



**Bolton Hospice**  
caring from the heart

# SPRING 2021 NEWS

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**Sponsor a Nurse**

**BOLTON HOSPICE  
HEROES  
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**Become a Hospice  
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**See the new  
Wellbeing Hub**



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**If you would like to opt out of mailings, please contact the fundraising department on 01204 663 055 or email [fundraising@boltonhospice.org](mailto:fundraising@boltonhospice.org).**

## HELLO

The year 2020 will stick long in our minds and in history. As another year flies by, another challenge comes our way, the ups and downs of life in a pandemic are ever present, at home, at work, everywhere we look and there is seemingly no escape from the reality of its impact on our daily lives.

In spite of all of the challenges of 2020, we step into 2021 with hope and a collective determination to continue going above and beyond for families in Bolton who need us.

We, as a caring, compassionate, committed organization, stand ready to play our part in continuing to face this pandemic head on and remain dedicated to doing whatever it takes to ensure we are here to support Bolton throughout 2021 and the challenges it will inevitably bring.

In this spring edition of the Bolton Hospice newsletter, I'm incredibly proud to be able to showcase our beautiful new Wellbeing Hub on pages 4&5. The Wellbeing Hub will ensure that we are prepared to continue to provide the best possible care for local people in top class facilities. People are now living well with life-limiting illnesses for many years, and we need to adapt our services to meet the needs of those individuals.

On pages 18&19 we shine a spotlight on our dedicated team who have been integral in keeping the hospice going throughout an unprecedented situation. From our incredible staff whose strength has been humbling, to our phenomenal volunteers and supporters who remind us that we're not alone in this.



Thank you for playing your part and helping keep the show on the road no matter what.

Looking forward there is much to be thankful for: the vaccine is being rolled out; our spirit although tired and battered is still strong; our collective whole organization response has been immense, and the support from the Bolton community has been overwhelming.

As the great French Philosopher Albert Camus said, "Sometimes, carrying on, just carrying on, is the superhuman achievement" - this is now our new super power, just carrying on and doing our best.

Extraordinary times require extraordinary people, to do extraordinary things, in extraordinary ways – together, as a strong community full of extraordinary people, we will get through this by pulling together, which is what Bolton has done since day one and what we'll do until we come out the other side. Better, stronger, wiser together.

*Leigh*

Dr (h.c.) Leigh Vallance  
 Chief Executive



# The Bolton Hospice Wellbeing Hub

We're here for everyone with life-limiting illnesses, helping you to live well.

The Wellbeing Hub is a beautiful, friendly and professional space that alongside the current day therapy model will also offer a flexible, drop-in service with access to new wellbeing and specialist services, helping people to maintain a good quality of life.



**WellbeingHub**  
at Bolton Hospice

The Wellbeing Hub will offer wellbeing and support sessions and specialist services such as symptom management advice, legal advice & benefits clinics, outpatient clinics, bereavement support, wellbeing sessions such as mindfulness and yoga and a new relaxing café area.

The redevelopment has been funded by a generous legacy gift which was restricted to be used on capital projects. After planning the redevelopment in 2019, the work was delayed temporarily due to the Covid-19 restrictions, however with lockdown restrictions easing in summer the development was able to be completed and the wellbeing hub is now open.

We're currently running a number of specialist clinics such as our palliative care outpatient's clinic, a specialist respiratory clinic led by our medical director Dr Aurelia McCann and a weekly psychology clinic led by consultant clinical psychologist Dr Claire Rehan. Due to the current restrictions in place across the country, we've been unable to offer some of the new drop in services but hope that the full timetable of services will commence very soon.



**Did you know?** We're now accepting self-referrals to the wellbeing hub. Please visit [www.boltonhospice.org.uk/wellbeing-hub](http://www.boltonhospice.org.uk/wellbeing-hub) or call us on 01204 663 066.

**Dr Jennifer Klimiuk, Consultant in Palliative Medicine at Bolton Hospice is leading on the development of the Wellbeing Hub.**

“The Wellbeing Hub will allow the people of Bolton facing life-limiting illnesses to be supported in the best possible surroundings for many years to come and offer specialist services that suit individual needs and circumstances.

With a more flexible, drop in service working alongside our traditional day therapy model, we'll have the capacity to meet the growing demand for hospice care in Bolton to ensure that we can continue to meet that demand in future and enable people to live well with life-limiting illness at home.”



