 5 days off work



Experience the best of Morocco from the highest point in North Africa to the wild scenery of the northern Sahara Desert. Climb Mt. Toubkal (4167m) on a 2-day trek through the rugged and beautiful Atlas Mountains. The adventure continues with a road trip through the Dades Valley and breathtaking Todra Gorge to the Sahara before a camel trek to a traditional Berber camp. Sleep off your adventure under the Milky Way like you've never seen it before, then return to Marrakech for a final night of celebration!

Running events

Virgin Money London Marathon

28 April 2019

Where:

London

Registration:

Charity places for 2020:
£50 with a minimum
sponsorship pledge of £1,800



Experience the amazing atmosphere of one of the most iconic sporting events in the world. With excellent race day support and thousands of people lining the streets of the capital to cheer you on, it really is an event like no other. We have a limited number of charity places that are allocated by application. Runners with their own ballot place are also invited to join **#TeamPilgrims** with no minimum sponsorship commitment.

Brighton Marathon

14 April 2019

Where:

Preston Park, Brighton, BN1 6SD

Registration:

Charity places for 2020:
Free with a minimum
sponsorship pledge of £500



Set among the buzzing city streets and stunning coastal views of Brighton and Hove, it's easy to see why the Brighton Marathon is one of the country's most loved marathons. This run gets bigger and better every year and the finish along the spectacular seafront is a real highlight. Charity places are allocated by application. Runners with their own ballot place are also invited to join **#TeamPilgrims** with no minimum sponsorship commitment.

Vitality London Big Half

10 March 2019

Where:

London

Registration:

Charity places for 2020:
Free with a minimum
sponsorship pledge of £350

New



London's newest and most exciting half marathon returns! Starting at the Tower of London, join more than 11,000 runners of all ages, backgrounds and abilities in this 13.1 mile race through the capital, following the famous London Marathon route and finishing at the Cutty Sark. Come and experience the amazing atmosphere of London's biggest half marathon road race.

Vitality London 10,000

27 May 2019

Where:

London

Registration:

Charity places for 2019:
Free with a minimum
sponsorship pledge of £250



Looking to soak up the vibrant atmosphere of a big London city centre race? The Vitality London 10,000 passes many of the capital's most famous landmarks, including an unforgettable finish outside Buckingham Palace. With charity places available, there's never been a better time to take your running to the next level.

Running events

Canterbury 10 Mile

27 January 2019



Where:

Christchurch University Sports Centre, Canterbury, CT1 1PH

Registration:

Charity places in 2019 and 2020: Free with a minimum sponsorship pledge of £100

New

Join 1,500 runners as you take on this challenging early season 10 mile race. The undulating country route is perfect for those wishing to take their running to the next level, or as an early season test for those with their sights set on bigger distances later in the year. Sign up through Pilgrims Hospices for free with a commitment to raise at least £100 in sponsorship.

Canterbury Half Marathon

26 August 2019



Where:

Merton Farm, Canterbury, CT4 7BA

Registration:

Charity places: Free with a minimum sponsorship pledge of £100

Held against the beautiful backdrop of the Kent Downs, the 13 mile course challenges the novice and veteran alike. Navigate the fully closed route along country lanes on the outskirts of this historic city. With a huge bank holiday crowd, massage facilities and ample parking, it's a real highlight to any runner's season.

Thanet 5k Colour Run

20 October 2019



Where:

The Oval, Palm Bay, Cliftonville, Margate CT9 2GB

Registration:

Early bird entry:

12yrs and over £16,
11yrs and under £10
(closing date: 30 September)

Standard entry:

12yrs and over £20,
11yrs and under £15
(Entry includes T-shirt, paint sachet, sunglasses and medal)

Sponsorship:

Raise as much as you can!

This family friendly 5k event is an explosion of colourful fun. Take in amazing coastal views as you run and walk through clouds of brightly coloured powder paint around the route. Gather friends and family to join the energetic atmosphere of over 1,000 people running, jogging and walking along Thanet's spectacular seafront.

