

Pilgrims matters

News for Pilgrims Hospices supporters

Autumn/Winter 2023



Pilgrims Hospices
Lottery community ties

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You could WIN
£2,000!



Cate's first year
as a Palliative
Specialist Nurse

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Volunteering
is good
for your
wellbeing

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Pilgrims Hospices
doctors help
patients to live well
in every moment

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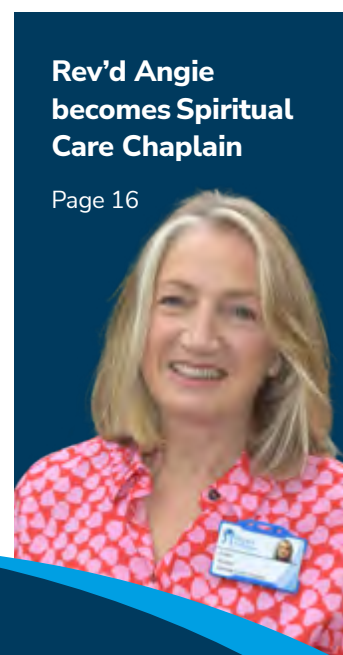
Trees of Love

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Good for the planet and good
for Pilgrims patients

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Rev'd Angie
becomes Spiritual
Care Chaplain

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Chair's comment

Chair of the Board of Trustees, Karen Warden

Dear Friends and Supporters,

A warm welcome to all of you to this edition of the Pilgrims Matters supporter magazine for Autumn and Winter 2023.

First and foremost, I should like to express my heartfelt gratitude to each one of you for your unwavering support, and dedication to our cause. Your generosity and commitment enable us to continue providing exceptional care and support to those facing life-limiting illnesses and their families.

In this edition, we aim to highlight the incredible stories of hope, compassion, and resilience that are woven into the fabric of Pilgrims Hospices. It is through the combined efforts of our compassionate staff, dedicated volunteers, and generous supporters like you, that we can make a meaningful difference in the lives of those we support.

As we navigate the changing seasons, we continue adapting to new challenges and opportunities. Our team at Pilgrims remains committed to delivering the highest standard of care while continuously seeking innovative ways to enhance our services.

Additionally, I am delighted to highlight some exciting events and fundraisers, on pages 10 and 11, which are planned for the upcoming months. These occasions not only serve as an opportunity for us to come together as a community, but also play a crucial role in securing the future of Pilgrims Hospices.

Please take a moment to connect with the stories shared within these pages. Each narrative embodies the spirit of compassion and kindness that defines our hospices. They celebrate the lives of those we have touched and those who have touched us, cherishing the memories that weave our collective journey together.

Thank you once again for being an integral part of Pilgrims Hospices family. Your enduring support is priceless!

With warmest regards,
Karen

Are you coping with an incurable illness? Find out more about Pilgrims support by calling our Advice Line on **01233 504133**.

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Talk to our team

To contact our Chief Executive or one of our trustees please email eastkent@pilgrimshospices.org or write to our Canterbury address below.

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A message from our CEO



Welcome to the latest edition of Pilgrims Matters magazine. I hope this message finds you in good health and spirits. As we step into the beautiful seasons of Autumn and Winter, I wanted to take a moment to express my heartfelt gratitude to each and everyone one of you for your unwavering support.

Pilgrims Matters offers me an opportunity to share some special messages, from across our services, and extend a warm welcome to our readers, both old and new.

At Pilgrims Hospices, we are dedicated to providing exceptional care, and support to patients facing life-limiting illnesses, as well as their families. Through our tireless efforts, we strive to offer comfort, dignity, and compassion during challenging times.

Within the pages, you will find inspiring stories of resilience, updates on our latest initiatives, and heart-warming accounts of the impact we've had on our community. It is a testament to the unwavering spirit of our supporters that enables us to make a difference in the lives of so many.

Our services grow month to month; year on year, to support those who are grieving a loved one. The Stepping Stones bereavement support groups offer informal assistance to bereaved adults, if you are interested in becoming a volunteering with the Stepping Stone project; you can find out more on page 4, we would love to hear from you.

We embrace our commercial supporters such as GrowUp, and celebrate volunteers Sue and Tony from Pilgrims Herne Bay shop. Care stories such as Alan Stockley's are

such an important way of sharing our care and values, along with our lottery, staff, and fundraising activities. I hope you enjoy the diverse range of stories that encompass all that is Pilgrims'.

As we approach this season of gratitude, I urge you to consider the profound impact you have on the lives of our patients and their families. Your generosity and compassion empower us to continue providing the highest standard of care, ensuring that no one faces their journey alone.

I encourage you to immerse yourself in the pages of Pilgrims Matters, connecting with the stories that touch your heart and inspire you to make a difference. Together, we can continue to provide comfort, dignity and hope to those who need it most.

Thank you for being a part of our Pilgrims Hospices family. Your support truly matters.

Helen Bennett, FCIPD
Chief Executive Officer

We care about your care

During 1st January to 30th June 2023 we received 468 reviews through I Want Great Care, this is what YOU told us about YOUR experience with Pilgrims.

97.6% had a positive experience with us.

On average we scored **4.89** out of five stars.

Give the *gift of care*, and know *your legacy will live on* for generations to come

When it comes to writing your Will, we know how important it is that those you leave behind are cared for. After your loved ones have been provided for, would you consider leaving a gift to Pilgrims to ensure our care continues for future generations?

Pilgrims are advocates for the living, supporting people with life-limiting

conditions for as long as they need us, before wrapping our arms around those who are left behind.

A gift in your Will could make a huge difference, whether you choose to leave us a specific item, a cash sum or even 1% of your residuary estate. In recent years, a generous gift of 1% gave 50 people the opportunity to

attend our Facing Loss programme. Another kind individual's 1% provided 8 days of care to a patient in their own home from our community care teams.