**Whether it's a drop in to discuss symptom management, attending a session on legal advice or signing up to a wellbeing session to help reduce stress or alleviate symptoms, the Wellbeing Hub will be an inclusive space to support all adults living with a life-limiting illness in Bolton.**

An example timetable of sessions we'll be holding at the wellbeing hub! This is just a taster of what we'll be offering here at the Wellbeing Hub, our sessions will be available to book online very soon. Please note the services on offer are subject to COVID-19 restrictions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Legal Advice Drop-in			Benefits Advice Drop-in
	Day Therapy					
		Carers Support		Respiratory Clinic		
Breathlessness Management						Yoga
		Day Therapy			Bereavement Support	

If you have any questions or would like more information on the Wellbeing Hub, please visit our website [www.boltonhospice.org.uk/wellbeing-hub](http://www.boltonhospice.org.uk/wellbeing-hub) or call us on 01204 663 066.

# HERE COMES THE SUN!

**The Bolton Hospice Lottery is brightening things up with this year's Summer Mega Draw and its 20th anniversary.**

This year's extra special Summer Draw also marks the 20th Anniversary of the Bolton Hospice lottery, and we're planning to share the lottery love in return for the incredible twenty years of support we have seen from our players...with 20 prizes to celebrate 20 years!

The draw will take place on 16th June 2021, with tickets costing just £1 each. We will also have books of tickets available.

Last year, our Summer Sunshine Draw raised an incredible amount of over £38,000 for the hospice and now more than ever, we need your continued support to help us raise vital funds to enable us to support local people and their loved ones when they need us most. By playing for a reason you are making a real difference to the lives of people across Bolton and beyond.

"It's a perfect way to support the hospice. I also do bucket collections and donate, but playing the lottery is an added bonus and I have won £1000 twice!"

**Here are the Summer Sunshine Draw prizes for this year's 20th Anniversary special:**

**£1,000 Cash**

**£500 Cash or £500 UK Holiday Voucher**

**Luxury Weekend Break for Two (Valid for 2 years)**

**Kindle Paperwhite**

**2 x £100 Garden Centre Vouchers**

**2 x £50 Amazon Vouchers**

**2 x Afternoon Tea for Two (delivery available)**

**5 x M&S Dine in for Two**

**5 x £25 Cash**

**And a bonus! If you send your Summer Mega Draw tickets to us within 10 days of receiving them you will be entered into a special draw with a chance of winning a £50 M&S Voucher!**

**Look out for the launch of our 20th anniversary celebrations in Summer 2021.**

**To buy your Summer Mega Draw tickets online please visit [www.boltonhospicelottery.org.uk](http://www.boltonhospicelottery.org.uk).**

## Shop & support with the Bolton Hospice ebay store!

With the closure of our charity shops over recent months, our eBay team have worked hard to generate vital funds for the hospice and make our eBay store shine. From items generously donated by the public to our charity shops; extra special items or pieces of interest have been lovingly listed on our eBay store, allowing supporters far and wide to bid on a Bolton Hospice bargain and win themselves a hidden treasure! Shopping with us on eBay means you can find a fantastic range of items and still show your support - especially when it is needed more than ever while our charity shops are closed due to lockdown restrictions.



Six Beswick figures of characters from the popular BBC stop-motion children's TV series 'Trumpton' were donated to the hospice, and after being listed on our eBay store the collection was sold for over £200 to local supporter and Bolton Hospital worker Simon.

Simon visited us here at the hospice in early December 2020 to collect his fabulous finds and shared with us that he loved the Trumpton show growing up, and with many friends telling him he looked just like the Mayor on Trumpton too he had always joked with his children that he was the real 'Mayor of Trumpton'. Simon decided that when he saw the figures for sale he wanted to buy them to give to his children as a special Christmas gift!

Originally Beswick produced these figures with 10 in a set, however after the factory burnt down in 2002 no more were made, making Simon's proud purchase very collectible and some quite rare. Simon told us that he was thrilled with his items and to support Bolton Hospice in any way possible.

**You can browse our latest eBay listings at [www.ebay.co.uk/usr/boltonhospice2016](http://www.ebay.co.uk/usr/boltonhospice2016)**





# BOLTON HOSPICE HEROES #500FACES



**Fundraising throughout a pandemic has proven to be our greatest challenge to date and the challenge is set to continue in 2021. Would you help support us through the Coronavirus crisis by taking part in our #500faces appeal?**

We are looking for 500 of our supporters to be our Hospice Heroes and pledge to donate or raise £100 each for us this 2021.

