

Hospice news

Autumn 2023

Eden Valley
Hospice



JIGSAW

Cumbria's Children's Hospice

Registered Charity Number 1008796



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New Jigsaw garden opens

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A message from the Chief Executive

There is a lot of excitement across our hospice teams as we are getting ready for a big refurbishment of the bedrooms and bathrooms in Jigsaw.

Our rooms are around 16 years old and are really showing their age. We have been working with our young people, their families and our staff to ensure the new designs are the best they can be.

As part of this we will be moving the Jigsaw entrance from the back of the building to just behind the adult in-patient unit. That will mean all our patients and families will come in through our lovely gardens, rather than past our garage.

We are very grateful for the half-a-million-pound charity grant which gives us a once in a generation opportunity to really make a difference.

Our main hospice building is more than 30 years old and is very much in need of a bit of investment and improvement work! We have been giving it a bit of tender loving care over the last year – in some places this has been to keep it functioning, and in other places about creating a more welcoming environment.

We have freshened up our reception area and coffee lounge, making it much brighter and more welcoming, and as a result we see more people using it. We have also replaced and opened up our decking area which now has new furniture and a herb garden thanks to a volunteer team (British Gas). We have completely upgraded our Quiet Room, where patients are cared for after death, to ensure our patients and their families experience a more professional environment.

And we had a great day when our wonderful new safe, accessible Jigsaw garden had its official opening. It has been brilliant to see it in use not just by our Jigsaw youngsters but also by some visitors from Mayfield School in Whitehaven.

We have also been working hard to build the foundations for a more sustainable future for your hospice. We will be undertaking a phased renewal of some of our older infrastructure – pipework and heating systems – with the joint aim of reducing our carbon footprint, ensuring we are fit for purpose, and bringing down our bills!

As part of this we have been pleased to work with Lancaster University MBA student Aniket Deshpande

through the Centre for Global Eco-Innovation's ECO-I NW Programme funded through the European Regional Development Fund and the Northern Powerhouse.

He has reviewed energy use and efficiency and has giving us some clear data and some steers to how we can improve in the future. We have really enjoyed working with him and finding out about new developments and opportunities.

We are also developing ways of connecting with people who may be living with a palliative diagnosis. Our Elephant Café is held on the first Thursday morning of every month and is a chance to have a coffee with people who may be in the same boat. We will also be holding some sessions in Brampton and Penrith in the next few weeks looking at a range of issues to help educate and empower people to manage their conditions better – whether it's managing breathlessness or accessing benefits – please look out for the sessions and encourage people who may benefit to come along.

I am also over the moon to share that we have secured the field behind the hospice. We are lucky to have some wonderful neighbours, but we have been worried about new housing bringing them closer! Taking ownership of this green space means we will be able to preserve the calm and tranquil atmosphere of the hospice for the future.

We could only do this because of gifts left to the hospice by people in their wills. What a wonderful legacy they have given us – a bit of flexibility and some certainty that we can keep a buffer.

Thank you!



Julie



www.edenvalehospice.org

Become a volunteer like Christine

Volunteering opportunities

Your hospice has several volunteering opportunities currently available with a wide variety of roles on offer, ranging from kitchen volunteers to gardeners. The charity depends on contributions of time and skills so that we can continue to provide care to patients and their families.

You could join our growing team of volunteers, alongside people like Christine who has volunteered in the family support team as a bereavement counsellor for around six years, providing valuable support to families and children. Christine works with those who are bereaved, predominantly children but also with adults.

We spoke to Christine during Volunteers' Week to discuss what volunteering at the hospice means to her.

Originally, Christine came to the hospice looking to volunteer in any role but she was soon signposted to the counselling team due to her 20 years of experience working with teenagers and adults at Carlisle College.

Christine said: **"I love the atmosphere here, when**

I speak to families who have lost people in the hospice, including myself who lost my sister-in-law here, they're so pleased to be here. The atmosphere when they come out the room and walk around the grounds gives them that sense of normality.

"It's beautiful, everyone who works here fits in and knows how much of a great place it is. You volunteer because you enjoy it, the people here are so nice to work alongside."

Whether fundraising, retail or in the hospice itself, volunteers are a part of everything that we do.