Legacies are a gift from those we have lost, to those we love

"Leaving a gift in my Will to the hospice is as important to me as it was to my husband. I want to ensure this incredible service continues to be here for future generations, for my children and grandchildren." Shirley Johnston (pictured), whose mother and husband were cared for by Pilgrims.

If you want to leave a gift in your Will to Pilgrims Hospices, and would like a copy of our information booklet, we would love to hear from you. Please call us on 01227 782066 or visit pilgrimshospices.org/giftinwill. Thank you.



Becoming a bereavement support volunteer



Pilgrims Stepping Stones Bereavement Support Groups offer informal assistance to bereaved adults across east Kent, following the death of a loved one, helping to understand that the feelings they have are normal and that being able to share their stories with others in a similar situation, can be therapeutic. It also provides an opportunity to gain awareness of other services that might prove helpful, all in welcoming environments. New friendships are often created in such groups and a sense of belonging can overcome natural feelings of isolation.

The services are free of charge and currently consist of:

- **Monthly Bereavement Support Groups**, meeting in a comfortable lounge area, at one of the local Pilgrims Therapy Centres.
- **Weekly Bereavement Support Walking Groups**, in tranquil settings.

The groups are facilitated by trained volunteers, and supported by the team at Pilgrims.

Stepping Stones volunteers come to us from a variety of backgrounds to use their existing skills, and develop new ones, following the training we provide.

We are keen to train more volunteers, to help even more people who need bereavement support.

If you would like to find out more about these volunteer roles, and how you could become involved in these worthwhile services, please get in touch with our bereavement services coordinator.

Email: steppingstones@pilgrimshospices.org
pilgrimshospices.org/steppingstones

Alan's Story

Gemma tells us about her dad, Alan, and the memories of his last weeks that she'll keep forever.



My dad, Alan Stockley was a quiet gentle giant of a man who kept himself to himself, not one to complain even though he has been in pain for as long as I can remember. A kind and caring dad, grandad, brother and friend always willing to help anyone he could.

Dad suddenly started to become more poorly than usual at the beginning of September 2022, after two weeks in and out of hospital he was finally admitted to Deal ward after being given his cancer diagnosis, he spent the next four weeks there. Dad was eventually moved to Pilgrims Hospice Thanet on 25th October.

At first Dad was very apprehensive about being in the hospice, but as time went on, he felt more relaxed, ordering his meals, and making sure he had some jelly and ice cream for pudding. He enjoyed a good old chat and a laugh with all the nurses and doctors who cared for him.

Many patients came and went, Dad would speak to people one day, and a day or so later their bed would be empty. We all knew what this meant. This is what happens in the hospice but it's still hard to see.

Family and friends would come to visit, and as Dad was in the hospice for five weeks and one day the staff were used to seeing the regulars.



The experience of the hospice was sad yet refreshing, knowing that Dad had the best care in the final moments of his life.

Swapping at regular intervals we made the most of the time we had been given. Dad even struck up a good friendship with another long term patient in the next bed, swapping Foxes glacier mints, reading each other's newspapers, and watching the World Cup together.

Dad always had a cheeky sense of humour; one evening the man in the bed next to him did not have any visitors, so he asked him if he wanted some? His fellow patient replied: "Of course I would", so we pulled up two extra chairs. Now my Dad knew that we were only allowed two to a bedside! Shortly after a nurse came in to do her checks as she normally would, she took a few steps into the ward and then turned round quickly, "Erm what are we doing here??" Dad quick as a flash said: "Nothing to do with me they are his visitors!" With that Dad chuckled like a little school boy, with the nurse telling him he was cheeky! Memories like this will keep with us forever knowing that right till the very end my Dad could still laugh and joke.

The experience of the hospice was sad yet refreshing, knowing that Dad had the best care in the final moments of his life. The staff made me feel welcome every day when I visited after work at the same time each evening; the volunteers made me a cuppa, and also asking if I was ok. The nurses were always on hand to ask anything, and always answered any questions I had, also making sure they told me things that Dad wasn't too sure on or didn't understand. The hospice doctors and care team were also very supportive and forthcoming with factual information, they gave me and Dad so much support with trying to get him home, but unfortunately this never happened, and he spent his last days in the hospice.

The dedication and support of the staff meant so much to us all, for this we will always be truly grateful.

pilgrimshospices.org/alan-stockley

Good for the planet and good for Pilgrims patients



Vertical farming specialists GrowUp are donating fresh salad vegetables from their range of produce to Pilgrims Hospices kitchens. The regular supply of healthy fresh leaves is definitely a winner with patients and staff, who's meals are catered for across the hospice sites each day.

Ian Ashton Pilgrims Hospices Catering Services Manager explained: "I'd seen a TV programme about local producers, and innovative methods of growing fresh produce. I'm always interested to meet local companies who produce high-quality ingredients; offering healthy and nutritious meals is an important part of Pilgrims' care.

"GrowUp is not only producing high-quality salad leaves, but also demonstrating sustainable and efficient farming practices. This environmentally friendly approach aligns with the goal of creating a more sustainable and responsible food system, in which Pilgrims are investing time and efforts to be an integral part.

"It really piqued my interest and after some super sleuthing, I managed to contact Kate Hofman, Founder and Chief Brand Officer of GrowUp Farms, in order to open a conversation about them supporting Pilgrims with their produce.

"Fantastic news, we now collect around 120 packs of donated salad leaves every Friday from GrowUp! Their regular donations are contributing to nutritious meals for patients, which can have a positive impact on their wellbeing and comfort during their stay.

Donations from local providers, helps the catering teams to allocate their resources more efficiently, and focus on providing exceptional meals, that have a positive impact and make a difference in the lives of those who need it most.

Pilgrims volunteer drivers collect the donated produce in chiller vans, along with stock from Thanet Earth, as part of the regular supply to our kitchens. I'm please to say with their support we're able to offer healthy salad options for both patients and staff throughout the whole week.