Sign up to be our Hospice Hero and we will feature a photo of you (or a picture that represents you) on our online #500faces dedication page of kindness. You can raise your £100 as an individual, a family, a group, a school or a company and you have until the end of the year to complete the challenge. As a thank you and token of our gratitude, individuals will receive our exclusive Hospice Hero #500faces pin badge and groups will receive a Hospice Hero #500faces certificate to proudly display.



In spite of restrictions, there are still lots of ways that you can help to raise vital funds for Bolton Hospice during this difficult and uncertain time. Check out our fundraising ideas and download your sponsor forms and #500faces fundraising pack from our website!

Eight year old supporter Oliver Heppleston is the first of our #500faces & has set himself the challenge of getting from Bolton to Paris virtually by rowing, running, walking, cycling and scooting during 2021. That's a staggering 622km that he has tasked himself to complete to help raise valuable funds for the hospice!



## Virtual Fundraising Ideas!

<b>Zoom quiz</b> Organise a zoom quiz with a twist – make it themed or fancy dress.	<b>Give up something you love</b> Chocolate, alcohol, cigarettes?	<b>Sponsored slim</b> Lose pounds in weight, then gain it in money!	<b>Sponsored camp out</b> Camp out in your own back garden.	<b>Neighbourhood entertainer</b> Host a concert on your street for your neighbours or sing live from the drive.
<b>ebay your unwanted items</b> Turn your 'trash' into cash for Bolton Hospice!	<b>Afternoon tea</b> Delivered to your friends and families doors.	<b>Coronavirus jar</b> Make family or colleagues make a donation every time they mention Coronavirus.	<b>Game night tournament</b> Board games or online, host your own from home!	<b>Donate the difference</b> What you would usually spend on travel, treats or socialising.
<b>Get crafty</b> Sell your knitted or crocheted creations, or hand made face masks.	<b>Grow a beard</b> Grow a beard or mustache for sponsorship.	<b>5k a day in May</b> Challenge yourself to run 5k every day in May 2021.	<b>Fancy dress</b> Turn up to work in fancy dress and put a smile on your colleagues or customers faces!	<b>Sponsored silence</b> Keep quiet for a work day or even 24 hours to raise funds!

### Why every donation makes a difference

We rely on your donations because government funding only covers a fraction of our costs. Without your generosity we could not continue to provide our care. The coronavirus pandemic has resulted in cancelled fundraising and community events, and temporary closures of all of our charity shops resulting in lost income throughout 2020 and into 2021.

We need your help more than ever to continue caring for local families when they need it most.

### What your £100 could pay for...

- ♥ A visit by our specialist Hospice at Home nurses, enabling a patient to be cared for in their own home
- ♥ 4 bereavement support sessions, helping families through the death of a loved one
- ♥ 6 hours of compassionate nursing care

**If you'd like to pledge to become a hospice hero in 2021 by either raising or donating £100, please sign up at [www.boltonhospice.org.uk/hospiceheroes500faces](http://www.boltonhospice.org.uk/hospiceheroes500faces)**



Jane Carwardine, 65, is running 5k every day in January to help raise vital funds for the hospice.

Jane started running with North Bolton Runners in September 2019 and was not able to run for even 30 secs!

# Gwen's loving legacy

In August 2020, Lewis Bishop ran to raise funds for Bolton Hospice in loving memory of his Mum Gwen, who after 4 years of battling cancer was cared for by our Hospice at Home team enabling her to spend her final days at home with her family. Lewis' 26.2 mile marathon at his Army base in Cyprus raised an amazing £6,460 with the help of sponsorship from friends, family and those whose lives were touched by Gwen - enabling us to care for more families in our community.



"This picture was taken at my pass off parade when I joined the Army - the day before my mum was diagnosed with terminal cancer. When the picture was taken everyone in my family knew apart from me. My mum at the time was told she would have 4 weeks left to live, but she still put on a brave face and was very proud of me. During my parade as we marched around the Square, the band played my Mum and Dads wedding song which was an absolute coincidence. I looked over to my family and they were all in tears. When I arrived back home my Mum told me the news.

Of course everyone was devastated, but my Mum always put on a brave face and decided to make the most of her time. My Mum, Gwendoline Bishop, was an extremely supportive parent and she championed, encouraged and nurtured our family in an overwhelming number of ways. Whether this was helping my sister Sophie when she decided to follow in her footsteps and become an English teacher, making sure she was on the front row of every one of my brother Oliver's gigs or making the decision to take our family down to Stafford to attend my passing out parade from the army.