Go to our website to find out more and apply www.edenvalehospice.org/volunteer or call **01228 810801**.



Christine



Happy retirement!

Everyone associated with your hospice has wished Dr Teresa Storr a happy and healthy retirement after she retired from her role with the charity following a 45-year career in medicine.

Dr Storr started her medical journey as a student in 1978 and retires aged 64 with a life devoted to promoting patient-centred palliative care. She first joined the hospice in the 1990s and served as the medical director for many years, championing end of life care in acute settings and promoting the impact and value of hospice services.

Dr Storr also enjoyed a distinguished career within the NHS, most recently as a clinical lead for the North East and North Cumbria Integrated Care Board (ICB), being particularly prominent in the areas of training and role-modelling.

Hospice CEO Julie Clayton said: **"Teresa has touched the lives of many north Cumbrian patients and families, easing their experience at end of life and being a voice that has helped shape palliative services across the region. Her influence has been huge, and her impact has been enormous both at an individual level and at a system level.**

"Teresa is a champion, an educator, and has nurtured many who will make a difference every day because they have worked and learned from her.

"We wish Teresa a very happy and healthy retirement and thank her for all the incredible work she has done."

Dr Sarah Stevenson has taken on the role of medical director at the hospice.



Julie Clayton, CEO, Dr Teresa Storr and Christine Weaving, chair of board of trustees



Jerry Hall with Aniket

Supporting the next generation of healthcare workers

Patient care improved by working with students

Helping to train the next generation of healthcare professionals is a key objective for your hospice.

The dedicated group of staff who care for and support local patients and their families is the biggest asset we have, so helping them to thrive and have the opportunity add to their skillset is something we place great importance on.

As well as helping to support the wider healthcare network, those who are currently students are potentially the hospice's future workforce and we've also been ensuring current staff can continue to train and increase their skillset.

In the last year, the hospice has supported 2,582 hours of training and worked with 67 students from a range of disciplines including adult nursing and children's nursing, social work and counselling, medical students and GP registrars.

Supporting students and trainees doesn't just help those who are studying, it plays a vital role in ensuring patient care at the hospice is as good as it can be.

"It benefits patients too, if a trainee has a good experience, they will take that learning to other places they go on to work," said Jenny Wilson, the hospice's deputy CEO and director of clinical services.

"We also learn from students; they all ask questions and it makes us think about why we're doing something or how we're doing it. They bring ideas from other areas and other places they've been to whilst training. They also improve governance as someone from the outside is scrutinising the care we're offering."

Just like many other hospices and healthcare settings across the country, there are and will continue to be challenges around staffing. Nationally, there are 112,000 vacancies within the NHS and in the recently published *Long Term Workforce Plan* three focus areas were identified – train, retain and reform.

The hospice is proud to play its role in training and helping to retain high quality healthcare staff and places great significance on growing our own, recently supporting the development of six nursing associates and two registered adult nurses.



Kate Arkwright, Adult Nursing Student at the University of Cumbria



Jenny Wilson, Deputy CEO and Director of Clinical Services

Jenny added:

"Investing in staff improves morale and having development opportunities shows they are valued. It also helps keep us up to date with the latest information and techniques."

"We aim for a welcoming approach; no question is a stupid question, and we want to make people feel supported. As well as providing a practical opportunity for people we also provide the right level of supervision for them. We really care about the experience we offer to students."

"We're also a unique setting as students can get experience within paediatrics and adult care all under one roof."

Dr Imogen Webb has spent several months with the hospice whilst she completes her training to become a GP.

She said: **"I've really enjoyed my time here; I've learned a lot that I will be able to take with me when I work as a GP. I'm planning to stay in Cumbria to work so it's been really useful to learn about the different local services and what is out there which will benefit the patients I work with in the future."**

"It has also been good to build connections with the medical team here at the hospice as we will likely be working together at some point in the future."

Kate Arkwright, an adult nursing student at the University of Cumbria, is going into her third year of studying and had been with your hospice on a 12-week placement.

