

Hospice news

Spring 2026



Cumbria's Children's Hospice



“In the hospice environment, you can feel safe. You can forget your disability for a period of time and feel normal and supported. That is such a benefit to somebody like me.”

Read about how Adam's whole being changed while attending the Neuro Living Well Programme, on page 6.

A warm welcome to our hospice newsletter

Hospice care, at its heart, is about making the most of the life we have left. I've watched first-hand the remarkable impact that compassionate, person-centred care has on patients and families locally. Care that is only possible because of the trust our community places in us and the values that guide our work. Week-on-week, the team are dedicated to reassuring local people that they are not facing life-limiting conditions alone.

For nearly 7 years, I've led teams that support our community through some of the most uncertain and worrying times. We have had the privilege of standing beside people at these times as well as sharing in some of the happiest moments. It's the inside jokes with patients and families, and the sense of fulfilment you get to witness; they stay with you long after the end of your shift. It continues to be both an honour and a privilege to do whatever we can to bring comfort, dignity and peace when it matters most.

I want to take a moment to share how grateful I am to continue providing this care by stepping into a new role as Director of Clinical Services, following in the footsteps of my colleague and friend, Jenny Wilson. Jenny served this hospice with such dedication and compassion for many years.



Her leadership, kindness and unwavering belief in the importance of high-quality hospice care have shaped so much of what we are today. It's a privilege to continue building on everything she has created. We wish her all the best in her retirement.

From expert symptom and pain management to emotional and psychological support, and gentle everyday comfort that helps people feel safe, heard and respected. Whether someone is staying on our inpatient unit, attending our Living Well services or receiving counselling or bereavement support, each individual is met with kindness, dignity and humanity.



It's thanks to you, our community of hospice advocates and donors, that we can continue to provide this specialist care every week. Every lottery player, purchase, volunteer, donation and act of kindness makes everything we do possible. As you read, you'll see just how much your support has made an impact and hear from the people who reflect the heart of your hospice.

Suzanne Garbarino
Director of Clinical Services

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How the hospice helped create a new pain-free life for Elizabeth

Elizabeth chose to share her story during her stay at the hospice, before returning home.

Elizabeth's cancer journey stretches back many years. She was first diagnosed with breast cancer in 2015 and then with secondary lung nodules in 2016. After treatment, she enjoyed nearly eight years of remission. Years where she adapted to arthritis, staying active around Wigton with sticks and a walker.

But in 2025, her health began to decline sharply.

"I thought it was just the arthritis getting worse... but then they found cancer bits on the spine, and I had disc degeneration... It all suddenly got worse. I could no longer go out. By February, the nerve pain was so terrible."

A palliative care doctor who had seen her days earlier realised the urgency of her situation and arranged a bed at Eden Valley Hospice.



"When I got in here... What a difference it has made to my thinking, to my physical being, to everything."

From her first day, Elizabeth felt listened to in a way she hadn't experienced before.

"The doctors actually come in, listen to you, and treat you like a normal human being. They tweak things as you tell them what's going on. They're actually doing something."

Her medication was completely reviewed. Nerve pain medication was carefully adjusted, mattresses were changed to give specific support, and alternative therapies were explored.

"Now I can actually get up, go to the toilet, walk a bit down the corridor. I'm standing and walking with their help."

What brings Elizabeth the most comfort is the kindness she receives from every member of staff.

"The actual care is amazing. They couldn't do more for you. The people, the nurses, the carers, the cleaners, they're just amazing. Nothing is too much trouble, day or night."

Even during long, painful nights, she never feels alone.

"They're dealing with all this terrible pain that comes on at night, whether you're on tablets or not. They try to make it manageable for when I go home."

Elizabeth also praised the catering team for continuing to provide tasty food during her stay.

"Their food is absolutely fab!... Like the prawn cocktail, I've had that every day now since I've been in here as a starter for lunch. It's just absolutely lovely. Every day, someone comes around with the menu, so you just choose what you want. I'm trying not to eat them all because they're so nice."



Returning home was Elizabeth's goal; not to her old life, but to a new version of it where she is safe and supported, and she was able to do this thanks to hospice care.