**The news of a terminal diagnosis should have crushed a person, we would have understood if it did, but it didn't. Instead it made Mum even more determined to carry out her final days, months, years as they came, to encourage, love and support our family with every fibre of her being.** My sister, her husband Craig and their three children made the bold decision to purchase their dream house together with my Mum and Dad, with their final years spent together building a home, a beautiful garden and a life full of Friday night discos, songs and stories around the fire pit.

Mum also took trips out with my brother Oliver and his wife Charlotte, and was gifted the chance to spend quality time and create a beautiful bond with their son William. Charlotte was also an inspiring potter at the time, and Mum had a pottery shed built in their garden to make sure Charlotte's dreams were fulfilled. Together with my wife Annie, we embarked on a trip of a lifetime with Mum and Dad, traveling around Europe in a motorhome. My Mum managed to experience so much natural beauty and new experiences in her final years.

My Mum and her sister Adele, who she was very close to, got to relive those silly childhood days with a weekend to Paris. They got a cheeky upgrade to first class on the plane, and were left in fits of laughter when their rickshaw ride around the Eiffel Tower turned into a scene from Wacky Races. Our Granny, my Mum's Mum, spent most of her days enjoying the garden together, sharing the seasonal change and counting each day of the four years we didn't think she would get as a blessing.

And my Dad. Mum was his childhood sweetheart and it has not been an easy few months for him. We certainly grew up in a matriarchal family, and to have that guide taken away is difficult to bear. Dad still lives with my sister Sophie, her husband and their children, and **when Mum left us, she left us with a very important lesson. Take care of one another. Support, encourage, champion, and nurture each other. This is her legacy.**

The Bolton Hospice at Home team were exceptional when it came to Mum's care. Their services have continued to support my family and I too, as I have accessed their counsellors to help manage my grief after losing Mum. It is such a valuable service that plays a paramount role in the care and grieving process of a loved one, and they should know that they are very much appreciated."

*Lewis Bishop*





# The impact of Coronavirus

During the pandemic Bolton Hospice reshaped our Hospice at Home service, increasing our capacity for care at home to ensure we could provide care safely and support those patients who were shielding at home. We continued to support patients requiring symptom control or end of life care on our inpatient unit, started new specialist clinics to further support patients at our wellbeing hub and offer 24 hour telephone advice to patients, carers and healthcare professionals.

Bolton Hospice continue to support the Bolton-wide multi-agency COVID-19 emergency response and remain absolutely committed to supporting those most vulnerable in our community, doing everything we possibly can to continue caring for patients and their families with life-limiting illnesses.



“ At the start of lockdown my Nan came to live with us, she had vascular dementia and lung cancer. Obviously we couldn't do everything for her and we had some Bolton Hospice nurses come in to help. They were amazing with us and my Nan actually looked forward to their visits. We wanted to thank them for all they did while she was alive and the help and advice they gave us ”

**The hospice team have pulled together during the pandemic and a number of staff were redeployed to ensure we could continue to provide the very best care for patients.**



Jax is our manager at The Old Bank Café and whilst the café has been closed was redeployed to our portering team to help the inpatient team!



Our volunteers have been an incredible source of support during the pandemic and continue to go above and beyond wherever possible to ensure the hospice can keep on carrying on!



The coronavirus pandemic has impacted Bolton Hospice in a number of ways financially – in particular the closure of our charity shops and café, and the cancellation of many of our planned fundraising events. These two sources of income alone account for £1.6 million annually - 30% of our total income.

## The COVID-19 impact on our charity shops:

- For every week our charity shops have been closed in lockdown, the hospice loses £25,000 of income.
- National and local lockdowns reduced the income we expected to generate in our charity shops by £629,000 last year.
- We rely on our charity shops for around 1/4 of the hospice's total income.

We have been fortunate to receive some Government funding to temporarily mitigate our income losses, and have always prudently ensured our reserves policy makes certain we have funds available to protect the hospice from exactly this type of emergency loss of income. However, the impact the crisis has had on our income remains worrying and with our shops still closed and no certainty about the return of our flagship fundraising events, losses will continue to be seen long into 2021.

The support we have received from our local community so far has been truly humbling, and a wonderful indication of how valued our work is to so many people. Every single donation is helping to secure the future of Bolton Hospice, to ensure that we are here to provide vital care and support when it is needed most, for many more years to come.