She said: **"I've learned a lot about palliative care. I came in here a bit scared about how to talk to families of patients who are dying, how to talk to people who are seriously ill but I've had so much support and so much knowledge passed on to me, I feel as though I'm a lot more confident with things now. I've learned so much."**

Although Kate isn't sure what she wants to do next, she states: **"I think this has been my favourite placement and**

Students supported by the hospice

Number of hours supported	2,582
Number of days supported	356
Number of students supported	67
Trainee nurse associates	6
Trainee nurses	2

I was surprised at how much I liked end-of-life care so it's a possibility I might do something with that.

"I've had some specific training here and everything I've needed to know; I've asked the staff and everyone has been really knowledgeable. The healthcare, the nurses and the doctors, everyone has been really supportive."

"It's very hard working in this environment every day"

Award success for former student Amy

Driven by her passion to deliver quality social care, Amy Milburn left her care home role during the Covid pandemic to return to learning because she 'wanted to do more' to help those in need.

Three years on and Amy, 29, has graduated with a first-class honours degree in social work from the University of Cumbria's Institute of Health and been named winner of its Excellence in Placement prize. Amy spent several months at the end of her studies with the hospice, working in the patient and family support team.

The University of Cumbria works with local health trusts, charities, and other partners to provide a range of placements across the health and social care network, helping to develop the workforce of the future.

Whilst on placement, Amy's responsibilities included carrying out assessments and teaching Nursing Associates how to carry out certain processes. She also worked with people for whom English is not their first language and helped host a family support day for families and young people who access services and facilities at Jigsaw.

Supported by husband Kyle, Amy enrolled on the university's BSc (Hons) Social Work programme when her youngest child was a year old.

"I've loved my time at university," said Amy.

"It has certainly had its ups and downs, not just through the pandemic but particularly the last six

Types of students we have supported

Adult nursing	Counselling
Mental health nursing	Social workers
Learning disability nursing	Paramedics
Children's nursing	Return to nursing students
GP registrars	Nursing associates
Step into practice students	Medical students

because it is end of life care, but the level of support that they give the staff and students is amazing. They give you time to reflect on what's happened, it enables you to reflect and move on rather than rushing on to the next thing."



months doing my placement and dissertation at the same time. The support I've had throughout has been great. I've never felt like I was on my own."

Speaking about her time with the hospice, Amy added: **"The hospice is such an amazing place to work, every single member of staff has been extremely supportive. One of the things I absolutely love the most, is when you arrive in the morning, everybody says good morning and is so friendly and welcoming."**

"Another thing I have loved about having my placement in the hospice, is how approachable staff members are. There is no such thing as a silly question in Eden Valley Hospice, and everybody is willing to help you if you are unsure."

"The multi-disciplinary working been fantastic. I feel that at the hospice, every member of staff is treated as equal, everybody belongs and everybody's opinion matters. Eden Valley Hospice have been fantastic in supporting me and my health needs, always ensuring my health and safety."

"I just wanted to end by saying a massive thank you, to all the staff, patients, and families at Eden Valley Hospice for all the opportunities, and I will take everything I have learned with me throughout my career."

While Cynthia's husband Carl was being cared for in Eden Valley Hospice, they found solace through their toughest of times in the beautiful hospice gardens – a memory so profound that Cynthia returned as a volunteer, supporting the charity for almost a decade and counting. As part of the annual Garden of Memories appeal, Cynthia shared their story:

Going through a divorce was a traumatic experience for Cynthia, as it would be for most people. But at the time what she didn't realise was this turn of events would lead her on to crossing paths with future husband and soulmate Carl. Solicitor Carl and Cynthia married in 1991 and spent many happy years travelling the world together.

However, they also battled through some tough times when Carl was ill, which was on and off for around eight years following his diagnosis with melanoma, a type of skin cancer. Initially he had an operation, followed by chemotherapy and then onto the trial of a new drug with all appearing well for a few years.

In 2012 he was admitted into hospital, and it was discovered that Carl's cancer had returned. He was ready to be discharged and to go somewhere closer to home.

Cynthia says: "We chose the hospice, but before then we didn't know it was here or anything about it. He went into the hospice the first time around Easter, they got him eating again and he put weight on so everything seemed OK for a while."

He had another course of chemotherapy, although this time it made Carl extremely ill, he was not eating and being sick all the time. He returned to the hospice that summer to help him get his symptoms under control, which was success.

