

Spring/Summer 2020

NORTH·LONDON
HOSPICE

Registered Charity No. 285300

Life

Keeping you up to date with news from North London Hospice

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2020

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Light Up A Life
in pictures



www.northlondonhospice.org



JOIN OVER **1,600**
PEOPLE FOR OUR
BIGGEST EVENT
OF THE YEAR!

BIG FUN WALK 2020

SUNDAY 3 MAY 2020

REGISTER NOW
ONLINE REGISTRATIONS CLOSE ON SUNDAY 26 APRIL
Adults: £12.50 Children: £7.50 Under 5s: FREE
REGISTRATION ON THE DAY: £25

8.5 mile walk from East Finchley to Westminster
• London's most beautiful parks • Stunning views
• Live entertainment • Free lunch, refreshments
and goody bag • And much more...

Register at www.bigfunwalk.co.uk

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HOSPICE

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A MESSAGE FROM THE CEO

Entering a new decade this year has given me a basis to reflect on how far we have come in the last 10 years.

In 10 years we have more than doubled the number of patients we support at home, which now stands at over 2500 a year and 800 at any given time.

We've introduced our First Contact Centre, which provides new and existing service users with fast and efficient support. This extends to cover overnight to support patients at home and provide immediate advice, support and visits where necessary.

The opening of our Health & Wellbeing Centre in Winchmore Hill is central to us being able to support people facing life-limiting illness to live life as well as they can.

Together with the outstanding care on our In patient unit, our staff do an exceptional job of supporting patients, their families, carers and friends.

The growth in our services to meet the needs of our community also means costs have increased too. As a charity, there has never been a more challenging time. We receive £4 million from the NHS but need to fundraise an additional £9 million to cover the total cost of running the Hospice every year.

We have 17 shops across the three boroughs, which contribute considerably to our purse and I'm delighted to announce we'll soon be opening an 18th shop, a furniture shop in Barnet.

Our biggest fundraiser of the year, Big Fun Walk, is also round the corner on Sunday 3 May and is a wonderful event to be part of. Do take a look at the events pages for our extensive programme of activity – there's something for everyone!

We've recently presented a host of long-service awards to staff and volunteers who have marked 20 and 25 years service to the Hospice. An incredible achievement and we are very grateful for their many years of support.

After over 30 years in palliative care and my own 10 years at NLH, I have decided that this is the year for me to retire and I will be leaving the Hospice at the end of June. Recruitment is already underway by the Trustees to find a new Chief Executive who will lead the Hospice through this next decade.

2020 is the Year of the Nurse – a chance to shine a spotlight on the incredible work they do – and for me it's been a great privilege to work at NLH and to see the care and compassion provided by our nurses, together with our entire team, on a daily basis. Thank you for your continued support.

Pam McClinton

Pam McClinton
Chief Executive



I HAVEN'T COME THIS FAR TO ONLY COME THIS FAR

When Jack Morgan passed away at just 22-years-old, he'd achieved more than many who have lived over 70 years on this Earth.

He became an inspiration as he blogged on Instagram (@itsme_jmo) about every step of his two-year journey with a rare form of cancer. His determination, openness and honesty in his posts led to a following of almost 30,000 and support from across the world, including footballer Paul Pogba and musician Craig David.

Jack beat Stage 3 cancer but when it returned and the chemo was unsuccessful he embarked on a clinical trial in Belgium in March 2019 and began receiving support from North London Hospice.

NLH provided symptom relief at home in Barnet to the graduate of Bristol University, whose Department of Engineering and Maths has since created the Jack Morgan Award for Ardour in his memory. A proud moment for the family, as was attending Jack's graduation ceremony on his behalf in February 2020. Parents Grant and Emma and his three siblings, Joshua, 22 and 18-year-old twins Charlotte and Sam were all there.

North London Hospice's Dr Jo Brady and nurse Kevin Yates visited Jack regularly to help with his symptom management. "Jack and Dr Jo are angels on Earth," explained Jack's dad Grant. "Jo was, and still is, an incredible support. Jack had a phenomenal brain and it felt like he knew more about his condition than many medical professionals. He wanted to understand what was happening to him and shared his experiences with the wider world."