## How your support helps

- £10 could pay for essential oils for a complementary therapy session for a patient or family member.
- £25 could pay for a bereavement support session for someone struggling to cope with the loss of a loved one.
- £103 could pay for our Hospice at Home nurses to visit a patient, enabling them to remain at home surrounded by their family.
- £160 could pay for vital oxygen for our inpatients for a week.

If you would like to help support Bolton Hospice, please consider a regular monthly donation to our Sponsor a Nurse appeal or signing up to become a hospice lottery member to be in with a chance of winning a top prize of £1,000 every Friday! Our regular givers have been such an important support to the hospice in these uncertain times.

Please visit [www.boltonhospice.org.uk/SAN](http://www.boltonhospice.org.uk/SAN) or [www.boltonhospicelottery.org.uk](http://www.boltonhospicelottery.org.uk) for more information or call us on 01204 663 055.

# Bolton Hospice Recipe

Our in-house catering team prepares and serves traditional homemade food, using good quality fresh ingredients sourced locally.

Every week they prepare a number of special meals for patients and their families to celebrate special occasions, including delicious afternoon teas, special anniversary dinners and even popping out to pick up a patients favourite takeaway!



## Strawberry Shortbread

- 500 grams plain flour
- 150 grams caster sugar
- 375 butter or good cooking margarine (not low fat)



Mix all ingredients together until they bind into a soft dough mixture.

Rollout on a lightly floured clean surface to 1/4-1/2 inch thickness dependent on your choice- you can use any size or shape cutter.

Put onto a greased baking tray and allow to rest for 20 minutes in a cool area before baking at 160 degrees for around 15-20 minutes or until light golden brown.

Remove from oven and allow to rest for 10 minutes before removing from trays to cool.

Cut up some strawberries and whip some cream to fill and decorate how you wish (well drained tinned mandarins are also very nice accompaniment too)

Sprinkle with icing sugar – these are also nice dipped in melted chocolate!

The shortbreads will keep in an air tight container for a week or so and freeze very well.

## Shining a spotlight on Kelby Makin Fundraiser

Kelby Makin has been a loyal supporter of Bolton Hospice since his very first fundraiser in 2012, hosting a charity auction and raffle to raise vital funds for Bolton Hospice in memory of his Grandad Barry Wallace.

Over the last 11 years Kelby, along with the fantastic support of his friends, family, colleagues and local community, has carried out a range of fundraisers with an annual event of some kind each year to thank the hospice for the care provided to Barry, and to keep his loving memory alive.



“It’s been a pleasure to carry out the fundraising in so many ways. The way the hospice treated my Grandad before his passing was amazing. I never really knew what the hospice was prior to visiting. With my friends and family we have held many events over the years, including climbing Mount Toubkal in Morocco in November 2019 which raised £620 to help the hospice. Each and every year we do something in memory of my Grandads care.”



“Grandad and Grandma celebrating their 50th wedding anniversary, just a few months before he passed.”



Kelby also shows his support by playing our lottery, taking part in our events, organising his own events and taking on sponsored challenges with his friends and family. In total Kelby has raised an incredible £17,779.66 for Bolton Hospice and with his support, we can continue to care for even more local people just like his Grandad Barry Wallace, and their loved families too.

**2012** - Charity auction & raffle

**2013** - Spartan Navigators, Three Peaks Challenge

**2014** - Charity evening in aid of Bolton Hospice

**2015** - Charity football match & family fun day

**2016** - Team Morris Green's British 3 Peaks Challenge page

**2017** - Bolton Hospice Bubble Rush

**2018** - National Three Peaks challenge

**2019** - Bolton Mountain Walking group 12 hour challenge, climbing Mount Toubkal in Morocco

**2020** - 12 months of challenges in memory of Andrew Wallace



આપનું સ્વાગત છે

Witamy

Welcome

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Bi xêr hatî



## Nursing in a pandemic

“The last 12 months have been a challenge for the whole team, with COVID impacting on the ability to not only care for the patients admitted onto the inpatient unit, but also the limited interaction that patients are able to have with loved ones. The impact has been immense.”

Usually we are proud to say that we are able to care for both the patient and their loved ones, but the restrictions on the number of visitors as a result of COVID has hugely impacted the team as a whole.