"He was getting terrible headaches and sleeping all the time," Cynthia recalled. "He came back into the hospice for a third time in November, he was very ill and would sleep all the time."

Carl died after a week's stay in the hospice aged 59 with Cynthia by his side.



Cynthia with husband Carl

"It is fantastic the work the staff do, everyone is extremely caring," Cynthia continues.

"Your needs are fulfilled when you go into the hospice because they know exactly how to treat you, they've seen these things before and they have time for you.

"What a fantastic husband he was, and he always put me first. The last nine months he was ill, I never left his side, but I never heard him complain once. A doctor said to him once 'what keeps you going?', he said 'she does'.

When Carl was staying in the hospice, Cynthia would often take him out into the walled garden, which many of the patient rooms have direct access to.

"The gardens were important to us, they were beautiful, I just think it's lovely to see something green and growing alive to start things from beginning to end."

While Cynthia admired the gardens, she realised that she'd never really seen anyone tending to them and thought to herself that she would like to go back volunteer. As soon as she was able to, she became one of the hospice's much-loved gardeners, a role she's done for nine years.



Cynthia pictured in our walled garden

Light up a Life turns 25 this year

The much-loved Light up a Life appeal is returning for this year, giving people the chance remember a loved one and help local families to continue to receive specialist and compassionate care.

The flagship appeal also celebrates its silver anniversary this year as it turns 25. Over the years the appeal has raised many thousands of pounds for your hospice and the opportunity to donate as part of Light up a Life will once again be available. Special appeal letters will be sent out to supporters soon although anyone can donate by going to our website www.edenvalleyhospice.org or calling our fundraising team on 01228 810801.

The Light up a Life services (times TBC) will take place on:

- Sunday, November 26th at the hospice
- Friday December 8th at Carlisle Cathedral



Ryan leaves behind fundraising legacy



Ryan, second from right, with family

When car and motorbike enthusiast Ryan Shield was diagnosed with cancer in his early twenties, he wanted to give something back and set about raising money for charity. However, following a short battle with the disease he died at Eden Valley Hospice and his family vowed to keep his fundraising legacy alive. This is Ryan's story:

Ryan's illness came about suddenly, initially complaining of pain in the back of his neck in the summer of 2021.

Following a visit to hospital, Ryan, who was from Carlisle and worked as an electrical and mechanical engineer at McVities, discovered he had a rare type of melanoma, also known as skin cancer, which it was believed had developed from a mole he had removed when he was 10 years old.

Treatment followed and Ryan got the all clear from doctors so he set about doing some fundraising. However, that very same month, pains started to reappear in his back and scans revealed cancer had returned and spread into his brain, lung, liver and spine.

Although initially being able to carry on relatively normally, he deteriorated quickly. He lost mobility and sight in one of his eyes but despite this, carried on with his fundraising efforts.

He was admitted to the hospice and mum Ruth admits she was apprehensive at first, but quickly realised he was in the right place. Ryan died two days later on December 16 surrounded by his family.

Ruth said: **"Every nurse that that came in and looked after Ryan and us was so kind, understanding and patient."**

"One of the team also did some memory work with us as well, which was brilliant. We've got Ryan's handprint, his fingerprints, some of his hair and other stuff. They also looked after all of those little things like making sure that we were eating."

"The care, you couldn't fault it. It was amazing and everyone was so supportive."

"Even after he died, we weren't rushed at all. We were allowed to stay with him for as long as we wanted."

Ruth and the rest of the family were determined to keep alive the fundraising Ryan had started prior to his death.

To celebrate Ryan's memory and raise vital funds his family came up with the idea of 'RyFest' – a festival-themed fundraiser first held in May 2022 on what would've been his 25th birthday.

"It was so well attended, it just showed what a character he was and that he had an impact on so many people which was lovely," Ruth added.

The first 'RyFest' raised **£1,000** for the hospice as well as funds for other charities that Ryan wanted to support. Another similar event was held earlier this year and raised a further **£1,000** for the hospice.

"The hospice is obviously very important to us because they made him comfortable and we were all able to be with him," Ruth continued.

"There was me, my husband Stephen, my eldest daughter Natalie and her partner, and my youngest daughter Emily with her partner, and we were all allowed to stay with him. Everybody had the chance to come and see him to say goodbye."

