

Life

NORTH·LONDON
HOSPICE

Registered Charity No. 285300



WALK THIS WAY FOR
NORTH LONDON HOSPICE

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Welcome to the Spring issue of *Life*



A MESSAGE FROM OUR CHAIRMAN

At the beginning of another year, we can look back on the last 12 months during which we held a number of special events to mark 25 years of providing care in our inpatient unit. These events involved staff, volunteers, supporters and patrons and provided an opportunity to thank all those who continue to make the Hospice such a very special place. The Hospice plays a significant role in the community and it is good to have this recognised.

Our Light up a Life ceremony attracted over 1000 people and has raised more than £70,000. I think it has become one of the most uplifting occasions in our calendar. Volunteers and staff join with family members and loved ones to celebrate the lives of those who we have had the privilege to care for over the years.

This year, we will be putting in place our strategy for the next three years. We will set out our main priorities for the future and how we intend to meet them.

We know, from our recent inspections, that the care we provide is of the highest standard. And we also know that the demand for our care will continue to increase. At the moment, we are stretching our resources to help 2,500 patients; in three year's

time there will be 6,500 in our boroughs requiring palliative care, and this number increases in subsequent years. Our main challenge therefore is to determine how far we can meet that need without compromising our high standards of compassionate care.

In the end, it comes down to a question of resources. An important part of our income comes from events organised by our splendid fundraising team under the direction of Robin Langrishe. We have lots of events taking place this year, including those well established ones like the Big Fun Walk which continues to increase in popularity. And, if you feel really adventurous, you can participate in the Dalai Lama Trek in May. So something for everybody-almost!

We are most grateful for your generous support. My thanks to you all for your continued commitment and support of a truly exceptional organisation.

With best wishes

John Bryce, Chairman



Preparing for GDPR compliance

The EU General Data Protection Regulation (GDPR) replaces the Data Protection Directive 95/46/EC and was designed to harmonise data privacy laws across Europe, to protect and empower all EU citizens data privacy and to reshape the way organisations across the region approach data privacy. The vote to exit the EU does not mean the UK can ignore these regulations.

The enforcement date for the new regulations is 25 May 2018, at which time those organisations, including charities, in non-compliance will face heavy fines. North London Hospice has been working tirelessly to make sure our, already robust policies, comply fully with the new regulations. The change was, for the most part, put into law to make sure the processing of all individuals personal data, including electronic communications, telephone calls and communications by post are not an infringement on a citizens basic human rights. This new law has been welcomed by the majority in the charity sector, including North London Hospice.

North London Hospice has always been transparent and open about how we use our supporters' data and strives to maintain the highest standards when processing personal data. We will never pass details onto third parties, unless it is for a lawful purpose, or instructed to do so by a Government Supervisory Authority and the new regulations now make it illegal not to do so. I would hope our supporters welcome these new changes in the law as it now makes each individual more in control of any information being held by organisations about them, it also gives each individual the right to be in control about the way they are contacted (Telephone, Email or post).

No doubt there will be huge coverage of the new regulations across all media outlets nearer the enforcement date but we wanted to take the time to reassure you that we are committed to protecting your privacy and personal data. If you have any questions about the General Data Protection Regulations please do not hesitate to contact the fundraising office.



Big Fun Walk - 6 May 2018

On Sunday 6 May, North London Hospice's supporters will take part in the Big Fun Walk 2018! This iconic sponsored walk is our flagship event and last year over 1,200 wonderful people walked from East Finchley to Westminster in support of the Hospice or in memory of someone special. They raised over £154,000!

This year we are hoping to do even better and that's where you come in! Whether you want to take part and fundraise, volunteer on the day, support a friend who is doing the walk, or convince your employers to form a team, ANY support you are able to give can help make this event an even bigger success. The Big Fun Walk truly is a day where the whole community pulls together in support of North London Hospice.

One of the most amazing stories from last year's event comes from Deborah Parrott. The Hospice cared for her husband Bob, and in one of the most wonderful tributes possible, she organised a team, *Jah Bob One Love*, comprising of more than 50 people from all over the country! *Jah Bob One Love* raised over £15,000 for the Hospice, and to recognise this staggering achievement, we honoured them with a Gold Leaf engraved with their team name on our Tribute Tree.