"The hospice is a recovery place for me. I'm concentrating on living. I'm focused on getting better enough to get home."

She wants people to understand that hospices don't just support patients — they support families, communities, and everyone touched by serious illness. Even after nearly three weeks of inpatient care, her gratitude hasn't faded.

"I can't thank them enough for what they did for me. The care, the kindness... I can't get over it."

For Elizabeth, the hospice has been a lifeline. A place where pain is managed, dignity is restored, and hope becomes possible again.

Hospice champion, Colin, shares fundraising top tips



Colin Kelly was inspired to support the hospice in memory of his late nephew Gabriel Constant-Kelly, who attended Jigsaw, Cumbria's Children's Hospice. It was important to him to keep the memory of his late nephew alive.

"My reasons for fundraising for the hospice are twofold: one to help the hospice support other people who need it, and two to keep the memory of Gabriel alive. Gabriel's memory will always be alive, but it gives a lot of comfort to me, my brother and his partner."

"I wanted to give something back to the hospice as a 'thanks' for all their hard work. At the same time as doing a run or activity, you can raise much-needed funds."

Colin had fundraised in the past, but his new motivation to keep Gabriel's memory alive drove him to push his limits, and he took on a number of challenges. In the space of just a year, Colin completed the Bike Boats Boots hospice challenge, the Great North Run, the Great Cumbrian Run, Run Carlisle and then he chose to take on 5 more runs, including the Edinburgh Half Marathon.

The challenge Colin set himself wasn't just in the training, but in the fundraising.

"You know hospices are there, but you never really think they could affect you or your family and friends. Their services run day in, day out, 24/7 and I don't think you really appreciate all the hard work that hospices do to give families support."

Here are **5 top tips** that made Colin's fundraising so successful:

- 1.** Bringing in new recruits - Colin helps to bring in new supporters and fundraisers every time he takes on a new challenge. He once went as far as to ask a friend's dog if he would be willing to sponsor him!
- 2.** He regularly shares updates, training and fundraising efforts to encourage others to step up and raise those vital funds. His enthusiasm is contagious and inspires whole groups to push a little harder and become more involved.
- 3.** He acknowledges the support the hospice Fundraising team gave to him throughout. *"It was the regular contact, money boxes, top tips on how to raise money, you know, whether it was doing a bake at work or this, that and the other."*
- 4.** For Colin, it's not just about the challenge; it's the enjoyment he gets, and that is what brings him and his friends back year after year. *"That idea of celebration and community spirit, and that everyone gets involved. Even if you're not running the event, people are there to cheer you on, or they're there to offer you support, or, you know, a drink at the end!"*
- 5.** Sharing the impact hospice care had on his family.

"I've witnessed first-hand how much hospice care meant to my brother and his partner, giving them respite and the ability to stay at the hospice with little baby Gabriel. The nurses and support staff also came to Gabriel's funeral and gave support then as well."

Colin is continuing to fundraise for the hospice and is already making plans for future challenges. Next, he has decided to sign up for 5 events in a year, and plans to host one large-scale fundraiser to meet all of his fundraising targets. We're so grateful for all he does - you can follow Colin's challenges on his Just Giving website page: [justgiving.com/page/colin-kelly-4](https://www.justgiving.com/page/colin-kelly-4)

Upcoming events 2026

'Our Cumbria' Photography Competition – Entries close 1st May

We are calling on the help of local photographers to provide stunning imagery depicting the very best the county has to offer to feature in our hospice calendar for 2027!

Skydive – 31st May

“I never imagined myself taking on a skydive..”

Last year, our amazing receptionist Andrea stepped way outside her comfort zone and took the leap! Literally, 10,000ft up!

Andrea told us, *“It was something completely out of my comfort zone, but that’s exactly why I wanted to do it. It reminded me of just what we can achieve when we challenge ourselves. Knowing I was doing it to support the hospice made every moment even more meaningful. I did it, and I tell others that they can too!”*

If you’ve ever thought about doing something big, bold, and unforgettable... this is your time! This tandem skydive is not just a leap of faith, it’s a bold dive for a vital cause.



Charity Golf Day – 31st July

You and your colleagues are invited to join us at Carlisle Golf Club for a great day filled with friendship and connections.