"It's not just the fact that Ryan was cared for, but we were cared for as well, the whole family. Even now I'm still being cared for as I've started the grief counselling offered by the hospice, without that I would be struggling."

Ruth said the family are determined to continue supporting the hospice in any way they can going forward.



Ryan was a motorbike enthusiast

Vibrant new sensory garden officially open

Accessible space will provide hours of joy for families



Children, young people and families supported by Jigsaw have celebrated the official opening of a specially designed sensory garden which will provide countless hours of fun, laughter and learning for those we care for.

The new fully accessible garden, which contains a jungle garden, a sensory area, new play equipment, a racetrack and more, has already become a popular space for our children and young people to enjoy whilst being cared for at the hospice. The **£100,000** project to transform the old garden from a tired and outdated space was largely funded and led by charity Greenfingers who've worked alongside us and contractors to make the vision a reality.

Julie Clayton, our chief executive said: **"Our new garden looks absolutely incredible and we cannot thank**

Greenfingers and all the other contributors enough for helping to transform this space. What you would've seen as we came out of covid was a tired and largely concrete area which definitely looked like it could do with some love.

"Now we have bright, colourful and engaging garden which is being used regularly by the children and young people with complex health needs that we care for. It's making a real difference and this safe and accessible space is another huge addition to what we can offer here at Jigsaw."

Greenfingers' chairperson, Sue Allen, said: **"Our sincerest thanks to all those that helped to transform the garden at Jigsaw. The garden is now a riot of colour, with areas that have been thoughtfully designed to create areas**

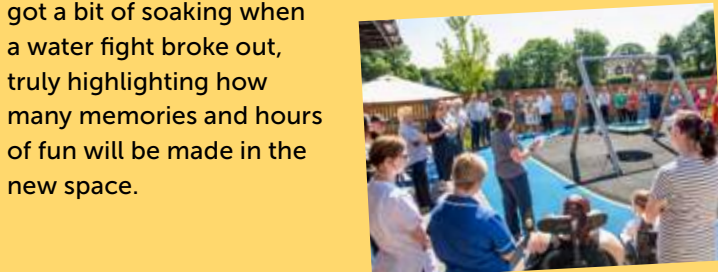
of both relaxation and stimulation. This is a garden where memories will be made, and I know it will be lovingly received by the children, family and staff that use Jigsaw."

Designed by Dalston-based Bruce Walker of Westwood Landscape and brought to life by the team at Ian Howe Landscapes, the Cumbrian native drew his inspiration from the many colours of the Jigsaw logo, to create a number of different zones.

The superb new interactive garden space is now home to a 'Green Jungle Garden', a 'Yellow Wildlife Garden' and an 'Indigo Sensory Area' for relaxation. This wonderful garden space – a true festival of sensory colours – also includes a bright blue art area, a sage green play area and orange kitchen garden for growing

herbs and experimenting with seeds and grow-your-own projects, and even a racetrack. The opening of the garden took place back in the sweltering June sunshine with a variety of guests in attendance. The ribbon was cut by Samuel who attends Jigsaw, sister Bethanie and Sue Allen from Greenfingers.

It was also brilliant to welcome ITV Border down to cover the opening – reporter Ryan Dollard even got a bit of soaking when a water fight broke out, truly highlighting how many memories and hours of fun will be made in the new space.



The team from Greenfingers



Bethanie and Samuel enjoying the garden

Now we have a bright, colourful and engaging garden which is being used regularly by the children and young people with complex health needs that we care for. It's making a real difference and this safe and accessible space is another huge addition to what we can offer here at Jigsaw.

Thank you!

As well as Greenfingers, financial contributions have also been made by HSBC, Cash for Kids, Cumbria Community Foundation, Kingmoor Oak Tree Club and the Duke of Lancaster's 4th Battalion. Our very own gardening volunteers and facilities team have also played a vital role in making the area look its best and have been supported by volunteering efforts from local organisations including The Cumberland, British Gas, HSBC, Caldew School, Carlisle College, McVities and Borderway Finance.

Families turn out for a support day

Earlier this year a family support day was held at the hospice with all Jigsaw families invited. The turnout was fantastic for what was a fun-filled day of activities centred around the children, young adults and their siblings as well as classes for parents and carers.