Santas on the Run

1 December 2019



Where:

Bandstand, Herne Bay, CT6 5JN

Registration:

Early bird entry: Adult £12,
Under 18s £8, Family £35
(closing date: 27 October)

Standard entry: Adult £16,
Under 18s £10, Family £40
(closing date: 24 November)
Family entry inc. 2 adults, 2 children.

On the day: Adult £20,
Under 18s £10
(Entry includes Santa suit)

Sponsorship:

Raise as much as you can!

Christmas comes early with our festive family fun run, Santas on the Run! Gather your elves both big and small and join more than 1,000 fellow Santas for the jolliest jog of the year along the seafront at Herne Bay. There's a choice of a 3k or 5k route with a medal for every finisher. Dogs are welcome dressed up and on leads.

Cycling events

Pilgrims Hospices Cycle Challenge - 10th anniversary

5 May 2019



Help us reach £1 million in our 10th year



Celebrating its 10th year anniversary, our biggest event of the year is back by popular demand. With over 630,000 miles cycled since 2010, the Cycle Challenge is a firm favourite and it's set to be even bigger than ever! Get on your bike and join more than 1,200 cyclists of all abilities as you explore the beautiful Kent countryside with friends, family and colleagues. Ride it your way by choosing one of four ride distances, then celebrate crossing the finish line



Where:

University of Kent, Canterbury
CT2 7SR

Registration:

Early bird entry: £25
(closing date: 17 March)

Standard entry: £30
(closing date: 28 April)

On the day: £45

Distances:

The Classic - 45 miles

The Challenge - 75 miles

The Century - 100 miles

The Epic - 125 miles

Sponsorship:

Raise as much as you can!

New route



in our cycling event village. Here are just some of the ways we're making 2019 the best year to ride the Pilgrims Hospices Cycle Challenge:

- Pilgrims Hospices cycling jersey / neck scarf available
- Official Pilgrims event app (iOS and Android)
- The Epic - new 125 mile route
- 10th anniversary finisher's medal

Cycling events

Lightweight and breathable

Unisex design

Fade-free printing

Silicone waist gripper

Free delivery on orders that include a jersey

Zipped valuables pocket

Introducing the Pilgrims Hospices Cycle Jersey and Neck Scarf

In celebration of the 10th annual Cycle Challenge, we're excited to bring you the official Pilgrims Hospices cycle jersey and neck scarf. Show your support out on the road with these stylish, quality garments and help us be there for thousands of people coping with incurable illness in east Kent.

To find out more visit
www.pilgrimshospices.org/get-involved/events-and-challenges

London to Paris Bike Ride

24-28 July 2019

Where:

London, UK to Paris, France

Registration:

£125 + £800 self funding option with no minimum sponsorship commitment

Sponsorship:

Other funding options available



The London to Paris bike ride is arguably the most iconic challenge available for any keen cyclist. From your London start line, the four day challenge takes you through 295 miles of beautiful English and French countryside, before finishing in the heart of Paris in good time to enjoy the finale of the world's greatest race, the Tour de France.

Prudential RideLondon 100

4 August 2019

Where:

London and Surrey

Registration:

Charity places for 2020:
£40 with a minimum
sponsorship pledge of £400

New



Join 20,000 other cyclists taking on the 100 mile route through the heart of the capital, made famous by the world's best cyclists in the London 2012 Olympics. Prudential RideLondon-Surrey 100 follows a fully closed road route through central London and into Surrey's stunning countryside. With leg-testing climbs and beautiful scenery, it's an experience not to be missed by the novice and seasoned cyclist alike.

Divas on Wheels

11 August 2019

Where:

The Independent Pedaler,
Bridge, Canterbury, CT4 5HW

Registration:

Early bird entry: £22
(closing date: 23 June)
Standard entry: £25
(closing date: 4 August)
On the day: £35

Distances:

25 or 50 miles

Sponsorship:

Raise as much as you can!



Have a great day out at Divas on Wheels; an inclusive cycling event for all fitness levels, cycling abilities and ages. Choose between a 25 or 50 mile cycle through quiet country lanes with refreshment stops, before returning to our special 'Divas Village'. Suitable for those aged 11 years or over.