Vertical farming is very much a long-term solution to the problems we have seen recently caused by climate change and issues with supply chains. The local business is powered by 100% renewable energy producing.

A huge thank you to our amazing contributors.



Donations from local providers, helps the catering teams to allocate their resources more efficiently.

Pilgrims' volunteer driver, Mick Accleton with Kate Hofman, Founder and Chief Brand Officer at GrowUp

Cate's first year as a Palliative Specialist Nurse

Having recently completed my first full year as a PSN, I must say it was a hugely daunting responsibility, but over the year, I've managed to take that responsibility and embrace it.

The community nursing team is quite different from the ward nursing team. We spend time assessing and looking after people in their own homes, within the hospice clinics and also supporting through telephone assessments. I liaise with GPs, consultants, district and community nurses, give palliative symptom support and end of life support. Whether the need is for signposting, equipment or sociological support, or all of the nitty gritty that families and patients need to talk about. It's a vital service, and helping people to understand how to utilise our services and manage their conditions is so rewarding.

I'm based at the Ashford hospice, which I absolutely love; it's a very special place, I'm so lucky, every time I walk in here, I think everyone is so warm and friendly, I'm so pleased to be part of the team.

My day begins as the team meets with consultants, social workers, occupational therapists and various teams to discuss patients and get to know them really well, they are not just a name.

I visit patients from across the Ashford area, from the Marshes to Folkestone, Capel and Tenterden; when travelling, I enjoy a podcast or some music and prepare for the next visit. It is so important that I'm able to give 100% of my energy to ensure I

can answer all the questions and support each patient with all of their needs.

The community team collate information and share it with the specialist teams at the hospices in order to provide tailored support for each individual.

I think I always wanted to be a nurse. There are family photographs of me at about six years of age, dressed in a nurses outfit, I think I knew even then that nursing was for me. My training began as soon as I could at 18, in London at the Royal London Hospital in Whitechapel.

I worked as part of the team at William Harvey Hospital A&E department for about 15 years and then further trained as a paramedic.

When I worked in A&E, I loved the experience of not knowing what would be coming through the door next. After joining the ambulance service, I discovered that what I really wanted was more continuity, and a better experience with patients rather than seeing someone different every time.

I suppose as I became older, the draw toward palliative care became stronger; both of my parents had hospice at home care from Pilgrims. First my mum some 14 years ago and more recently my dad, who died in Pilgrims Hospice Ashford in April 2020.

Cate Gibson, from Ashford shares an insight into her first year as a Palliative Specialist Nurse (PSN) in Pilgrims' community nursing team.



I'm so lucky, every time I walk in here, I think everyone is so warm and friendly, I'm so pleased to be part of the team.

Dad felt completely safe being in the care of Pilgrims, the ratio of staff to patients is greater here, allowing us to really prioritise each patient's individual needs. Dad loved the environment at Pilgrims, he loved being here, and his preferred place of death was here. As this was during COVID, we were only allowed one visitor in the building; both Dad and I were looked after here, it's a very special place.

I wasn't working for Pilgrims then, but it really did inspire me to think about palliative specialist nursing.

When I accepted the role at Pilgrims, I brought my paperwork to the Ashford hospice and thought, this is the first time I've been here since Dad was cared for here. But I knew it was the right thing to do. My colleagues from the ambulance service said that they couldn't think of anyone better to come and do this job for Pilgrims. I'm very proud, and I know Mum and Dad are proud of me too.....

To read the rest of Cate's story, please visit pilgrimshospices.org/cate-gibson



“Sue and Tony are real ambassadors for Pilgrims Hospices, and are totally dedicated to the Herne Bay store”
Adele Mahan

Volunteering is Good for Your Wellbeing

Sue and Tony Thompson from Herne have a wealth of volunteering experience with the Herne Bay Pilgrims Hospices shop.

Together they have amounted more than 40 years of valuable time and skills. They took some time away from looking after customers on the shop floor, to tell us a little about themselves and what makes volunteering special for them.

Tony who is now 83 years young, and originally from North East Durham said: “I love it, I’ve always kept myself busy, and being part of the hospice shop team is an important part of my weekly routine.

“I’ve had an interesting career; after school I worked in the coal mines until I was 20, then joined the Royal Marines as a commando and spent nine years, travelling the world. I met my lovely wife Sue, when the marines were stationed in Deal, we were together for a few months, before I went off to sea, when I came back we married. Time at sea was sometimes for extended periods; after we had our first daughter, I was away at sea for

two and half years. Thereafter, I spent 27 years in the prison service before I retired.”

Sue is 77 and joined Pilgrims retail volunteer team when she retired some years ago. She said: “I had a career in retail as a manager, and decided to retire early to spend more time with my husband Tony, after he retired early from the prison service. However, I felt a bit too young to completely retire, and thought about volunteering in a charity shop. I knew the Pilgrims Hospices shop, I had often popped in for a browse. I particularly liked to find something special within the bric-a-brac section. I approached the shop in Herne Bay to offer my services, and was accepted as a volunteer, and before I knew it, I was part of the team.

“I started with a few hours, and then it became a day, and sometimes more if needed. That was about 24 years ago, I can’t imagine not doing it now!

Congratulations to them both on the amazing achievement of over 40 years of volunteering.”

“As time went on, I was asked to take on the role of keeping the shop running smoothly, as I’d retail management experience, I was happy to do this. After some time, we needed to recruit a further volunteer to help man the till space; I asked Tony if he’d like to consider joining me as part of the team, which he did, and we’ve been volunteering together for around 20 years now and we’ve never looked back.”

Tony added: “I really like the experience of being around people, and talking to regular and new customers. Customers come along to browse and have a chat, and we do our best to make everyone feel really welcome, it must work because they come back regularly!

“Volunteering is such a positive thing to do, and an important part of our lifestyle, we really enjoy our time in the shop. I’ve enjoyed the volunteer work at Pilgrims even more than some of the jobs I’ve had over the years.”