The event allowed parents, siblings and carers to look around Jigsaw and see the variety of different ways in which we care for their child or young person.

There were a range of different activities taking place throughout the day including face painting, animal petting, garden activities and more.

We also held important sessions for parents centred around the pressures involved in caring for children with life limiting illnesses which helped to spark some meaningful conversations.

A huge thank you to Nando's Carlisle who kindly provided food for all those attending, Crumbs of Dalston for donating a quiche and The Good Sister in Carlisle for providing traybakes. We would also like to thank Zoobidoo, Rachael Little for offering tropics and Aura Body Art Carlisle for doing face painting.



Jack loves his regular visits to Jigsaw

Jack Powell has been through a lot in his short life, but his family can take comfort in knowing they're supported by Jigsaw, Cumbria's Children's Hospice.

Jack, who is two and from Appleby, was born with several life-threatening conditions, including a hole in his heart, long segmented tracheal stenosis and severe left bronchial malacia, conditions which cause breathing difficulties and a defect with an artery in his heart.

Clare, Jack's mum explains: **"This basically means Jack's airways were too small for his body and his left pulmonary artery was wrapped around his trachea, or airway. This, coupled with the heart conditions became quite complicated."**

"He had major surgery when he was a baby to widen his airways which helped but not enough, and he had to live on a ventilator. Being long-term ventilated, the best option for Jack was to have a tracheostomy put in. He has also had three stents fitted and numerous ballooning procedures."

When he was 20 months old he had a procedure which enabled him to start weaning off his ventilator and he now manages to breathe on his own during the day.



Jack has attended Jigsaw for several months and although being nervous at first, he has grown to love attending the hospice for his regular respite visits.

"What has been great is how patient the team has been with him," Clare adds.

"He can struggle with new people, particularly people in uniforms, as he's gone through a lot of pain in his little life so far. Everything at Jigsaw has been done in Jack's time."

"There's so much that Jack likes, such as the sensory room, the inflatable tent, the smart screens, the bath and bedrooms. The facilities are incredible, everything is so accessible."

Jack's most recent operation has given him a new sense of freedom and he can now walk around independently.

Mayor's Charity Fund raises thousands

We were thrilled to be one of the main charity beneficiaries for the Mayor of Carlisle's Charity Fund during his Mayoral term 2022/2023.

We would like to say a big thank you to the outgoing Mayor of Carlisle, Cllr Mike Mitchelson who raised an amazing £6,781 for Jigsaw during his time in office.





Hospice benefits from efforts of law firm

Conquering the summits of Scafell, Scafell Pike, Helvellyn and Skiddaw in less than 24 hours, a 17-strong team of hikers from Muckle LLP stepped up to the Lakes 3000 challenge by raising more than £6,000 for Jigsaw.

Leading law firm Muckle LLP, which has a Cumbria hub at Edenhall near Penrith and has a large client base in the county, is committed to contributing to charities and communities across Cumbria and the north east.

The law firm celebrated the 20th anniversary of its Community Fund last year and has awarded over £700,000 in grants to 700 charities and community groups across the region. As well as raising money

for Jigsaw, the firm also supported Carlisle Youth Zone as part of their challenge.

Muckle LLP Senior Partner Hugh Welch said: *"The Lakes 3000 challenge has enabled us to build real relationships with the charities and see their operations at first hand. This is just as important to us as making donations and raising funds. We want to make a difference and really help the communities in which we serve."*

"We believe businesses should do more. Giving back is central to our values and culture. We believe all actions, big and small, can move the needle in a positive direction. It's never just a simple donation; we work hard to maintain and

build our relationships with the charities so we can make more of an impact through volunteering and pro bono work."

Martha Pardoe, relationship fundraiser for Jigsaw said: *"We're so grateful for the support of Muckle LLP and we'd like to congratulate the Lakes 3000 challenge team on conquering the peaks and in raising such a fantastic amount."*

"The support of Muckle and other businesses across the county is instrumental in enabling us to continue caring for children and young people with life limiting conditions and supporting their families at one of their most challenging times of their lives."

Customer surveys raise hundreds

Customer feedback to Carlisle-based Lloyd Kia has helped raise £392 for your hospice.