Special events

It's a Knockout

19 May 2019



Where:

Government Acre, Ramsgate
CT11 0HE

Registration:

£25 per person - teams of 10
aged 16 or over
(closing date 3 May)

Sponsorship:

A pledge to raise £500
sponsorship as a team
(just £50 pledge per person)

Join us for a hilarious day full of inflatable fun, outrageous costumes and a knockout challenge. It's a Knockout is a great team event for families, colleagues or friends. With games including 'Sumos' and 'Walk the Plank' to test your skills, there's plenty to see and do. Refreshments and stalls are available too. Spectators welcome.

Vintage Tea and Fair

21 July 2019



When and where:

Westgate Gardens, Canterbury,
CT1 2DB

Entry:

Entry to the fair is free,
donations welcome (12pm-4pm)

Join us in Canterbury's beautiful Westgate Gardens for a summer tea party with a vintage twist. What better way to spend a July afternoon than watching the punts pass gently by on the river as you enjoy a pot of tea, a slice of delicious cake and indulge in a little retail therapy at our luxury vintage craft stalls? Vintage dress welcome.

Christmas Tree Recycling

11 January 2020

Where:

Ashford borough areas

Donation:

Donate your chosen amount

Our Tree Recycling campaign offers Christmas tree collections from homes across the Ashford Borough. Simply register your real Christmas tree in return for your chosen donation and our friendly team of Pilgrims volunteers will collect it from you.

Summer Garden Party

3 August 2019

When and where:

Pilgrims Hospice, Hythe Road, Ashford TN24 0NE

Entry:

Free, donations welcome (11am - 4pm)

At our Summer Garden Party you will find a wide range of stalls, games and activities for the whole family. From plants, luxury crafts and handmade cakes to hot food, live music, tombolas and childrens games. Our hugely popular garden party is not to be missed.

Ashford Christmas Fair

9 November 2019

When and where:

The Towers School, Ashford TN24 9AL

Entry:

Free, donations welcome (10am - 3pm)

Embrace the festive season with the Pilgrims Hospices Christmas Fair. Whether you're in search of the perfect gift or simply wish to share in the ho-ho-holiday cheer, you'll find something for everyone across three huge halls filled with delicious refreshments, beautiful crafts, games galore and some very special guests including Santa himself!

Challenges

Firewalking

Friday 1 March 2019

Where: University of Kent, Canterbury CT2 7SR

Saturday 2 March 2019


Where: Pilgrims Hospice, Ashford TN24 0NE

Registration:

Early bird entry: £17
(available to the first 50 people per event or until 20 January, whichever is sooner)
Standard entry: £20
(closing date: 24 February)

Sponsorship:

A pledge to raise at least £100 in sponsorship



It's time to turn up the heat for the Pilgrims Firewalk; back for it's 4th year! Dubbed the 'hottest, shortest sponsored walk in the world', the Firewalk is a barefoot walk over red-hot wood embers measuring up to 800 degrees! No tricks, no special effects - just you and the fire. It's the ultimate test of courage and the perfect challenge for any fitness level. Enjoy a training seminar with our firewalking expert before heading outside to face the flames.

Skydiving

1 June and 7 September 2019

Where:


Headcorn Airfield, Shenley Road, Headcorn, TN27 9HX

Registration:

£40 per person

Sponsorship:

Minimum sponsorship pledge
£395



Join us for the adrenaline-fuelled experience of a lifetime with our tandem skydive days. The sky's the limit as you join other Pilgrims supporters all soaring through the air, ticking something off their bucket list or taking extreme measures in conquering a fear of heights. Free fall from 10,000ft and experience breathtaking views as you raise vital funds for hospice care.

Sunflower Memories

When and where:

Saturday 27 July, 11am-1pm

Canterbury Hospice

Saturday 27 July, 2pm-4pm

Thanet Hospice

Sunday 28 July, 2pm-4pm

Ashford Hospice



Join us this summer and dedicate a sunflower to someone you love. In return for a donation, we will write your dedication on a striking sunflower memory marker and plant it in the grounds of your chosen hospice throughout July. Join us to celebrate the life of someone special at our Sunflower Days 27-28 July, and collect your sunflower to cherish at home.