Adele Mahan, Pilgrims shop manager said: “Sue and Tony are real ambassadors for Pilgrims Hospices, and are totally dedicated to the Herne Bay store. As a new manager, they were and continue to be a great support to myself, and after volunteering for so long there isn’t much they don’t know about the shop.

Congratulations to them both on the amazing achievement of over 40 years of volunteering.”

Sue and Tony volunteer at the hospice shop two days each week, and always do their shifts together. The popular couple often have regular shoppers popping in to say hello and catch up, the shop is full of laughter, customers sharing stories and shopping tips. “Quite often people that we don’t know join in with the conversations, which is lovely, we both agree that we’ve made many friends over the years with Pilgrims shoppers.” Sue added.

To read the rest of Sue and Tony’s story, please visit pilgrimshospices.org/sue-and-tony



Flying the flag for hospice care in east Kent

Every year, thousands of supporters raise vital funds and awareness for Pilgrims by taking part in our three flagship fundraising events; the Pilgrims Cycle Challenge in May, Pilgrims Way Challenge in June, and Folkestone Downs Challenge in September.

These events combined raised a phenomenal £288,500 last year alone, enabling Pilgrims to provide more than 11,540 hours of specialist nursing care to patients at hospice settings in Ashford, Canterbury and Margate.

Whether cycling, walking or running, those who challenge themselves to complete these events really do make a big impact to the work of Pilgrims Hospices, enabling the charity to be there for families across east Kent who are living with an incurable illness.

Exploring Kent on two wheels

Since the first ride in 2010, the Pilgrims Cycle Challenge has seen cyclists take to the scenic roads of east Kent, raising more than £1.2 million in support of hospice care!

The event welcomes novice and seasoned cyclists alike, riding side-by-side, to support each other in completing their chosen distance. For some, it’s about challenging themselves, for others, fundraising in the memory of a loved one. But, by taking part, everyone is going the extra mile for local hospice care.

The next Pilgrims Cycle Challenge will take place on Sunday 5th May 2024.

Following in the footsteps of Pilgrims

The popular Pilgrims Way Challenge, has raised over £547,000 since its introduction in 2018. The hike invites walkers and runners to enjoy the rural beauty of one of England’s oldest and least-trodden national trails as they journey along ancient footpaths used by Pilgrims since the Middle Ages.

The route follows sections of the North Downs Way between Dover, historic Canterbury, and the picturesque village of Wye. Along the way, hikers pass through ancient woodland, rolling fields, orchards and charming villages, as well as a few challenging climbs through the undulating geography of Kent.

The next Pilgrims Way Challenge will take place on Saturday 15th June 2024.

Discovering Kent’s spectacular South coast

Introduced in 2022, hundreds of Pilgrims supporters have been enjoying the charity’s latest flagship event, the Folkestone Downs Challenge. The 36 km hike or trail run has been specially designed to showcase the beauty of Kent’s Southern coastline, including breath-taking views over the English Channel, Folkestone and Romney Marsh beyond. It’s a unique and challenging route that features a wide variety of landscapes – from canal paths to steep chalk-lined trails, rolling fields to forested walkways, and even the chance to spot some exotic animals as hikers pass by Port Lympne Safari Park. The sense of satisfaction feels incredible as hikers are welcomed back to applause and a well-deserved medal at the vibrant Folkestone Harbour Arm finish, with its eateries and bars.

The next Folkestone Downs Challenge will take place on Saturday 7th September 2024.



All three of these Pilgrims events include the same great level of participant support, leaving you to concentrate on going the distance. Entry includes regular rest stops with drinks and snacks, medical support, a fully-signed route, access to our free training app with live position tracking, finisher’s medal, and more.

So, join in the fun and achieve something amazing by going the extra mile for Pilgrims Hospices. Keep an eye out on www.pilgrimshospices.org/get-involved/events-and-challenges for when entries open.

Dates for your diary

Whatever your passion or hobby, there's something for everyone to get involved in over the coming months!

● Cycling ● Running ● Walking/Trekking ● Challenges ● In Memory ● Festive

Thanet Colour Run Sunday 1 October



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

Entry includes white t-shirt, sunglasses, powder sachet and medal.

Location:
Palm Bay Green, Margate, CT9 3NR

Registration:
Standard entry (closes 25 Sep)
Ages 12 and over: £24,
Ages 11 and under: £15

On the day
Ages 12 and over: £28,
Ages 11 and under: £15

Sponsorship: As much as you can!

Contact: Karen Kenward

Halloween Walk Saturday 28 October

Location: London

Registration: Variable depending on chosen distance and funding option.

Sponsorship: Various sponsorship options available.

Contact: Robert Grew

Christmas Fair, Ashford Saturday 25 November

Location:
Grosvenor Hall, Ashford, TN24 9JZ

Registration:
Free entry (donations welcome).

Contact: Louise Newman

Trees of Love Saturday 2 December



Dedicate a dove to remember someone special this festive season. Then, join us for a remembrance service with carols, mulled wine and mince pies at our hospices and other venues across east Kent.

Location: Pilgrims Hospice in Ashford, Canterbury and Thanet.

Contact: Ellie Cane

Santas on the Run! Sunday 10 December



Celebrate the countdown to Christmas by joining the jolliest jog of the year!

Choose from a 3k, 5k or (NEW) 10k challenge along the scenic Herne Bay seafront.

It's the perfect way to step into the ho, ho, holiday spirit and raise money for a good Claus!

Location: Herne Bay Clocktower, CT6 5JQ

Registration:
Early bird entry (closes 22 Oct)
Adults: £12, Under 18s: £8

Standard entry (closes 3 Dec)
Adults: £16, Under 18s: £10

On the day entry
Adults: £20, Under 18s: £10

Sponsorship: As much as you can!