Glow Trail – 12th September

As the sun sets at Lowther Castle, join us for an in-memory walk, with glowing light stations and plenty of fun for all ages. Walk in memory if you wish and help to raise funds for Eden Valley Hospice and Jigsaw.



Great North Run – 13th September

The Great North Run is the world’s biggest half-marathon, attracting thousands of runners from across the globe.



Great Cumbrian Run – 4th October

Run like you’ve never run before and take on Cumbria’s leading half marathon and 10k.



Gelt Gladiator – 14th June

Gelt Gladiator is back for its 11th year and is bigger, muddier, and more epic than ever!



Stars to Sunrise - Sunday 21st June

You’re invited to take part in a magical walk that begins beneath the stars and ends with an unforgettable sunrise from the summit of Skiddaw!



Everest Base Camp – 11th to 26th April 2027

Embark on the Everest Base Camp Trek and experience the magic of the Himalayas while helping provide life-changing care for local people.



The trek is challenging, but with essential acclimatisation days and LMG’s experienced team supporting you throughout, you’ll be set up for success. Reaching Everest Base Camp at over 5,300m is a true achievement.

Join us for the trek of a lifetime and make every step count for your local hospice.

For the full list of events and how to sign up, please visit our website or contact one of our fundraisers, Vicki or Megan, for more details: 01228 810801 or email fundraising@edenvallyhospice.org



Adam shares how the Living Well Services changed his outlook on his entire life

Following a diagnosis of Parkinson's disease, Adam thought he had plenty of time to enjoy life, without interference from the disease that would come later. However, after a rapid progression of onset symptoms, Adam was re-diagnosed with MSA, Multiple System Atrophy – a rapidly progressive neurological condition.

“I'd gone from being able-bodied and walking miles in the countryside to being in a wheelchair”, he explained, “You don't realise how isolating illness can be until you're in it.”

Adam found himself increasingly cut off from everyday life; his diagnosis was taking a significant toll on his independence and mobility, it left him feeling isolated. *“I didn't see a lot of people, and I wasn't integrating.”*

Adam's Neurophysiotherapist encouraged him to try the Living Well programme at Eden Valley Hospice and Jigsaw.

“I had the usual preconception – that the hospice was where people went to die. He said, “But I trusted her. And it turns out she was right.”

From the moment Adam arrived, everything he thought he knew about hospices changed. *“I soon found out it wasn't a place where you go to die – it's a place where you go to live,”* he said.

Adam described the hospice as the first place in a long time where he felt he could take a breath without worrying, *“I've got breathing apparatus, special chairs, special beds, special everything,”* he explained. *“It makes it really difficult to get up and do anything.”*

Adam described the hospice as the one place where the burden of his illness felt lighter, *“in the hospice environment, you can feel safe. You can forget your disability for a period of time and feel normal and supported. That is such a benefit to somebody like me.”*



The hospice gave Adam a break from the isolation of his illness. The warm smiles from staff, and the gentle reassurance that his illness didn't define him. He found connection again, describing the experience as cathartic – something that stayed with him for days afterwards. *“It gives you something to look forward to. When you're stimulated, it goes beyond the days. It sustains you.”*

For Adam, the hospice wasn't a medical facility. It became a place where, since his diagnosis, he felt truly seen. At a time in his life when his illness had made him feel invisible, *“people look over you, not at you, when you're in a wheelchair”*, but the hospice became a place where he felt valued again.

What struck Adam most was the mindset of the hospice: *“it lets you live without constraint, even just for a while.”*

Knowing that his approach to end-of-life care can be shaped around the care he wants, has allowed him to focus on living. Despite his condition, Adam wants to encourage others to access hospice care, without fear and misconceptions,

“You don't go there to die. You go there to live – to live what you've got, to the best of your ability.”

He is continuing to advocate for hospice care in any way he can *“If I can help one person feel less isolated or scared, it's worth it. That's what we all want, in the end. We all want to feel wanted.”*

How do we help you live the best you can?

Neuro Living Well Programme

A 6-session programme designed to support individuals with neurological conditions and their carers. This programme provides a safe and welcoming environment to share experiences, receive expert guidance, and gain practical tools to promote independence and well-being.