If you would like to register for the Big Fun Walk, please complete the form below and return it to the Hospice, or register online at www.bigfunwalk.co.uk. To register over the phone, discuss volunteering at the event, or for more information, please ring 020 8446 2288.

We would love to see you in May!

BIG FUN WALK 2018



COMPLETE AND RETURN THE FORM BELOW OR REGISTER ONLINE AT WWW.BIGFUNWALK.CO.UK

PLEASE COMPLETE ALL FIELDS

FULL NAME _____

ADDRESS _____

POSTCODE _____

TELEPHONE _____

EMAIL (if you are happy to be contacted this way) _____

ADULT: £12.50
5 – 16 year olds: £7.50
Under 5s: FREE

T-SHIRTS COST AN ADDITIONAL FEE OF £5 EACH

REQUESTED MINIMUM SPONSORSHIP FOR EACH PARTICIPANT IS £25

TEAM WALKERS (PLEASE USE A SEPARATE SHEET FOR MORE WALKERS)

| FULL NAME | EMAIL | ADULT Y/N | TSHIRT S/M/L XL/XXL | TOTAL £ |
|-----------|-------|-----------|---------------------|---------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

PAYMENT DETAILS

TOTAL PAYABLE FOR REGISTRATION AND T-SHIRT(S) £ _____ :

☐ I enclose a cheque made payable to North London Hospice

☐ Please debit my credit/debit card ☐ Mastercard ☐ Visa Credit ☐ Visa Debit (Delta) ☐ Maestro

Card No: Start Date: / / Expiry: / /

Name as shown on card: _____

Cardholder's signature: _____ Date: _____

Issue No. (if applicable): _____

Security Code:



Declutter for North London Hospice

In our over consumerist society we can sometimes fill our lives with endless amounts of possessions that we often don't really need or rarely use. There comes a time where we need to evaluate the importance of all those belongings and ask ourselves 'do I actually need all this stuff?' According to recent research the UK hoards more clutter than the rest of Europe. Clutter whether it's in the home, office or personal space can make people feel stressed and overwhelmed. We need to get better at saying goodbye to our unwanted or unused belongings.

With all this in mind we have launched our **#declutterfornlh** social media campaign and we need your help. Here's what we'd like you to do:

Step  One

Go through your homes/offices/garages/storage spaces and sort through items you no longer use, wear or need. Items can be: clothing and accessories, shoes, toys and games, dvd's, cd's, bric-a-brac, household items, books and gift sets.

Step  Two

Take a photo of your quality clutter and post it on facebook/twitter/instagram and @NLondonHospice and don't forget to use the **#declutterfornlh**

Step  Three

Take your quality clutter to one of our 18 shops around the boroughs of Barnet, Enfield and Haringey. Your donations will be turned into funds for the Hospice to provide vital care for people in the boroughs of Barnet, Enfield and Haringey.

Our Charity Shop Locations

| | | |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Crouch End 020 8340 3269 21 Topsfield Parade London, N8 8TP | High Barnet 020 8441 3325 94 High Street Barnet, EN5 5SN | Palmers Green 020 8447 8884 377 Green Lanes London, N13 4JG |
| East Finchley 020 8883 6493 123 High Road London, N2 8AG | Mill Hill 020 8959 3162 8 The Broadway London, NW7 3LL | Southgate 020 8886 4342 71 Chase Side London, N14 5BU |
| Enfield Town 020 8366 1297 60 Church Street Enfield, EN2 6AX | Muswell Hill 020 8444 8131 44 Fortis Green Road London, N10 3HN | Turnpike Lane 020 8889 0660 19 High Road London, N22 6BH |
| Finchley Central 020 8349 0290 15 Ballards Lane London, N3 1UX | New Barnet 020 8440 8424 63 East Barnet Road Barnet, EN4 8RW | Whetstone 020 8343 9888 1297 High Road London, N20 9HX |
| Golders Green 020 8731 7807 41 Golders Green Road London, NW11 8EE | North Finchley 020 8445 5148 724 High Road London, N12 9QD | Winchmore Hill 020 8360 5220 743 Green Lanes London, N21 3RX |
| Hendon 020 8202 7499 65 Brent Street London, NW4 2EA | North Finchley Furniture Shop 020 8343 6814 987 High Road London, N12 8QR | Wood Green 020 8365 8622 212 High Road London, N22 8HH |