Contact: Rachael Edmed

Christmas Tree Recycling 5-8 January: Canterbury City Council and Thanet District Council areas

13-15 January: Ashford Borough Council area



Location: All addresses within the Canterbury City Council, Thanet District Council and Ashford Borough Council areas.

Registration: Requests can be made with a chosen donation.

Website:
www.pilgrimshospices.org/treerecycling

Make a Will Month 1-30 April

Contact: Ellie Cane

Brighton Marathon Sunday 7 April

Location: Brighton

Sponsorship: £20 with a pledge to raise at least £500 sponsorship.

Contact: Robert Grew

London Landmarks Half Marathon Sunday 7 April

Location: London

Sponsorship: Free entry with a pledge to raise at least £350.

Contact: Robert Grew

London Marathon Sunday 21 April

Location: London

Sponsorship: £50 with a pledge to raise £1,800 sponsorship.

Contact: Robert Grew

Pilgrims Hospices Cycle Challenge Sunday 5 May



Get on your bike to explore the beautiful and varied countryside of east Kent alongside 1,000 cyclists of all abilities.

Ride it your way by choosing one of five ride distances, then celebrate crossing the finish line in our cycling event village.

The Circuit: 30 miles
The Classic: 50 miles
The Challenge: 75 miles
The Century: 100 miles
The Epic: 125 miles

Location: All routes start and finish at our event village at the University of Kent, Canterbury CT2 7SR

Registration:
Early bird entry: £35 (closes 17 March).

Standard entry: £40 (closes 28 April).

On the day: £45

Sponsorship: As much as you can!

Website: www.pilgrimscyclechallenge.org

Isle of Wight Challenge Saturday 4 May

Location: Cowes, Isle of Wight

Registration: Variable depending on chosen distance and funding option

Sponsorship: Various sponsorship options available

Contact: Robert Grew

Jurassic Coast Challenge Saturday 18 May

Location: Corfe Castle, Dorset

Registration: Variable depending on chosen distance and funding option

Sponsorship: Various sponsorship options available

Contact: Robert Grew

London 2 Brighton Challenge Saturday 25 May

Location: London to Brighton

Registration: Variable depending on chosen distance and funding option

Sponsorship: Various sponsorship options available

Contact: Robert Grew

Pilgrims Way Challenge Saturday 15 June



Enjoy the rural beauty of one of England's oldest and least trodden national trails. Lace up your walking boots or running shoes for a 25km, 35km or 55km hike along the Pilgrims Way from Dover to the historic cathedral city of Canterbury and onward to finish in the picturesque village of Wye. It's the perfect challenge for varying fitness levels, with full event support and a t-shirt included with your entry.

Location: Dover to Wye

Registration:
Early bird entry: £35 (closes 12 May).
Standard entry: £40 (closes 9 June).

On the day: £45

Sponsorship: A pledge to raise at least £100 in sponsorship

Website: www.pilgrimswaychallenge.org

Want to register? Need some help?

If you would like to register your interest in an event, fundraise or help in another way, visit pilgrimshospices.org or email fundraising@pilgrimshospices.org

Got a question? Don't hesitate to contact our friendly team!

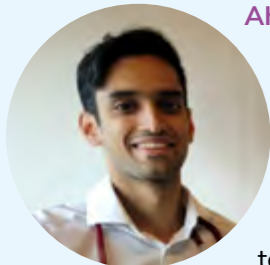
Please note: all events will launch on the website closer to the time of the event. Please visit: pilgrimshospices.org/events

Pilgrims Hospices doctors help patients to live well in every moment

At Pilgrims Hospices, specialist palliative care doctors and consultants play a vital role in supporting patients and their families. They focus on managing and improving the physical symptoms that accompany a variety of life-limiting illnesses, with the broader aim of helping people to live well – in both mind and body – in the time that they have left.

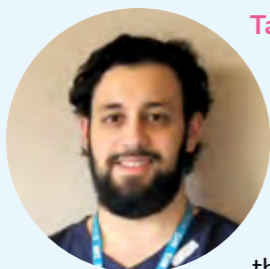
Ahsan Ashfaq and Tarek Boumrah, trainee doctors who both volunteered at Pilgrims when they were at school and spent time in the hospices during their medical training, share their experiences of hospice care in east Kent.

What inspired you to volunteer and do your training at Pilgrims Hospices?



Ahsan: When I was at sixth form, I was looking for opportunities to gain experience in healthcare to better inform my career choice.

We'd raised money for Pilgrims when I was at school, so I was familiar with the charity. Some friends in older years had volunteered and they only had good things to say. I spent time on weekends and



Tarek: I was interested in healthcare whilst studying for my A-Levels and wanted to do something that would help others. I heard about

Pilgrims through a friend, and felt that the care they provided was so unique that I wanted to learn more.

What did your roles involve and what did you learn?

Ahsan: As a volunteer, I worked on the reception desk. I would direct visitors to the appropriate areas and help make teas and coffees for them. At the time, the reception volunteers used to do a tea/coffee trolley round for the patients and also deliver food from the kitchen where necessary.

As a doctor, I worked as a senior house officer at Pilgrims Hospice

Thanet. I worked in conjunction with other members of the multi-disciplinary team to provide care for patients on our inpatient unit. My day-to-day role included meetings about patients, board rounds, ward rounds and ensuring that our patients were well looked after. There was also a comprehensive teaching programme, from which I learned a great deal and was also able to contribute to. I visited people in their homes and the hospital to help plan their care. As such, I had the opportunity to learn about palliative medicine and develop my medical practice in this specialty. Through working at Pilgrims, I have learned to always put compassion at the heart of my approach to patients.

In both roles, I was lucky to work together with a wide range of professionals, all of whom I consider heroes without capes.

Tarek: As a volunteer, I welcomed visitors in reception and made teas and coffees for them. I'd often pass the ward and speak to patients and families, too. I'd never seen a dying person before, so it was a really eye-opening experience.