When Kia customers gave their feedback on the service they'd received, Lloyd kindly donated £2 for each survey completed to the hospice.

The company, who are long-term supporters of the hospice, are continuing with this arrangement going forward, meaning more funds will be donated so more local people can access compassionate and dedicated care when it is needed most.

Lloyd Kia's head of business, Roy Holliday and members of the Lloyd marketing team visited the hospice recently to hand over the money.



If you would like to find out more about how your business can support the hospice, please contact Martha Pardoe on martha.pardoe@edenvalehospice.org.

Bikes Boats Boots success



Our Bikes Boats Boots event returned this spring as an impressive 86 challengers took on an epic day of fundraising in the glorious heat of the Lake District.

Based in and around Ullswater, the team challenge involved 30 miles of cycling, canoeing two miles around the lake and an 11km hike up Helvellyn.

The event incredibly raised more than £34,000 – funds which will help us continue to care for local people with life-limiting illnesses while also offering vital support to their families and carers. A huge thank you to all the dedicated fundraisers who contributed to this amazing total.

Special thanks go to our main

sponsor Ast, helping to unify teams with our stylish t-shirts and hoodies as well as providing funding for the professional timing of the event.

The event was wonderfully coordinated by The Adventure Element Ltd and supported by Cyclewise, SPORTident and Humes Catering Services allowing all our participants to enjoy the day.

We are delighted to announce that Bikes Boats Boots will be returning for a third year taking place on Sunday 12 May 2024.



You can sign up now via our website www.edenvalehospice.org/support-us/events/bikes-boats-boots-2024 or scan the QR code.

Get involved in our events

We have several exciting events coming up with a wide variety of something for all our supporters to get involved with.

The Reindeer Run will be returning for a third time this December after the success of the last two years where a whopping combined total of over £70,000 was raised for Jigsaw by primary schools across Cumbria.

We will once again offer thousands of school children the opportunity

to take part in our festive event. In a welcome addition this year we are also inviting local sports teams along with Cub, Guides, Brownies and Scout groups to join in the fun!

We have 37 fundraisers taking part in this year's Great North Run on Sunday 10 September. Best of luck to all our runners and a huge thank you from all of us here at the hospice for choosing to support us.

Looking ahead to next year we're delighted to have a limited number



For more information on events, please go to our website at www.edenvalehospice.org/support-us/events or scan the QR code.

Take part in

9 – 15 October 2023

Hospice Care Week

April 2024

Make a Will Month

7 April 2024

The London Landmarks Half Marathon

12 May 2024

Bikes Boats Boots

9 June 2024

Gelt Gladiator

September 2024

Great North Run



of charity places available for the London Landmarks Half Marathon. You can join over 16,000 runners at the start on Pall Mall on 7th April 2024 and race past fabulous views of London's most iconic landmarks whilst raising vital funds for your local hospice.



Your hospice heroes

We're always overwhelmed at the incredible ways our supporters choose to raise funds for their local hospice. There's far too many to mention individually but here's a selection celebrating some of our fantastic fundraisers over the past few months.

Adam Brown

One fundraiser has completed an epic walking challenge of almost 3,000 miles across Great Britain and raised thousands for the families we support here at the hospice.

Adam Brown, started his epic challenge, named the 'The Great British Gut Buster' in April from John O'Groats. The route incorporated the Scottish National Trail (537 miles), the Pennine Way (268 miles), the Wales Coast Path (870 miles) and the South West Coast Path (630 miles) in their entirety, and all connecting sections.

Adam even managed to include a return side trip, from Greenhead on the Pennine Way to the hospice here in Carlisle to allow him to visit and see the difference his fundraising will make first hand.

Adam, who is 46 and now lives in New Zealand, took on the huge physical challenge to raise vital funds after we cared for his friend Anna Pike in 2018.

Anna, who was born in Dumfries and brought up in Langholm and Canonbie in southern Scotland, was a teacher at Patteril Bank Primary School in Carlisle prior to contracting a rare form of cancer.