Trees of Love

7 December 2019

When and where:

Saturday 7 December, 5pm

Ashford, Canterbury and Thanet hospices



Celebrate the warmth and brightness of someone special, and write a dedication to hang on our illuminated Trees of Love. Our Trees of Love are special to so many people because they provide a lovely and personal way to remember those we aren't able to spend time with at Christmas. Join us for this beautiful remembrance service with carols, held at the same time at each of our three hospices as well as a number of indoor services at alternative locations across the area.

Do it your own way!



Hold your own event – create your own challenge

You may prefer to hold your own fundraising event or take part in a different challenge; whatever you are planning we'd be delighted to hear from you.

Use your imagination... It doesn't have to be big, clever or a brand new idea, it just needs to raise money and be fun for you and anyone else taking part.

You can find further resources online at www.pilgrimshospices.org/fundraise, where you can download our fundraising pack and sponsorship form, and fill in our form to request collecting tins, balloons, a letter of authority or hospice literature. Alternatively, contact your local fundraising office (you will find details on the back cover). We are here to help you achieve your fundraising goals!

Other ways to help

Supporting Pilgrims Hospices isn't just about taking part in or organising an event. From making a donation, to volunteering your time, shopping with us or joining the Pilgrims Hospices Lottery – together we can make a difference.

Here are some of the other ways that you can get involved:

- Donate
- Become a regular giver or donate through your payroll
- Leave a gift in your will
- Find a Pilgrims Hospices shop in your area and donate your unwanted goods or go shopping
- Buy through our eBay shop: <http://stores.ebay.co.uk/Pilgrims-Hospice>
- Join our lottery and have the chance to win up to £20,000
- Place a collection pot in your local area
- Volunteer your time on our receptions, in our shops, at a fundraising event, in our offices or as an ambassador.
- Encourage your company, school or organisation to pick us as their 'Charity of the Year'.



Event Calendar 2019

January 2019

27 Canterbury 10 Mile

March 2019

- 1** Firewalk, Canterbury
- 2** Firewalk, Ashford
- 10** London Big Half
- 24** Paws 4 Pilgrims, Deal

April 2019

- 14** Brighton Marathon
- 28** London Marathon

May 2019

- 5** Pilgrims Hospices Cycle Challenge
- 19** It's a Knockout, Thanet
- 27** London 10,000

June 2019

- 1** Skydive Day
- 22** Pilgrims Way Challenge

August 2019

- 3** Summer Garden Party, Ashford
- 4** RideLondon 100
- 11** Divas on Wheels, Canterbury
- 26** Canterbury Half Marathon

July 2019

- 4 - 10** Mt Toubkal Trek and Camp Sahara
- 21** Vintage Tea and Fair, Canterbury
- 24 - 28** London to Paris Bike Ride
- 27** Sunflower Memories Day, Canterbury
- 27** Sunflower Memories Day, Thanet
- 28** Sunflower Memories Day, Ashford

September 2019

- 7** Skydive Day
- 20** A Night to Shine

October 2019

- 20** Colour Run, Thanet

November 2019

- 9** Ashford Christmas Fair

December 2019

- 1** Santas on the Run, Herne Bay
- 7** Trees of Love

January 2020

- 11** Tree Recycling, Ashford and Tenterden
- 26** Canterbury 10 Mile

Ashford
Hythe Road
Willesborough, Ashford TN24 0NE
Tel: 01233 504111

Canterbury
56 London Road
Canterbury CT2 8JA
Tel: 01227 812621

Thanet
Ramsgate Road
Margate CT9 4AD
Tel: 01843 233934

Register your interest

To register your interest in an event, to fundraise for us or help in another way please complete the details on this form.