As a doctor, I supported patients and helped to improve their quality of life, ensuring they had a comfortable and dignified death. The main thing I've learned is to listen; patients and their families often feel they haven't been listened to, and this leads to a relationship breakdown between them and healthcare professionals. Often, simply listening can make a huge difference to a patient, even if I'm not able to solve their medical issue.

Decisions about resuscitation and preferred place of care and death are often overlooked, which doesn't give patients and loved ones the time they need to process what is happening. My time at Pilgrims helped me develop my communication skills, and also recognise the importance of planning for the future with patients.

To read the rest of Ahsan's and Tarek's story, please visit pilgrimshospices.org/pilgrims-hospices-doctors

Pilgrims Hospices Lottery community ties

Here in the world of Pilgrims Hospices Lottery we pride ourselves on the strong connections and amazing relationships we have with our local communities in the Ashford, Canterbury and Thanet areas.



We have been meeting up with many of our wonderful members for an amazing 27 years, in fact since Pilgrims Hospices Lottery began in the April of 1996.

We have seen our members' families grow up to have families of their own. When they have moved we have too, moving their collection onto the relevant Collector in their new area. Winning cheques have been hand delivered to many with messages of thanks, perfect timing, happy purchases, travel arrangements made and kind donations given.

Lottery Collectors and members have been sadly lost along the way but those strong ties remain, family and friends picking up the reigns and taking over membership entries and collections.

New relationships and connections continue to be made with over 2800 new or additional entries into our weekly draw plus hundreds of you buying superdraw tickets, scratch cards, wedding favours and gift vouchers. This last year alone; we have raised over £1.2 million, have sent out more than 5,500 winners cheques and made over 50 thousandaires!

When you see the difference the compassionate care makes to Pilgrims Hospices patients and their families its easy to see what drives us.

We are and will remain truly grateful and humbled by the tremendous generosity shown in support of the incredible compassionate care provided by our teams both in the

community, in people's homes and in our hospices. Thank you, we really couldn't do it without you. Together we really do make a difference.

£25 pays for one full hour of compassionate care by specialist nurse so you really do and can make a difference; help us continue to provide care and comfort to those that need us the most.

If you would like to join and make a difference today please call 01227 379741, go to our website pilgrimshospices.org/lottery or complete the enclosed form and pop it back to us in the return envelope provided. Still only £1 per entry per week and you could win up to £20,000!

P.S Our Christmas Gift Vouchers are available now and our Christmas Superdraw tickets will be landing on doormats soon.

With Warmest Wishes from Shiralee and your Lottery team.



Introducing our Corporate and Trusts Partnerships team

As a charity, Pilgrims Hospices relies on the invaluable support from the community including businesses, trusts and grant giving foundations to help us continue delivering care to people across east Kent.

How businesses can make a big impact on local hospice care

Corporate giving has long been an avenue for businesses to give back to the community on a national and local level and can help businesses achieve so much. With approximately 80% of Pilgrims' income coming from voluntary donations, we rely on the support of our business community and the difference they can make.

The benefits go far beyond the impact that a monetary donation can have for the charity and can be a mouth piece for businesses to demonstrate to clients, customers and the community their social values objectives and aims. It is also a fantastic way to strengthen a business' reputation and can have a positive impact on workforce relations and morale.

Leila Ilkhan, Corporate and Trusts Partnerships Manger explains, 'It is not an understatement to say that customers and clients are drawn to businesses who demonstrate strong charitable values. My role is to work with businesses on creating exciting partnerships which are tailored so both Pilgrims Hospices and businesses can achieve mutually beneficial goals.'

Corporate partnerships are an exciting opportunity to achieve transformational change and can take on many different forms to suit the aims of a business. Leila will sit down with a new corporate partner to advise and brainstorm ideas on what would work best for each business. This bespoke and tailored approach means we can make the most out of our partnerships and ensure companies feel part of the Pilgrims' vision.

Our dedicated Corporate and Trusts Partnerships team lead on working with local businesses who want to support the charity and making applications to trusts and foundations to secure funding for a variety of specific services as well as new projects.

By partnering with Pilgrims Hospices your business will be supporting a charity which has been delivering specialist end of life care in the east Kent community for over 40 years and is at the heart of the community for so many people.

If you would like to get involved with Pilgrims Hospices and make a meaningful difference which impacts thousands of people each year please contact leila.ilkhan@pilgrimshospices.org.



Isabel Smith, Pilgrims Senior Trusts Fundraiser, works with teams, clinical and non-clinical across all the hospice sites to identify projects to apply for funding for.

Projects can vary greatly which shows the breadth of services Pilgrims delivers and can include applying for funding for the replacement of equipment, refurbishment projects to enhance the warm, inviting environment at each of our sites as well as core running costs which help Pilgrims to continue delivering its

services free of charge.

We would like to say a big thank you to all the Trusts and Foundations who have generously supported Pilgrims including some recent donations from:

- The Albert Hunt Trust who generously donated £30,000 to contribute towards Pilgrims'

essential core running costs; their continued support is so valuable to the charity.

- The Hobson Charity who donated over £4,300 and the R.V Coleman Trust who donated over £5,200 so we could purchase syringe drivers and lockboxes.
- Kent Community Foundation who donated over £3,300 for our Kitchen Garden project at the Canterbury hospice.

Trees of Love

Pilgrims Hospices at Canterbury, Thanet and Ashford
Saturday 2 December, 4-5pm



The much-loved festive remembrance returns this December, with a new carol service seeing east Kent's largest remembrance grow even bigger!

"We are delighted to be joined by one more Trees of Love service in Hythe this December. This means that more people will have the chance to gather together at a time of year that can be the most difficult when you have lost someone special." **Cat Darkins, Lead Spiritual Care Chaplain.**

We invite everyone who wishes to remember a loved one at this special time of year to dedicate a beautiful dove on the Trees of Love, to be illuminated throughout the festive season.

Then join together at our remembrance services to enjoy warm refreshments and carol singing.