Communicating with patients when wearing full PPE and facemasks has also been a challenge, but the entire team aim to be as empathetic as possible. Introducing yourself before entering the room so patients can see you as a person, rather than just in full gown, visor and mask. This is a frightening time for both patients and their relatives, but we have had to adapt by using technology to complete effective admissions and also ensuring the safe transfer of care to the community. The support of the Hospice at Home team has been so beneficial to the support our patients and their loved ones have received upon discharge.

**Lisa is a Sister on our Inpatient Unit here at Bolton Hospice, and has been a member of the nursing team for 15 years. Here Lisa shares what life has been like over the last year for the team.**

Working with staff members from other areas of the hospice who have been redeployed to work on the inpatient unit has been a positive aspect of COVID, as it's given me the chance to work with my colleagues more closely, who I haven't had the chance to in the past. The way people have adapted to new and different roles during these times has been astonishing.

The past year has been a challenge on a personal level too, as I have continued to complete my studying at the University of Bolton to gain my Advanced Nurse Practitioner qualification, which will enable further development of Bolton Hospice services. This will allow the people of Bolton further access to specialist palliative care assessments, both on the inpatient unit and within the new Wellbeing Hub.

Completing my Masters studies has presented its own set of challenges as I'm also a Mum, who like many others is home-schooling their child alongside working full-time. The course is due to complete in September and is an exciting new role at Bolton Hospice, as I will become the first Advanced Practitioner at Bolton Hospice. I am extremely honoured to have been put forward to complete this new challenge.

My role over the last 12 months has changed and adapted when looking at how we can ensure all patients are able to communicate with loved ones and the challenge of supporting others through difficult times. Although this has enhanced and developed my own, and the teams, communication skills.

The need to adapt has further enhanced our own abilities to utilise technology, to offer ways in delivering key information to both patients and families. The kind donations of tablets to the hospice from the Bolton community has been greatly received and has made such a difference in our ability to facilitate patients being able to talk to and see loved ones who are unable to visit.

I have to say over the last year the Bolton community has spurred us on when we needed it most, through the delivery of hand creams and other goodies, it has really boosted us when it was needed more than ever. I am so appreciative of the team I work with and the support I have received from Bolton Hospice through this challenging time.



## How you can help

**You can sponsor a Bolton Hospice nurse like Lisa from as little as £3 a month.**

Your regular donations will help our nurses to provide care, hope and support, now and into the future.

For more information on how you can sponsor a nurse, please visit [www.boltonhospice.org.uk/SAN](http://www.boltonhospice.org.uk/SAN) or call 01204 663 065





# HOSPICE HEROES

In 2020, and even now in 2021, the help of our Hospice Heroes means more than ever, and seeing their love and support for Bolton Hospice has been humbling for each and every one of us here at Bolton Hospice. Here are just some of the many Hospice Heroes who dedicated their own time to help raise vital funds for Bolton Hospice during these challenging times, and now it's our chance to celebrate these amazing people and the wonderful ways they have supported us. We'd like to thank every single person who has raised money for Bolton Hospice. We truly could not do what we do without you!

## Anthony Torkington

Our Hospice Chef Anthony signed up to take on a 'baker's dozen' challenge in November 2020 for the hospice. Anthony ran 5k a day for 13 days and raised a fantastic £434 with support of his friends & family.

## Amy Mosley

Amy braved the skies for Bolton Hospice with her incredible skydive challenge and with her sponsorship raised a fabulous £855.58 to support the hospice during these difficult times.



Amy Mosley



Andrea Martin

## Andrea Martin

Andrea braved the shave for Bolton Hospice in loving memory of her Dad Andrew Weir and shared her new look live on facebook! Andrea's fantastic fundraiser to help support the hospice raised £3,041



Alan Done

## Alan Done

Alan took on an outstanding 10 marathons in 10 days challenge and turned his runs into funds for Bolton Hospice, raising a wonderful £1,193 to help us continue caring for local people and their loved ones.

## Tess Riley, Sarah Kinsell & The Alchemy Group

Collectively Hospice Heroes Tess, Sarah and team members at The Alchemy each ran the virtual London marathon in 2020 to help raise funds for Bolton Hospice. Tess Riley raised £430, Sarah Kinsell raised £1035 & team members from The Alchemy Group raised £642 – together their incredible efforts will help us to continue caring for the people of Bolton and beyond when they need us most.