shops helping to care for our community



all shops open 9:15 - 17:15 everyday



is how much our shops made last year



300 staff and volunteers work in our shops

By donating your unwanted items to the Hospice you are not only helping us to continue providing our services to the local community but you are also recycling and preventing your items going into landfill.

If you have large items or would like to arrange a house clearance contact our collections team: 020 8343 6813



Juliet Landau-Pope is a certified coach, professional organiser and study skills consultant. She combines life coaching with practical decluttering, helping busy people to shift habits as well as surplus stuff. Here she shares some of her tips.

Why is it important to declutter?
Most of us own more than we will ever need – clothes, shoes, books, gadgets, toys, you name it! We constantly accumulate things but rather than enhance our lives, they contribute to stress and anxiety. That's why I define clutter as surplus stuff that gets in the way, in your home and in your head.

What makes us want to hold onto lots of stuff?
Clutter is never just stuff; it represents a tangled mass of anxieties, aspirations, memories, hopes and dreams. We keep things that link us to the past as well as items we might need 'someday' in the future. My role is often to ask questions that help clients to explore the assumptions they make and the meanings they attach to material things.

If you could give someone three tips on decluttering what would they be?
My first tip is to set positive goals: don't think about getting rid of stuff. Instead, visualise what you're aiming to achieve and define the benefits. Then pace yourself – don't try to tackle it all at once. Take small steps and celebrate progress. And third, find purposeful ways to part from things you no longer want or need. Remember that nothing is ever 'too good' to donate to a charity shop.

Is decluttering just about getting rid of stuff?
I motivate clients to make decisions about what to reduce, reuse, recycle, donate or discard. But I never talk about getting rid of stuff because that's disrespectful. I focus instead on the idea of letting go. I take the view that everything comes into your life for a reason but that doesn't mean you need to keep it indefinitely. Ultimately, decluttering is about making time and space for what matters most, including space and clarity.

What makes someone procrastinate?
People often avoid decluttering because they don't know how to tackle it. Or sometimes they start but get overwhelmed or distracted. Some blame procrastination on personality traits but I view it as a habit, which – like clutter – can be shifted.

It feels like 'decluttering' has become a trend? Why do you think this is?
More people are recognising the huge benefits of streamlining and simplifying their lives, perhaps as a reaction to the excesses of our consumer society. The organising industry is growing in the UK and globally, so people are becoming more aware that professional help and support is available.

What type of people use your services?
Many of the people who contact me for help are dealing with transitions such as illness, bereavement, separation or divorce, or preparing to downsize or move home. Some need to clear space in their home for a carer or for visitors. At times like this, there are so many decisions to make that decluttering alone is too

daunting. I also work with teenagers and adults who need help to develop organising skills – vital for study, work and life.


What changes can decluttering bring to someone's life?
The ancient Jewish philosopher Hillel summed up the impact of clutter when he wrote: 'The more possessions, the more worries'. Letting go of surplus stuff is truly liberating. It makes you feel more comfortable in your own home and more in control of your environment. An uncluttered bedroom is more conducive to a good night's sleep and a clearer kitchen can motivate you to cook more or to entertain. Sorting out paperwork will enable you to manage your finances and personal affairs more efficiently. On a deeper level, decluttering can open up conversations (with others and with yourself), help you to address issues from the past and prepare for the future. Ultimately, decluttering empowers you to make decisions about the way you want to live.

What is the biggest barrier that people face when they begin the decluttering process?
I think the greatest barrier for many people is feeling overwhelmed by the enormity of the task. It helps to break down a decluttering project into small, manageable steps. Not knowing where to begin can also be an issue. I suggest starting somewhere that will make a visible difference but not be too challenging emotionally, perhaps a hallway or kitchen, for example. It's best to leave personal letters, souvenirs or photos till a later stage because these take time to process.