Or join together at alternative indoor venues across east Kent:

Venue	Date	Time
Firmager, St Nicholas Church, New Romney	Saturday 2 December	3pm
All Souls Church, Cheriton, Folkestone	Sunday 3 December	5pm
St Peter and St Paul Church, River	Sunday 3 December	5pm
★ New ★ St Leonards Church, Hythe	Sunday 10 December	6.30pm
Barham Crematorium, Canterbury Road, Barham	Wednesday 13 December	4.30pm
Charing Crematorium, Charing Road, Ashford	Thursday 14 December	4.30pm

Barry shares how the hospice cared for his wife, Pat, and why their family remember her with a dove

Pat was my soulmate. She was always smiling, her laugh was infectious. We met as pen friends in December 1962. I was in the army, living in the Outer Hebrides, and Pat was in London. Once we were together, we were inseparable. We lived everywhere – Germany, Devizes, Salisbury, Nottingham, London, Margate, Malta to name a few.

Pat worked for three Woolworths branches, becoming manager at one. In our spare time, we both enjoyed football and had season tickets for Spurs. Mind you, she mostly went because she fancied Steve Perryman, the Captain. She said it was his legs!

After a lot of time seeing doctors, and a visit to A&E, it was suggested to us that Pat could get help from Pilgrims in Canterbury. On her first day in the

ward, the nurse sat on the bed with me, and said to Pat "Why did you want to come here?". Pat replied, "For some peace and quiet." And that's what it was. She was a star, I saw hidden courage in her I had never realised, it broke me up.

Pat only spent a day in the hospice, passing away the day after we arrived, in March 2022, the day before our 59th Wedding anniversary.

When I heard about Trees of Love later that year it became a focal point for our two boys to remember her. The dove for me represents the peace I know Pat has.

Pat made her mark and other people could see that. I will continue to support Pilgrims all the time that I can, and my



two boys will continue after me. I've shared just a small part of Pat, but without the hospice I would be lost.

Who will you remember with a dove at Trees of Love?

To take part, visit pilgrimshospices.org/treesoflove, or contact Supporter Relations on 01227 782062.

Invites to follow in early October.

Rev'd Angie becomes Spiritual Care Chaplain at Pilgrims Hospices



Recently Bishop Rose of Dover, came to the Canterbury hospice to undertake Angie Stupple's licensing ceremony. It was a small, intimate and personal service, attended by a close party of her friends and family. To support this special celebration Karen Warden, Chair of the Trustees, Sue Sharp, Pilgrims Director, Angie's new colleagues in the spiritual care team, and a group of staff gathered to welcome her to her role in supporting both patients, their families, staff in the hospices and within the local community.

Up until quite recently Angie was still working with her husband, Gerry, running their hair salon and barbers in Dover town centre. She said 'Many years in the salon, interacting with people from all walks of life, was a great grounding for my life in ministry'. The business continues now that they have both retired.

Angie started training in 2017 as a lay minister, which is a four year course, and then transferred to ordination training for a further two years. She was ordained two years ago by Bishop Rose. Angie explained: "My original plan was to be licensed in the diocese of Dover, but having experienced hospital chaplaincy as part of my training, I felt drawn to this role and confident that this is where my gifts would be best used.

I understand spirituality as a whole and complete concept. It's not about pinning a belief down to a particular faith, it is outside the confines and boundaries of having a faith or no

faith. In the context of palliative and end-of-life care our greatest connection, our common denominator, is our humanity, expressing our compassion, love and care for each other. Our humanity and our spirituality, particularly at the point of life and death, are inextricably interwoven.

My licensing by Bishop Rose was a very moving service, it was wonderful to share with my family, friends and new colleagues, especially in the holistic environment of the therapy centre at Canterbury hospice. It is an honour to be here and to walk alongside patients, sharing stories and being with them where they lead, hearing their needs and concerns and offering support. In the holistic environment of the hospice, quite often, when people are relieved of

In the context of palliative and end-of-life care our greatest connection, our common denominator, is our humanity.

physical pain and symptoms, it frees their mind and spirit and that's when the thoughts and conversations around the meaning of life start to come in. Sometimes there is simply great joy to be found in a shared silence.

Of course, we cannot help the terminally ill patients in a really meaningful way if we do not include family and loved ones. They play a significant role during a time of illness which will affect how a patient copes and responds. This can be a spiritual and emotional roller coaster for everyone involved. The dying patients pain, of course, will come to an end, but the families pain carries on. I hope that I can support loved ones and carers by showing they are not alone, and by offering hope and a sense of normality in a situation which is anything but normal.

I took up my role in late April and I'm finding my feet. Though I am based at Canterbury I will also help at the other sites in Ashford and Thanet as and when the need arises, as well as supporting hospice-at-home patients in the community.

I feel truly privileged to be a part of the multi-disciplinary team at Pilgrim's Hospices. The staff and volunteers are quite extraordinary in their care and commitment. This is a very special place where staff remain connected to patients and their families throughout their time here and beyond if necessary. Compassionate care is at the heart of everything that happens at Pilgrims.