Title	<input type="text"/>	Full Name	<input type="text"/>
Email	<input type="text"/>		
Home Address	<input type="text"/>		
	<input type="text"/>		
Postcode	<input type="text"/>	Contact Number	<input type="text"/>

Tick the box(es) for events you would like further details

	Date	Activity		Date	Activity
	1-2 March	Firewalk, Canterbury and Ashford		27 - 28 July	Sunflower Memories Days
	10 March	London Big Half		3 August	Summer Garden Party
	24 March	Paws 4 Pilgrims, Deal		4 August	RideLondon 100
	14 April	Brighton Marathon		11 August	Divas on Wheels
	28 April	London Marathon		26 August	Canterbury Half Marathon
	5 May	Pilgrims Cycle Challenge		7 September	Skydive Day
	19 May	It's a Knockout, Thanet		20 September	A Night to Shine
	27 May	London 10,000		20 October	Colour Run, Thanet
	1 June	Skydive Day		9 November	Christmas Fair, Ashford
	22 June	Pilgrims Way Challenge		1 December	Santas on the Run, Herne Bay
	4 - 10 July	Mt Toubkal Trek and Camp Sahara		7 December	Trees of Love
	21 July	Vintage Tea & Fair, Canterbury		11 January 2020	Tree Recycling – Ashford and Tenterden
	24 - 28 July	London to Paris Bike Ride		26 January 2020	Canterbury 10 Mile

Tick the box(es) to let us know how you want to help

<input type="checkbox"/>	I would like to fundraise for you in 2019, please send me your fundraising pack
<input type="checkbox"/>	I would like to help by volunteering <input type="checkbox"/> at the hospice <input type="checkbox"/> at events <input type="checkbox"/> in the community

Please return this form to **Robert Grew, Events Fundraiser at Pilgrims Hospices, 56 London Road, Canterbury, Kent CT2 8JA** or call **01227 812609** or email **fundraising@pilgrimshospices.org**

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By submitting this form, you consent to be contacted by email for the purpose of an event participation. If you'd like to receive emails about other exciting ways to support Pilgrims Hospices and with news about our work, please tick the box below.

☐ I am happy to receive emails where possible

You can update your contact preferences at any time by calling our **Supporter Relations Team** on **01227 782062** or by writing to us at the address above. We are registered under the Data Protection Act and will never share, sell or swap your details with any third party for the purposes of their own marketing or the monetising of your data.

Please make a donation

Cut the completed form from the brochure and hand in at your local hospice, or, pop it with your payment in the freepost envelope provided and send to
Supporter Relations, Pilgrims Hospices, 56 London Road, Canterbury, Kent, CT2 8JA

Title	<input type="text"/>	Full Name	<input type="text"/>
Email	<input type="text"/>		
Home Address	<input type="text"/>		
	<input type="text"/>		
Postcode	<input type="text"/>	Contact Number	<input type="text"/>

I'm donating in memory of (their name)

Their relationship to me

I enclose a donation of **£20** ☐ **£35** ☐ **£50** ☐ **£75** ☐ **Other £**

Please make cheques payable to Pilgrims Hospices OR debit my credit/debit card

Type of card	<input type="text"/>	Name on card	<input type="text"/>
Card number	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> — <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> — <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> — <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		
Valid from	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Expiry date	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
		Issue number Switch/Maestro only	<input type="text"/> <input type="text"/>
Security number	<input type="text"/> <input type="text"/> <input type="text"/>	Signature	<input type="text"/>
		Date	<input type="text"/>

giftaid it

Signature

Date

Please treat all donations I make now, in the future, or have made to Pilgrims Hospices for the past 4 years as Gift Aid donations until further notice. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. **I understand that Pilgrims Hospices will reclaim 25p of tax on every £1 that I have given.**

If you'd like to receive emails about other exciting ways to support Pilgrims Hospices and with news about our work, please tick this box. ☐ **I am happy to receive emails where possible**
You can update your contact preferences at any time by calling our Supporter Relations Team on 01227 782062 or by writing to us at the address above. We are registered under the Data Protection Act and will never share, sell or swap your details with any third party for the purposes of their own marketing or the monetising of your data.

If you are interested in setting up a regular gift with **Pilgrims Hospices**, please contact **Supporter Relations** on **01227 782062** or email **supporter.relations@pilgrimshospices.org** for more information.

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Thank you!