To find out more or submit a referral, please call 01228 810801 or email livingwell@edenvallyhospice.org



Baby and Toddler Group

Free 'stay and play' sessions for infants and young children with life-limiting conditions or complex medical needs – open to all, no need for a referral or previous hospice support. Bring the whole family and come along for two hours of fun that everyone can join in.

Dates and times:

Last Thursday of every month from 10am to 12pm at Jigsaw Cumbria's Children's Hospice



The Saturday Club

Whether you're already part of our community or joining us for the first time, you'll be welcomed by other young adults just like you. For over 16s living with a life-shortening condition, there's no pressure, no judgement, just a space to meet new people and have fun!

To find out when the next Saturday Club takes place, please call 01228 810801 or email evh.jigsaw@nhs.net



Comfort Café

A welcoming and supportive environment for those living with bereavement to share stories, feelings and coping strategies. With a cosy and social atmosphere, connect with others while enjoying a cuppa and some light refreshments. Just drop in, no need to book!

Dates and times:

- Fourth Thursday of every month from 10am to 12pm at Brampton Community Centre, Union Lane, Brampton, CA8 1BX



Walk & Talk Group

Come along for a gentle walk alongside others who are living with bereavement. Meet new people, share experiences, and receive support from others who understand. This group offers comfort through connection and movement. Join us when you can, without any need to book.



Dates and times:

- First Tuesday of every month at 11am, Chance Park, Carlisle
- Third Tuesday of every month at 11am, Hammonds Pond carpark (off Blackwell Road), Carlisle
- Third Thursday of every month at 11am, Castle Park, Penrith

New Resource Pack for those with a learning disability

Within Cumbria, 2% of the population has a diagnosed learning disability.



Our Living Well team is collaborating with Cumberland, Northumberland, Tyne and Wear NHS Foundation Trust and other local organisations supporting people with learning disabilities to create a Death, Dying and Bereavement Resource Pack to support conversations on this difficult subject.

These packs are designed to support individuals with learning disabilities, their carers, families and staff in navigating sensitive conversations around death, dying, and bereavement. They provide practical information, guidance, and tools to help ensure that people with learning disabilities are included in end-of-life conversations and receive compassionate care.

On Thursday 5th March, we launched these packs at the Learning Disability Training Day held at Carleton Clinic, Carlisle. Teams from a range of local organisations supporting those with learning difficulties received a pack to aid their work, including NHS teams.

We hope these resources will empower more people, spark important conversations, and help build a more compassionate, inclusive community for everyone. The work was funded by the North East and North Cumbria Integrated Care Board.

To find out more, please email livingwell@edenvallyhospice.org

Treasure hunting in your hospice shops!

Andrew Jenkin's historical desk donation

Our Furniture Shop received a very special item - the desk used by Andrew Jenkins, former Carlisle United Football Club Chairman and Co-owner. This beautiful piece of furniture has been used for over 50 years, making it a unique part of our community's story. Can you imagine the decisions that were made over this desk?

We are so grateful to the Jenkins family and the team at Pioneer Foodservice for this generous donation. The desk was sold for £280 in an eBay auction, with the funds going directly to support specialist hospice care for local families. Generosity like this reminds us how powerful a legacy can be and how a simple, kind act can help others.



A Rab coat... For that price?!

"I was told I had to go to this charity shop before we left Penrith, so I made a special trip this morning to check it out."

When shopper Lola Amuah popped into our hospice shop in Penrith, she wasn't expecting to stumble across a winter gem. Among the rails, she spotted a high-quality Rab down feather coat at a price that stopped her in her tracks. What would have been over £200 brand new was picked up for a fraction of the price!

Moments like these capture the magic of our shops: you never quite know what treasure you'll uncover, but every purchase helps support specialist care for local families in Cumbria. A warm coat for Lola, and support for the hospice - that's what we call a win-win!



Denton Woodcraft's creative upcycling!