Christmas Cards 2023

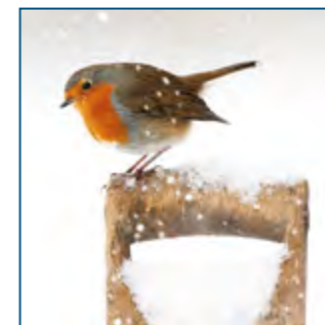
Order online at www.pilgrimshospiceshop.co.uk



1. Joy Berries
A Very Merry Christmas



2. Twin Pack 1:
Jingle all the Way & Present Sleigh
Happy Christmas



3. Hand me that Spade
Happy Christmas



4. Happy Snowman
Best Wishes at Christmas



5. Oh Little Town of Bethlehem
Best Wishes at Christmas



6. Twinpack 2:
Santa's Presents & Santa and Reindeer
A Very Merry Christmas



7. Tree Delivery
Happy Christmas

10 CARDS / 10 ENVELOPES PER BOX



Christmas Cards 2023

Order online at www.pilgrimshospiceshop.co.uk



Order Form 2023

Order online at www.pilgrimshospiceshop.co.uk

Order No. _____

Date: _____



**8. Twin Pack 3:
Christmas Shopping & Christmas Time**
Best Wishes at Christmas



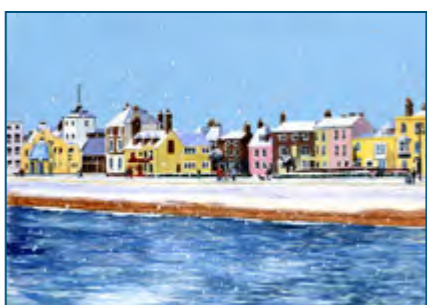
9. Christmas Tree Montage
Blank Inside



10. Canterbury in Winter
by Sharon Kulesa
With every good wish for Christmas and a Happy New Year



11. Kent in Winter
by Reg Siger and Lee Scammacca
With every good wish for Christmas and a Happy New Year



12. Deal in Winter
by Sheena Russell
With every good wish for Christmas and a Happy New Year



13. Tenterden in Winter
by Lee Scammacca
With every good wish for Christmas and a Happy New Year

Item	Qty	Total	Item	Cost	Qty
1. Joy Berries, 125 x 125mm, £3.50			12. Deal in Winter, 170 x 120, £4.50		
2. Twin Pack 1, 125 x 125mm, £3.50			13. Tenterden in Winter, 170 x 120, £4.50		
3. Hand me that Spade, 125 x 125mm, £3.50			14. Bumper Pack. 20 assorted cards, £5.00		
4. Happy Snowman, 125 x 125mm, £3.50					
5. Oh Little Town of Bethlehem, 125 x 25mm, £3.50					
6. Twin Pack 2, 160 x 160mm, £3.50					
7. Tree Delivery, 160 x 160mm, £3.50					
8. Twin Pack 3, 160 x 160mm, £3.50					
9. Christmas Tree Montage, 160 x 160mm, £3.50					
10. Canterbury in Winter, 170 x 120mm, £4.50					
11. Kent in Winter, 170 x 120, £4.50					
			Total Cost		
			Postage & Packaging		
			Donation		
			Total Enclosed		

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Orders under £20 = £4.45 £20.01 to £50.00 = £5.95 Over £50.00 = £7.50. For overseas orders please call 01268 684054

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Order online at www.pilgrimshospiceshop.co.uk

Please return your completed order form and cheque payment to: **Pilgrims Hospice Christmas Cards, Offset Publishing, Unit 10, Hovefields Avenue, Hovefields Court, Basildon, Essex SS13 1EB.** Allow 14 days for delivery. Orders accepted up until 8th December 2023. If you require assistance please call our helpline on **01268 684054**.

giftaid it

Please treat all donations I make now, in the future, or have made to Pilgrims Hospices for the past four years as Gift Aid donations until further notice. I am a UK tax payer and understand that if I pay less 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.

Signature _____

Date _____

We would like you to hear from Pilgrims Hospices?

Your support is making a real difference, and we would love to keep you updated about our work and how you can help, including petitions and fundraising activities.

Email Text Post Phone Please detail your email and/or telephone number on order form above.

Please note that you will be responsible for P&P costs if you return part or all of your order unless faulty.

Pilgrims Hospices in East Kent is a company limited by guarantee. Registered office: 56 London Road, Canterbury, Kent CT2 8JA. Registered as a company in England No. 2000560.

There is more merchandise available at the three Pilgrims Hospices sites in Canterbury, Thanet and Ashford. Please go to our website at www.pilgrimshospices.org for details.



14. Bumper Pack
20 assorted cards
Designs in pack can vary from those shown

PLASTIC FREE!
All our packaging is cardboard



SCAN ME

Linda shares how important Pilgrims is to her, and why she supports as a member of Always Caring

My relationship with Pilgrims started over 40 years ago, when my son's piano teacher was asking everyone she knew for donations towards the setting up of a new hospice. She was so passionate about the cause, and the need for an end-of-life care charity, it really inspired me.

Years later, when I was teaching, I had a student request to do their placement at the Thanet Hospice. I went to visit and was blown away by the atmosphere there.

It wasn't until my partner's sister became ill that I directly got to experience the care of the Pilgrims staff. We were thrilled with the calmness and the compassion shown by everyone we dealt with.

Unfortunately, my partner, Reg, was diagnosed with cancer, and when he reached the final stages, the oncologist put us in touch with the Margate Hospice, suggesting this may be beneficial for both of us. As Reg wanted to spend his last few months in his own home, the doctor was superb, providing us with excellent care by visiting him regularly at home and offering support for both of us.

After Reg died in March 2022, the doctor contacted me and suggested I might benefit from counselling. This was arranged very quickly and I had 6 sessions with a Pilgrims counsellor. They were absolutely excellent and so beneficial. After my counselling finished I joined the Stepping Stones Bereavement Group, which has helped me so much. It's given me a space where I can take my grief, and feel supported alongside others who are going through the same things. One of my fellow attendees put it perfectly, "I feel liberated after our sessions, I can enjoy my weekend after we have all met on a Friday".



"I'm pleased to be able to support Pilgrims as a member of Always Caring, because I know Reg wanted money to go towards the hospice, and whatever I can do to wave the flag for the hospice, I will. I can't thank them all enough, I don't think I would have got through without Pilgrims."



Become part of Always Caring by supporting us with a monthly donation

With regular, assured income you can help Pilgrims be here Always Caring for our patients and their families every day.

Find out more

Visit:
[pilgrimshospices.org/
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Email:
[always.caring@
pilgrimshospices.org](mailto:always.caring@pilgrimshospices.org)

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