For more info, see: www.jlpcoach.com

Meet the author!

Juliet's new book *What's Your Excuse for not Clearing Your Clutter?* will be published in March 2018. Juliet will be hosting a Q&A session in the North London Hospice shop in Enfield Town on Saturday 24 March. The session will start at 11.30am until 1pm. Please feel free to pop in and see her.



Health and Wellbeing Centre

Our Health and Wellbeing Centre, in Barrowell Green, in Winchmore Hill will be the base for North London Hospice's outpatients and therapies. It will offer outpatient clinics and a wide-ranging selection of support, treatment, courses and workshops for patients, their carers and families in the three boroughs we serve. Our aim is to enable all those affected by a life-limiting illness to feel supported to live as well as possible.

The centre will expand the services that have been on offer focusing on symptom management, rehabilitation, self-management, social, psychological and emotional wellbeing.



We are running many more groups focusing on peer support, providing strategies and tools to support the management of symptoms as well as opportunities to improve physical fitness, increase confidence and self esteem. We are also supporting patients and families dealing with any emotional and spiritual issues. We still offer an outpatient service where clinics are held for one to one appointments with our specialist consultant, nurses and any member of the multi professional team. We also work with our Finchley site supporting out patients and those in the inpatient unit.

We are keen to work in partnership with other providers of healthcare, for cancer and long term conditions. We are focusing on widening our reach to encourage more referrals for those



with a non cancer diagnosis such as heart failure, neurological conditions and respiratory conditions. We are also looking to reach people soon after their diagnosis. All new services are planned with patients, carers, experts, internal and external professionals. We are really excited about the service and the opportunities it will be bring to our patients. Services are also

being extended to include more for carers. We are also working with Noah's Ark (Children's Hospice) to support young people and their parents' transition into adult services. Groups are developing constantly depending on the need at the time. The 'Catching the Light' photography group started in November and will be meeting monthly. A peer support group for those with metastatic breast cancer is running monthly as well as a carer peer support group. We continue to offer complementary therapy to our patients and carers and are extremely grateful for all the volunteer therapists that provide this service.

We have visiting speakers, artists, musicians, theatre groups that visit both Hospice sites providing entertainment to our patients and carers. We are always keen to hear from anyone that may wish to host a session.



We would like to become embedded in our local community. We are keen to welcome students from various disciplines - at the moment we have a Drama therapy student on placement one day a week until June 2018.

We have a quarterly event calendar which gives more details on the courses and events we are running. These can be accessed via the Hospice website. We accept self referrals to the service and following an holistic assessment a plan will be jointly made. Some of the events are open to all, some need a referral from a health care professional.

If you would like to find out more about the service visit www.northlondonhospice.org or call Trudi Leighton, Associate Director of Outpatient and Therapies, on 020 8343 8841.

A closer look at our Health and Wellbeing Centre



A true inspiration

Meeting Ann-Marie for the first time her warm sunny smile is the first thing you notice, not that she has stage four lymphatic cancer, which is incurable. Diagnosed in July 2015 and undergoing two and a half years of chemotherapy treatment, Ann-Marie refuses to give up and continues to live her life as fulfilled as possible. Doing the things she enjoys and giving back as much as she can to those in need is what keeps her going. Ann-Marie has been using the services of the Health and Wellbeing Centre at North London Hospice since 2016. Here she tells us about the impact the services of the Hospice have had on her.

Ann-Marie said: “I decided to refer myself to the North London Hospice back in 2016. I happened to pick up a leaflet about the Hospice and its services in my local North London Hospice shop and decided to give them a call. At the time I was undergoing chemotherapy treatment and I found myself really struggling with the side effects. I wasn’t functioning well physically or emotionally and I felt I needed some extra support. I was then invited to the Hospice for a clinical assessment and the nurse that saw me suggested that I should try a course of reiki to ease the pain I was feeling and to help me relax.