The fantastic team at Denton Woodcraft, a day centre for adults with learning disabilities, have shown their generosity by upcycling furniture donated to our Furniture Shop. Everything from sideboards to desks, the team have been beautifully renovating pieces ready to find their new owners. Their craftsmanship will help fill our shops with pieces that customers love, and every item sold will help fund specialist hospice care for local people who need us most. We're so grateful for their support and hard work!



Having a spring clean?

You can visit any of our shops to donate high-quality items, just check our opening times. Every item sold funds care and compassion for local people with life-limiting conditions. We're so grateful for your continued support.



We can arrange for large items of furniture to be collected, simply call or WhatsApp: [07548 377009](tel:07548377009) or email collections@edenvalleyhospice.org

Find your local charity shop

Lonsdale Street (Carlisle)

Located in the heart of Carlisle, our Lonsdale Street shop offers a wide range of high-quality pre-loved clothing, accessories, homeware, gifts, and everyday essentials. It's the perfect place to shop while supporting hospice care.



🕒 **Opening times:** Monday to Saturday, 10am - 4pm (closed Sundays)

📍 **Address:** The Exchange, Lonsdale Street, Carlisle CA1 1BZ

📞 **Contact:** 01228 596640

Furniture Shop (Carlisle)

Our Furniture Shop next to Dunelm in Carlisle is the perfect place to find quality second-hand furniture, larger household items, and unique statement pieces.



🕒 **Opening times:** Monday to Saturday, 9am - 4pm and Sunday 10am - 4pm

📍 **Address:** Unit 2, Madford Retail Park, Charlotte Street, Carlisle CA2 5BT

📞 **Contact:** 01228 549473

Penrith

Spread over two floors, our Penrith shop is perfectly located on the high street. The ground floor is full of pre-loved fashion, homeware, toys, and one-of-a-kind treasures. The first floor is a book lover's dream, with shelves filled with all kinds of stories to discover. It's a friendly, welcoming space where every donation and purchase helps fund care for local families.



🕒 **Opening times:** Monday to Saturday, 10am - 4pm (closed Sundays)

📍 **Address:** 15 Devonshire Street, Penrith CA11 7SR

📞 **Contact:** 01768 428713

Bookshop (The Lanes, Carlisle)

A much-loved destination for book lovers, offering fiction, non-fiction, children's books, CDs, DVDs and more. Whether you're looking for a new read or a rare find, every purchase supports local hospice services.



🕒 **Opening times:** Monday to Saturday, 10am - 4pm (closed Sundays)

📍 **Address:** 79 Lowther Street, Carlisle CA3 8ED

📞 **Contact:** 01228 595881

Did you know?

A huge 68% of our incredible volunteers are based in our charity shops! They are truly the heart of our fundraising efforts. They sort donations, welcome customers, keep our shelves looking wonderful, and even drive vans to collect and deliver large items from across the county. Their hard work brings in essential income that helps us care for local families every single day.

.....
“It is so worth it to meet new people, learn new skills and it gives you something to look forward to.”

.....
 Helena, Bookshop Volunteer

Why volunteer in our hospice shops?

- The chance to make new friends and feel part of a community
- Quarterly volunteer newsletters to keep you connected and informed
- Access to our Employee Assistance Programme, offering 24/7 confidential wellbeing and counselling support
- Invitations to regular volunteer catch-ups and our annual “thank you” events



To join the team today, call **01228 810801** or email peopleservices@edenvallyhospice.org

This is Sharron and Terry's experience of hospice care

When Sharron was diagnosed with terminal cancer in July 2024, life changed overnight for her and her partner of 32 years, Terry. What they found at the hospice was far more than medical care.

Sharron was known for her wicked sense of humour, her love of gardening and fell walking, and the adventures she and Terry enjoyed together. They completed 157 Wainwrights and travelled around the North East and Scotland in their camper van, filling their years with joy.

"She was absolutely gorgeous in every way and really appreciated anything I did to try to look after her," Terry recalls. *"We had running jokes that always made us laugh together – even during her stays at the hospice, the staff joined in with our tea and toast banter."*



After recovering from Covid earlier in the year, Sharron's health took a sudden turn, leading to a devastating diagnosis of aggressive cancer in her neck and lungs. Managing her pain at home soon became overwhelming, and she was admitted to the hospice to stabilise her symptoms.