Adam said: **"It's been the journey of a lifetime and I can honestly say, I've loved every single day. I've met lots of wonderful people that have shown great kindness and generosity in both assisting me and donating to the hospice. The memory of Anna is always with me and knowing the funds I raise will be put to good use really spurred me on."**

Adam completed his 2,900-mile trek outside the gates of Buckingham palace helping to raise crucial funds. The money raised from 'The Great British Gut Buster' will go directly towards caring for local people with life limiting illnesses and we couldn't be more grateful for Adam's support.

Harry Little

Nine-year-old hospice hero Harry Little took on a mighty 352-mile cycle ride in aid of us back in May.



The challenge saw Harry cycle from his home to Brampton station where he boarded a train to Newcastle then biked to port for the ferry to Amsterdam. He then rode the LF Zuiderzee route which is 440km in Holland before making the return journey home.

Harry also did daily updates for his YouTube channel which helped raise even more awareness and funds. An incredible effort which equated to a grand total of **£1,735** raised for the hospice. Thank you!

Cumbria Chapter of the Widows Son's Masonic Bikers Association

A huge thank you to Easter hospice heroes the Cumbria Chapter of the Widows Son's Masonic Bikers Association who delivered lots of Easter eggs this spring for our children, young adults, and staff to enjoy.

They also kindly presented us with a cheque for **£425** which will go directly towards creating lifelong memories for the children and young people we care for across Cumbria.



Do you have a great fundraising idea or event to support your local hospice? For support and advice call the fundraising team on **01228 810801** or email fundraising@edenvalleyhospice.org.

Gift card scheme launched

Your hospice shops are now signed up to the Charity Shop Gift Card scheme.

The only multi-charity gift card is a social enterprise that helps people give more sustainably, buy more consciously and support good causes.

Eden Valley Hospice and Jigsaw's four shops in Carlisle and Penrith are now selling and accepting the gift cards.

The scheme supports the growing second-hand revolution, which is helping to reduce the amount of waste sent to landfill and helping charities boost their own income.

Beth Weir, cluster shop manager at the hospice, said: **"As a charity that depends so much on fundraising to deliver our services to the people of Cumbria, we loved the idea of the gift card as a way of engaging our supporters and hopefully introducing new people to the great pre-loved items available in our amazing hospice shops."**

Lee Fellows, co-founder of The Charity Shop Gift Card, said: **"We're thrilled to be working with Eden Valley Hospice to offer a gift card that can have such an impact. Not only does it help raise vital funds for the hospice but it also helps reduce landfill by giving a second use to the high-quality donated goods available in their shops."**

To buy a gift card, go into any of the hospice shops or go online at www.thecharityshopgiftcard.co.uk. Also available at some supermarkets.



Beth Weir, cluster shop manager with a gift card

Lottery and raffle update

Tickets for the Autumn Raffle are now on sale and cost just **£1** to buy.

The top prize is **£1,000** with a runner-up receiving **£500** and 10 other winners receiving a **£50** prize.

Your hospice's bi-annual raffle raises thousands of pounds meaning more local families can access the compassionate care and other services the hospice provides.

Ally Duncan, lottery lead at the hospice, said: **"Thank you to everyone who entered the Spring Raffle earlier this year, raising an incredible £27,538 for the hospice. If you'd like the chance to win £1,000 this autumn then please do enter our next raffle."**

To enter the raffle, fill in and return the raffle tickets enclosed with this newsletter, if applicable, by December 4th 2023 or contact the hospice on **01228 810801** to speak with a member of the team.

Don't forget that you can also sign-up to the hospice's regular weekly lottery giving you the chance to win the top prize of **£1,000** each week as well as 57 other prizes – including a rollover of up to **£10,000**. It costs just **£2** per week to play and you can sign-up online at www.edenvalleyhospice.org/lottery or by calling **01228 817614/817653**.



**Support your local
hospice by playing our...**

Eden Valley Hospice

J I G S A W

Cumbria's Children's Hospice

WEEKLY LOTTERY

1ST PRIZE

£1,000

2ND PRIZE

£100 (rollover
prize)

3RD PRIZE

£50

4TH PRIZE

55 x £10

You can also round up your lottery payments and
make your donation go even further.

For more details, or to sign-up visit our website
www.edenvalleyhospice.org/lottery

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Registered Office: As above. A Registered Charity No. 1008796. Players must be over 18 years of age.