“Since then I have also had four sessions of psychological support to help me deal with my illness mentally. Being told you have an incurable illness is a mammoth thing to deal with. I felt very alone and unsupported and having North London Hospice has been an immense help, allowing me to process the ordeal I am going through.

“The centre offers a variety of supportive groups. I have taken part in one-to-one sessions with an art therapist. It has really helped me cope and process my feelings and emotions. Most recently, I joined the photography group, which is run by a professional photographer. It’s great fun. There are five patients and some carers in the group and we meet on a monthly basis. We learn and share tips on taking good photos and sometimes meet up to go to photography exhibitions.”

Ann-Marie keeps going and still manages to work full time running her charity, which she set up in 2010, www.28toomany.org which fights to end FGM globally. She added: “The Hospice has allowed me to keep going and to continue doing all the things that mean the most me. I didn’t want to stop running my charity as I am very passionate about the cause.”



Before her diagnosis Ann-Marie took part in a variety of physical challenges such as the Brit 10K, ToughMudder and was about to embark on the Brighton Marathon. After reading about the 10K Santa Run in the North London Hospice newsletter Ann-Marie decided to give it a go and has so far raised over £700 for the Hospice.

“I really enjoyed taking part in the Santa Run, it was tough but a lot of fun. I walked the first half with two sticks and the rest of it in a wheelchair. Everyone was so supportive cheering me on and giving me high fives. It really kept me going. I felt so proud of myself when I got to the end. It was a big achievement for me, even though I had taken part in tougher challenges.”

Ann-Marie is relentless, and even manages to give up some of her time to volunteer as a lay minister at Marie Curie in Hampstead.

“Both my parents died from cancer and I spent most of my 20’s nursing them. I have a deep understanding of the disease and a great sense of empathy and compassion which led me to want to reach out and help people going through a similar journey, so I decided to volunteer at Marie Curie.”

“I can’t give up, I know my illness isn’t going to go away and I’m not going to get better but that doesn’t mean I have to stop living and doing all the things I enjoy doing. I urge everyone to write a bucket list. I have 81 things listed on mine and I have so far completed 28 of them, I intend to keep going and cross off as many of them as I can. I’m so thankful to North London Hospice for all their support. Hospice’s aren’t just there to care for people during their final few days they are there to make the unbearable bearable and enable people to live despite having an incurable illness.”



Compassionate Neighbours in North London

Compassionate Neighbours in North London

Could you be a Compassionate Neighbour?

Compassionate Neighbours is free, community-led support for anyone with a life limiting illness.

Make a real difference to your community

People nearing the end of life can be lonely and could do with some extra support. Compassionate Neighbours can really make a difference. They are trained volunteers who offer their time, companionship and support to people living in their community.

All support is provided free of charge.

Find out more

We run regular training programmes for volunteers, so get in touch to find out when the next programme is starting. **Please contact the Compassionate Neighbours team at cn@northlondonhospice.co.uk**

Compassionate Neighbours can help others by:

- offering companionship, emotional support and a listening ear
- providing practical support
- helping them to stay connected to their friends and the community
- directing them to important support services that may be able to help.

How to volunteer

If you live in the North London area and think you’ve got what it takes to take on this very rewarding role we’d love to hear from you. Please note that you must be over 18 to volunteer for this project. We will carry out an informal interview to check your suitability for this project and carry out a relevant DBS check.

Be a winner

Our raffles are proving very popular with our supporters, raising over £30,000 last year. Sponsored by our corporate supporters, it costs the Hospice nothing in prizes and is a great way to get involved with a chance of getting something in return for your support.

CONGRATULATIONS TO THE FOLLOWING WINNERS FROM OUR SUMMER RAFFLE:

- A. Holahan EN4 - £1,000 1st prize
- A.Weiss N6 £250 2nd prize
- E.Ford EN1 £250 2nd prize
- J.Hussy EN5 £50 M& S voucher 3rd prize
- R.Stock N18 £50 M & S voucher 3rd prize
- S Baldwin N9 £50 M & S voucher 3rd prize
- P.Gostyn N3 £50 M & S voucher 3rd prize
- P Jukes N21 £50 M & S voucher 3rd prize
- V.Saxon EN5 £50 M & S voucher 3rd prize
- A. Ferguson EN4 £50 M & S voucher 3rd prize
- C.Kirk EN8 £50 M & S voucher 3rd prize



All winners have been notified and prizes sent out.