"One of the palliative team suggested a stay at the hospice to get on top of the pain management. Luckily, there was a bed available."



Like many people, Terry had misconceptions about hospice care. *"I thought it was only about managing end-of-life in the short term... But having now experienced superb hospice care for both of us, I realise how important it is and what a hugely supportive experience it can be."*



"Being able to stay with Sharron brought immense comfort. Finding out I could stay with her was a huge comfort for both of us... The small acts of kindness, like Jackie cutting Sharron's hair or Jess making sure we both had clean bedding, made all the difference."

"Having lived the experience, literally, I lived in the hospice for a few weeks. I have seen the ladies in the kitchen, whoever's doing laundry, care assistants, all the different grades of people, everybody cares just the same. It's real, you know, and they genuinely can't do enough for you."



Terry says it was often the little things that meant the most. *“Tea and toast were always on offer, and the staff made a running joke out of it, bringing light moments when we needed them most.”*

Sharron’s fear and anxiety reduced almost immediately. *“Initial booking in with Kevin and his calmness and obvious capability was an eye opener... It took away a great deal of pressure on both of us.”* Terry adds, *“It meant everything to me to see Sharron free of pain and relaxed... It was invaluable that I could be with her all the time.”*

When the time came, the hospice team ensured her farewell was peaceful and dignified. *“The staff lined the corridors as we moved to the Bluebell room after she died – it felt so respectful of her as a person.”* He remembers the compassion shown afterwards too.

“Being able to sit with Sharron in the Bluebell room after she died, and multiple people making sure I was coping in the cold, the blanket that appeared around my shoulders without me realising it, the hot cups of tea that various people brought without me having to ask. Everyone was making sure that I knew I could stay as long as I needed to after she died.”



He hopes sharing his story reassures others and reflecting on everything, Terry says, *“Everyone should have the ability to end their days in dignity, in comfort, free of pain and fear... The hospice enabled me to keep the most important promise I ever made to Sharron, that she would not be alone at the end. That is priceless.”*

Terry’s experience has inspired him to give back through regular donations, events and the hospice lottery. *“The service and care provided by the fantastic team depends on its supporters for 80% of its income. Please don’t hesitate to do something, anything – every little helps.”*

Terry also kindly decided to leave a gift in his Will to support the hospice’s future. *“If I were to die tomorrow, it would make it a bit easier for the kids, and also, it does amazing work here, which means a lot to so many people. And will give me and my family some comfort knowing that my own passing will do some good for the hospice.”*

If you would like to join Terry and leave a gift in your Will, then please get in touch today or visit our website to download our easy step-by-step guide.



Email Eleanor eleanor.viney@edenvallyhospice.org or call her on 01228 810801



Partnerships that care

Corporate supporters play a vital role in helping to provide compassionate, specialist care for local people when they need it most. By partnering with the hospice, your business becomes part of a community that stands together to ensure comfort and dignity are always available for families across Cumbria.

“Around 80% of our funding comes from the generosity of our local community. If everyone did a little, together we would all do a lot.”

Emma Rogerson, Partnerships Lead

Over 40 days of care provided by our Club 24 members

Club 24 is an exclusive business initiative with more than 40 local companies already involved. Every year, each business pledges to fund 24 hours of vital, compassionate care for a local family when they need it most.

Our ambition is to grow Club 24 to 365 businesses, each funding 24 hours of care per room – could you imagine being part of a collective that could fund an entire year of care?

Our Club 24 Members

- Premier Electrical
- Komatsu Forest
- WCF Ltd
- Creative Hutch
- Zoo Hardware (Era Home Security Ltd)
- Enterprise Answers (monthly payments)
- The Old Bank
- Bluebird Care
- Carols Bridal Boutique
- Mercedes-Benz
- Burnetts Solicitors LLP
- Cumbrian Cottage Holidays
- McKnight Builders
- Hand on Heart Jewellery Ltd
- Precision HR Limited
- Jill Glencross Independent Funeral Directors Ltd
- Avanti West Coast
- Story Homes
- Cumbrian Renewables Ltd
- Cumbria Building Supplies
- Nuclear Transport Solutions (DRS)
- JJ Group (Contracting) Ltd
- Radio Carlisle Taxis Ltd
- Carlisle Glass
- The Birds & The Bees Celebrant
- Muckle LLP
- Northwood Estate & Letting Agents
- County Hotel
- Baby and Toddler Swimmers
- Foxgroves Recruitment
- Cumbrian Properties Ltd
- Eden View Care Services and Response Ltd
- BorderBrite
- A.W. Jenkinson
- Heidi Wright Recruitment
- Carlisle Vending
- Handelsbanken
- Celsius Doors
- Aztec