Tess Riley



The Alchemy Group



Sarah Kinsell

## Claire Bond

Claire Bond and her family from across the country took part in a virtual remembrance day 10k in their own local areas, in memory of Claire's Mum Jackie who was cared for here at Bolton Hospice. Claire's family created The Jackie Green tribute fund where they record all their photos, memories and fundraising activities in memory of Jackie. So far their Tribute Fund stands at an amazing £8,569.



Claire Bond



Grace Kennair

## Grace Kennair

Local school girl Grace Kennair helped to create some sparkle at Christmas by creating her own shop 'Grace and Sparkle' on facebook marketplace in aid of Bolton Hospice, raising a magical £210.



Team Deane

## Team Deane

In 2020 Team Deane took on their annual 10k Alison Brady, and instead of their usual run, they each took on 10k and ran in their own time in their local area. Together Team Deane raised a wonderful £500 to support Bolton Hospice.



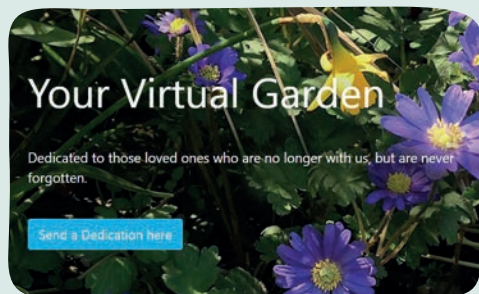
Anthony Torkington



# Keep loving memories alive

## Our Virtual Garden

As we're stepping into Spring, could you help this year's Virtual Garden bloom? You can add a beautiful flower to the hospice's Virtual Garden and share a heartfelt dedication to a loved one who is no longer with us, but never forgotten. Our Virtual Garden is a place that you can leave a lasting memory you have of a loved one, share stories & special photos and dedicate a flower to the person you are remembering with love this Spring. You can visit the Virtual Garden at <https://boltonhospice.dedicationpage.org/virtualgarden>



## Tree of Life

Our Tree of Life is a beautiful, handcrafted metal sculpture located in the hospice's main reception that allows personalised engraved leaves to be added to the branches to create a stunning and poignant lasting collection of memories and special messages. Leaves can be dedicated in memory of a loved one, to express thanks, to show support to the hospice or simply with your own name or personal message

To find out how you can add a Copper, Silver or Gold leaf to our Tree of Life please see [www.boltonhospice.org.uk/tree-life](http://www.boltonhospice.org.uk/tree-life)



## Tribute Funds

Tribute funds are a unique way to make a lasting tribute to a loved one and for many people, supporting a cause by concentrating your time and effort into keeping a memory alive can help with loss.

You can set up a tribute fund in the name of your loved one and, as it is personal to you, you have the choice of how and when it is added to. Your gifts, and those of your family and friends who can also be invited to contribute, will help us continue to care for people with life-limiting illnesses whilst at the same time act as lasting tribute to your loved one.

To find out more about creating a Tribute Fund please visit [www.boltonhospice.org.uk/tribute-funds](http://www.boltonhospice.org.uk/tribute-funds)



# Be part of our future

Did you know that 1 in 5 of our patients are cared for by Gifts in Wills?

Our mission is to provide the very best hospice care for everyone in need now and in future, enabling people to live well with a life-limiting illness.

But Government funding only covers a fraction of our costs. Over 70% of our funds come from people like you donating, taking part in community events, buying in our shops and leaving a gift in your Will.

## A Gift in your Will

Make a lasting difference



### Anne, a former nurse, recognised the value of the hospice to Bolton and wanted to give something back.

“My husband's family and mine didn't have anything to give us - we are the first generation who are able to leave something in our Will. Your first priority is to protect your immediate family but if you consider a donation to the hospice after this, it means the people of Bolton will continue to have the specialist care required for end of life. I see how every amount counts at the hospice. If you leave a gift, no matter how small, or how big, good work will be done with it.”

Every gift in every Will however large or small makes a difference. When the time is right for you to remember a charity in your Will, please remember Bolton Hospice. Even a gift of 1% in your Will to Bolton Hospice makes a difference and ensures that those closest to you receive the remaining 99%. It's so easy to leave a gift in your Will – the ONLY information you will need to give your solicitor is our registered charity number (518704) and address.

## Ducks in a row

At Bolton Hospice we have seen first-hand how difficult it can be for people and their loved ones when important details or documents cannot be located. Our best advice is to be prepared, which is why we have created this handy Ducks in a Row guide to keep all your important details in one safe and accessible place. Please visit [www.boltonhospice.org.uk/ducks-in-a-row](http://www.boltonhospice.org.uk/ducks-in-a-row) to download your copy.