The prizes in our Spring Raffle have even more to offer, with a £1,000 cash first prize, two second prizes of £250 cash and ten runners-up prizes of £50 Marks and Spencer vouchers! If you need more tickets please call the fundraising department on 020 8446 2288.

If you are a local business and would like to sponsor our Summer raffle we would love to hear from you. Your company logo and details will be printed on the back of every ticket. We can also include more information about your business in the covering appeal letter, which is sent to around 10,000 people in the local community.

COCKFOSTERS MUSIC FESTIVAL

14TH & 15TH JULY 2018, SARACENS RFC FIELDS
GREEN ROAD, SOUTHGATE, N14 4AB
WEEKEND TICKET PRICE £40 ADULT & £30 CHILDREN

North London Hospice has been chosen as one of the charity partners of the inaugural Cockfosters Music Festival in 2018. The festival will consist of tribute acts recreating hits from bands such as Queen, Take That, Madness, Michael Jackson, Rolling Stones, Little Mix, UB40 & Amy Winehouse.

In addition to the festival, ticket holders will have free access to the activity park where a range of activities will be available such as the world famous Labyrinth 5 zone inflatable assault course, a great family funfair with stalls and its own version of It's a Knockout. There will be a full range of festival and funfair catering including the very popular Big Red Bus Bar for a double decker drinking service second to none.

North London Hospice has been given 1,000 weekend wristbands to the event at a substantially reduced price of £40 per adult and £30 per child with profits going directly to our patient care. To book your festival tickets, please visit the North London Hospice website or call 020 8446 2288.



DIRECTORS TO TAKE TO NEW HEIGHTS

Team members: Robin Langrishe, Director of Fundraising, Fran Deane, Director of Clinical Services and Dr Chris Baxter, Medical Director.

2018 is going to be a special year. Doctor Chris Baxter will be retiring from North London Hospice after 28 years and wanted to mark his departure by doing something special for North London Hospice. So that he is not left on his own, fellow directors Robin Langrishe and Fran Deane will join him on this epic adventure to north west India to raise money for the Hospice. Each director has paid the cost of the trek and every penny raised will go directly to the care of our patients.

So, please give as much as you can and we will keep you updated through the Hospice's Twitter and Facebook pages on their progress as they deal with blisters, altitude sickness and stomach bugs. Thank you for your support.

www.justgiving.com/fundraising/nlhtrek

The Dalai Lama Himilayan Trek will take place from 17 May 2018 to 27 May 2018. If you would like to take part in one of our overseas treks we would love to hear from you. Please call the fundraising team on 020 8446 2288 or visit the Hospice website for all our latest challenges.

LEAVING A LEGACY TO NORTH LONDON HOSPICE

Each year, North London Hospice receives more than £1,000,000 in legacies, left by generous supporters in their wills. Without these invaluable gifts, we would not be able to continue the work we do. If you are interested in leaving a gift in your will to the Hospice, or have left a gift in your will and would like to notify us, please contact our legacy officer for a confidential conversation on 020 8446 2288. We hold two Will Months per year, where supporters can have a will written for no fee, in exchange for a voluntary donation, or a pledge to leave a gift in their will. If you would like more information about will Month, or to be added to our Will Month mailing list, please contact the fundraising department.

Blooming Highwood Ash to open once again

Long-term hospice supporter Penny Gluckstein will once again open her beautiful garden to the public this May in support of North London Hospice. Penny, of Highwood Hill, Mill Hill, built her garden from scratch when she moved there in 1960 and has been working on cultivating it ever since. She said: "I hope people get a lot of joy from coming to my garden, I'm very proud of it.

"People love it when they come, they walk in and say 'they have lived around here for years and never realised it was here'. They say it's wonderful." Mrs Gluckstein has made a number of changes to her garden over the years, but she is proudest of the way she created a lake and a woodland in 1987. She also converted what had been a rose garden into a gravel garden. She added: "The gravel garden is interesting, it's a dry garden, with Mediterranean plants and South African bulbs, which you couldn't grow in a normal border. The lake has koi fish which people love to feed. "Come May the blossom, the rhododendrons and the camellias will be out for everyone to see."