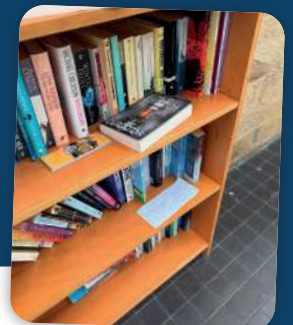
If you own a business or know a business who might be open to supporting their local hospice, please contact emma.rogerson@edenvallyhospice.org

A little bookshelf, making a big difference...

Avanti West Coast have hosted a bookshelf at Carlisle Railway Station since 2023. The shelf is filled with a wide variety of reads to pick up for a small donation and enjoy on your travels. Over £12,800 has been raised since May 2023, simply from kind donations left in the collection tin or donated online! It's support like this that funds hands-on quality care for those with life-limiting conditions and their families.

The Book Club has been set up so that other businesses can get involved too. We'll provide the bookcase, a wonderful selection of books, a collection

tin and a poster with a QR code so visitors can easily donate. Every book is offered on a pay-what-you-can basis, and we'll visit monthly (or more often if needed) to refresh your collection and collect donations.



If you're interested in hosting your own bookshelf, please get in touch with Holly: holly.parkinson@edenvallyhospice.org or 01228 810801

For less than the cost of a coffee, you could make a huge difference

Did you know that for just £2 a week you can help provide compassionate, specialist care for local people when they need it most?

Players of our hospice Weekly Lottery are in with the chance of winning £1000 or more in the weekly rollover! A number costs only £2 per week - that's essentially the same as a takeaway coffee every week.

Your support funds nurses to be there through long nights, helps families feel supported, and helps patients live the best they can. You're not just taking part in a fun and meaningful way to support your local hospice, you're helping to fund the care that brings comfort, dignity and hope to families across Cumbria every single day.

Joining is simple and only takes a moment on our website!

Visit www.edenvalleyhospice.org or www.jigsawhospice.org and click 'support us' or scan the QR code to play!*



Marion's generous win!

Marion struck gold in one of our recent draws and scooped the £1,000 top prize. But what makes her story truly special is what she chose to do next.

In an incredible act of generosity, Marion decided to donate half of her winnings straight back to the hospice, helping us continue providing vital care and comfort to local people and their families.

Marion told us she simply wanted to give something back to the place that means so much to our community. Her kindness reflects the spirit that keeps our hospice going – compassion, generosity, and a desire to make a difference.



Laura and Philip's touch of kindness...

Laura and Philip made their special day even more meaningful by choosing some Lottery Wedding Favours to add a lovely touch to their beautifully styled tables. For just £2 per ticket, their guests were entered into a hospice lottery draw – and there wasn't just one lucky winner on the day but two!

They turned a moment of celebration into a moment of kindness, helping us continue providing care, comfort and dignity to local families.

Contact Kath or Liz from our Lottery team for more details or visit our website www.edenvalleyhospice.org
Email: lottery@edenvalleyhospice.org
Call: 01228 810801



* Players must be over 18 years of age and a resident of Great Britain. Registered with the Gambling Commission under the Gambling Act of 2005. Account Number: 5200. Promoter: Eden Valley Hospice. If you have a problem with gambling, please visit www.begambleaware.org. Terms and conditions apply, see our website for details.

Your hospice heroes!