# Education and Training

## Did you know we provide a range of courses and study days?

We offer a selection of learning opportunities that address many aspects of clinical, communication and care issues.

The range of study days is available for a variety of healthcare professionals and we can always look to tailor our delivery to meet your particular requirements so please do not hesitate to contact us to discuss your needs.



In the current climate we are pleased to be offering a variety of virtual short courses that you can complete from home or your office. Please visit [www.boltonhospice.org.uk/training-and-education](http://www.boltonhospice.org.uk/training-and-education).



# My Memories Walk

19th June

## We're very excited to offer a virtual spin on our much loved Midnight memory walk again this year.

Keep an eye out for updates on our social media channels. You're not going to want to miss this!

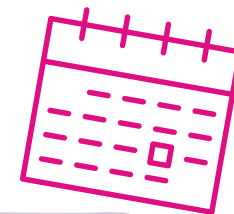
In these challenging times your support means more to us than ever before.

Will you walk in memory of your loved one?

Sign up today at [www.boltonhospice.org.uk/mmw](http://www.boltonhospice.org.uk/mmw)



# Upcoming events



## April

### 4th - Easter Spring-tacular displays

Get into the spirit of Spring and enter our Easter Spring-tacular window display competition! You can submit your entry for a chance to win and help support the hospice this season too

### 9th - Biggest Loser Challenge Online, the final

This year's participants come together for the final results of their wonderful 12 week challenge, to celebrate their fitness journey, achievements and to announce our 2020/2021 'Biggest Loser'!



## June

### 10th - Ladies Lunch

(Date subject to change in response to Covid-19 restrictions)

A fantastic day of fashion, entertainment, stalls to shop and a three course Lunch at the stunning Rivington Hall Barn, all in support of Bolton Hospice.

### 16th - Summer Sunshine Draw 20th Anniversary

Our Summer Draw 20th Anniversary special will be one to remember, with a fantastic 20 prizes to celebrate 20 years of playing for a reason and supporting the Bolton Hospice Lottery.



### 19th - My Memories Walk

Our annual Midnight Memories Walk is back but with a 2021 twist, look out for more information and details of how you can take part coming soon!

## May

### 16th - Bolton Marathon

(Date subject to change in response to Covid-19 restrictions)

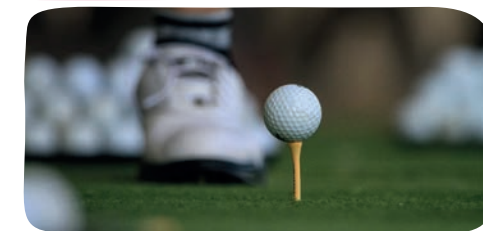
Join Team Bolton Hospice and run to make a difference in the 2021 Bolton Marathon, Bolton's first marathon in over 30 years! We are honoured to be the preferred charity partner of the Bolton Marathon.



## July

### 8th - Golf Day

(Date subject to change in response to Covid-19 restrictions)



### 17th & 24th - Zip Wire Challenge

(Date subject to change in response to Covid-19 restrictions)

Zip in 2021 as you take on the fastest zip line in the world, soaring over Penrhyn Quarry to raise vital funds for Bolton Hospice.





# MAKE A DIFFERENCE IN 2021

## BECOME A BOLTON HOSPICE VOLUNTEER



**Make New Friends**



**Learn New Skills**



**Help Others**



**If you enjoy meeting people, helping others and have a few spare hours a week... then our Bolton Hospice Shops need you!**



**CHORLEY OLD ROAD**



**FURNITURE PLUS**



**BURY ROAD**



**WESTHOUGHTON**



**ASTLEY BRIDGE**



**TOWN CENTRE**



**FARNWORTH**



**TONGE MOOR**



**HORWICH**



**LITTLE LEVER**



**If you can spare 3 hours a week to support Bolton Hospice as a volunteer, please call 01204 663 063 or visit [www.boltonhospice.org.uk/volunteer-our-shops](http://www.boltonhospice.org.uk/volunteer-our-shops)**



Bolton Hospice, Queens Park Street, Bolton, BL1 4QT  
Tel: 01204 663 055 Email: [fundraising@boltonhospice.org](mailto:fundraising@boltonhospice.org)



Registered with  
**FUNDRAISING  
REGULATOR**

**[www.boltonhospice.org.uk](http://www.boltonhospice.org.uk)**