Tea and plants will also be on sale during the event, at her house in Highwood Ash, Highwood Hill, from 2pm to 6pm on Saturday 12 May. For more information, email pennygluckstein@gmail.com or call 020 8959 1183.



EASYLIFE GROUP STARTS FUNDRAISING FOR THE HOSPICE!

We are very grateful to Easylife Group, a local business which donated dozens of items for the Hospice to sell in our shops over Christmas and to use for our events. The company began fundraising for the Hospice in 2017 and we really appreciate the staff's support. Thank you!



Diary dates

Impact Theatre – Made in Dagenham

14 -17 March at artsdepot

Big Fun Walk

6 May 2018

Our biggest fundraiser of the year! See page 3 for more info.

Highwood Ash Open Garden

12 May 2018 2pm-6pm

Superhero Run

13 May 2018



Don your finest superhero outfit and join thousands of runners in Regent's Park for this 5k or 10k family fun run. Contact fundraising for more info. Reg Fee: £25 Min Sponsorship: £100

North West Support Group Quiz

20 May 2018

The North West Support Group are holding their Quiz Supper on 20 May at 6pm in the Free Church Hall, Northway, NW11.

For more information, please contact Ros Berg on rosandmichael@hotmail.com

Affordable Art Fair

Hampstead

9 May - 13 May 2018

Tickets are priced at: £25

Home is where the art is! The Affordable Art Fair is a fun and informative contemporary art fair with an emphasis on education and accessibility.

Held in a marquee on the Lower Fairground Site on Hampstead Heath over a May weekend, there are over 100 galleries under one roof, exhibiting paintings, original prints, sculpture, etchings and photography from both established names and emerging talents - all priced from £100 to £6,000.

CHARITY PRIVATE VIEW EVENING

North London Hospice is delighted to have been selected as the fair's charity partner. Make sure you're one of the first to peruse the art on offer and to enjoy a complimentary glass of the good stuff this year on Wednesday 9 May from 5.30pm - 9.30pm.

BOOK YOUR TICKETS FOR THIS PRIVATE VIEWING VIA THE HOSPICE WEBSITE

Proms of St Jude

23 June - 1 July 2018

Proms of St Jude's will be bringing you first class orchestral concerts, top jazz, choral works, piano recitals and more, staged in the Lutyens-designed and acoustically excellent church of St Jude-on-the-Hill, Hampstead Garden Suburb.

Brit 10k

15 July 2018

We have a limited number of places for the Brit 10k which will be offered on a first come first served basis! Contact fundraising for more info. Reg Fee: £25 Min Sponsorship £200.

Prudential Ride 100

29 July 2018

RideLondon starts at the Queen Elizabeth Olympic Park and follows a 100-mile route into Surrey's stunning countryside, then back to The Mall in central London.

London to Brighton Bike Ride

16 September

Join over 4,000 cyclists for this 54 mile cycle ride, starting at Clapham Common and finishing at the wonderful Brighton seafront. Contact fundraising for more info. Reg Fee: £40 Min Sponsorship £150



FOR MORE INFORMATION ON ANY OF THESE EVENTS PLEASE CALL THE FUNDRAISING TEAM ON 020 8446 2288 OR VISIT WWW.NORTHLONDONHOSPICE.ORG

NORTH LONDON HOSPICE FINCHLEY

47 Woodside Avenue, London N12 8TT
(for SatNav use the postcode N12 8TF)

Telephone: 020 8343 8841
Fax: 020 8343 7672 Email: nlh@northlondonhospice.co.uk

HEALTH AND WELLBEING CENTRE

North London Hospice
110 Barrowell Green, Winchmore Hill
London N21 3AY

NORTH LONDON HOSPICE HARINGEY

Haringey Community Palliative Care Team
George Marsh Centre, St Ann's Hospital,
St Ann's Road, London N15 5TH