Sue and Rich Martin

For nearly a decade, the village Christmas Light Switch-On in Great Salkeld has been held in aid of your hospice, becoming a much-loved annual tradition rooted in community spirit and generosity. The 2025 switch-on was an especially memorable one, marking the return to the Village Hall for the first time since Covid. **It brought in £680 for the hospice** and brought the community back together in a warm, festive celebration, complete with mince pies and mulled wine. This wonderful event was organised and run by Sue and Rich Martin, whose passion and commitment have kept the tradition thriving. We really appreciate their ongoing support!



Leanne

Leanne's fundraising journey began with a bake sale at Kirk House in memory of her husband, an act that started an inspiring year of personal growth and determination. She steadily built her confidence through daily walks, eventually challenging herself to complete an incredible half-marathon distance, something she once thought impossible! **Her efforts raised over £280 in vital funds for the hospice**, and her kindness and unwavering motivation continued to inspire those around her with plans of future fundraising... We can't wait to see what she does next!

Martyn Crowe

Martyn is a regular hospice fundraiser, taking part in the Great North Run and Gelt Gladiator for the second time last year. A key part of his support comes from offering sports massages through his company, Phoenix Sports, for a donation to the hospice at events, like the Carlisle Half and the Cumbrian Run. He works at the University of Cumbria and is always championing the hospice, taking every opportunity to raise funds – often holding bucket collections and involving students. He even kindly supported the hospice on his wedding day by purchasing Lottery wedding favours! Thank you for all you do, Martyn!



Jo and Peter from Larch Cottage Nurseries

Jo and Peter initially pledged to raise £10,000 through a year of fundraising, but they soon surpassed that total and **raised over £17,300 for your hospice!** They sold one-of-a-kind Eden Valley Roses, hosted open days in their private garden, ensured there was always a collection bucket in sight, and hosted a year-long raffle, with a big Christmas launch day at the end of the year to draw the raffle. Their hard work and amazing results were all in memory of Jo's mum, and although the year of fundraising has ended they continue to support the hospice. Thank you for such a brilliant year and for the amazing Eden Valley Rose, which was planted outside the hospice reception.

1st Cumwhinton Brownies

The Brownies of Cumwhinton very kindly decided to raise funds for your hospice at the Scotby Village Shopping Night. They sold Christmas goodies and raised a wonderful **£228**, and then donated their surplus stock to the hospice shops to continue raising funds for local families. Thank you to the superstars at Cumwhinton Brownies for their creativity and support!



Ricky Bowness

Shhh, don't tell anyone, but we know the real Santa Claus! Every year, Ricky dons his Santa suit and turns Jigsaw into an incredible winter wonderland for children and adults alike, to enjoy a magical experience with presents and all. He's also Father Christmas for local businesses and schools, but instead of taking payment, he requests donations go to Jigsaw. Throughout the rest of the year, he's always busy organising fundraising events, like the Fletchertown Vintage Rally, and making and selling furniture, like a barrel bar worth **£250**, which he kindly donated to the hospice for a raffle. We are so grateful for all his support!

Ian Milburn

Ian is a well-known hospice hero for all his fundraising efforts. He generously decided to take on a year of fundraising in memory of his dad throughout 2025, with the final total to be split between 3 charities. He took on four rounds of golf in 24 hours and then challenged himself to four half marathons throughout the year. His determination paid off, raising a fantastic **£5,010** in total, with **£1,703.40** donated to Eden Valley Hospice and Jigsaw. Thank you so much, Ian!



Pete and Kate from The Pheasant Inn

Pete and Kate have been hosting their monthly charity pub quiz in Cumwhinton since 2019. Their dedication to supporting local causes truly makes them community champions. The winning team picks the next charity, and we're incredibly grateful to be one of the many charities chosen over the years. Thanks to their kindness and the generosity of everyone who takes part, they've helped raise an amazing **£1,650**! We can't thank them enough for their continued support and for creating such a fantastic opportunity for the community to give back.

Feeling inspired?

Get in touch and we'll be by your side with ideas, advice, and top tips to make sure your fundraising is a success!
Call: 01228 810801 or Email: fundraising@edenvallyhospice.org



THIS IS HOSPICE CARE

Please consider leaving a gift in your will to Eden Valley Hospice and Jigsaw, Cumbria's Children's Hospice. Together, we can make a meaningful difference to local families now, and for years to come.



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Cumbria's Children's Hospice



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