In the summer of 2019 it was suggested Jack came into the Hospice's Finchley in-patient unit for a week for specialist care.



"He didn't want to come in but Dr Jo explained that many people come for symptom management and then go home. And when we arrived it had a very homely environment. The staff were phenomenal; the nurses so caring. We as a family have never experienced anything like that level of care and compassion before."

After a week Jack left the Hospice and spent two weeks in hospital before returning home in August, where he received the devastating news that the clinical trial hadn't worked.

"Jack really wanted to be at home and we wanted him there too. He needed specialist equipment and the Hospice just made it happen. They took all the stress of the admin and phone calls away and arranged all the things he needed."

Jack passed at home at 1.30am on August 26, surrounded by his family. "He'd made the decision to pass on this particular fight, part company with his nemesis and focus his energies elsewhere. The hospice provided a nurse on that night and she was there to make things that bit easier for Jack and all of us".

"People perceive that a hospice is all about end-of-life care...but it's so much more than that. Our own experience is testament to this. Five months after

Jack passed, we still have a relationship with North London Hospice."

Dr Jo Brady added: "Jack truly was a remarkable young man who, through his brilliant brain, taught me lots about science and we negotiated treatment plans collaboratively. But more than that he taught me to live life as fully as possible, to keep fighting for a better day and the power of sharing stories. I feel lucky to have spent time with him and his family and am eternally grateful for their support of the hospice. He leaves a footprint in my heart."

JACKS LEGACY

Jack had a passion for AI (artificial intelligence) and the science behind it. During his illness he put his knowledge and experience together and worked with Bradley Gudgeon to create an app called Alike (www.alike.org.uk) to bring people affected by cancer together. "He was totally selfless and always wanted to help others," said Grant. Fundraising is underway to bring the app to market in the coming year and Jack will be made an Honourary Patron. It's one of many projects the Morgan family have planned as part of Jack's legacy.



The Morgan family and Jack's friends have already raised thousands of pounds for causes and charities that supported Jack, including North London Hospice, which received over £9000 from a football tournament arranged by his best friend Teddie in November. (See Page 11 for full story)

Throughout his illness Jack's mantra became 'I haven't come this far to only come this far' and this powerful message is set to be used on a new fashion collection launching on 29 February 2020 created by the presenter of You, Me and the Big C, Lauren Mahon. Proceeds from the collection will be donated to North London Hospice.



LILA CHINMAN



Lila Chinman was one of our longest serving volunteers, and for many years provided weekly help on our Finchley ward. Her infectious smile and friendly manner meant she was much loved by staff and patients alike.

Age was just a number to Lila, who even at 89 was still volunteering her time to North London Hospice and its patients, almost

25 years after she first walked through the door. But in September 2019 her COPD meant she finally had to stop her visits and she sadly died on our ward, the place she had dedicated so much time, on 17 December.

"She was in the Hospice for five days and that was exactly where she wanted to die," said Lila's daughter Sukie. "From the moment she arrived she was calm and happy, after being thoroughly miserable in hospital."

Lila lived in Cockfosters and had three children with Len, her husband of 61 years - Meryl, Sukie and Robbie. The couple also had six grandchildren and 12 great-grandchildren (with a 13th on the way). Her interests included golf and bridge and she was a 'prolific knitter' explained Sukie. "Mum knitted all her life and it was a fitting tribute that her entire family wore something knitted by her at her funeral."

Sukie added: "Mum absolutely loved helping at North London Hospice. She felt needed here. She would chat to patients but over the years she helped in many areas including the laundry and the kitchen. She had hoped to continue until her 90th birthday but was just three months short of that. She was our hero and is very much missed."

Tribute to Lila & Len

Lila is also missed by her friends and colleagues at NLH. Her family have purchased a gold leaf in memory of Lila and Len, who also died peacefully on our Finchley ward eight years ago, to go on our beautiful Tribute Tree. This provides funds that help us continue to support our patients and their families. Each leaf is engraved with the name of a loved one and remains on the tree for a year.



50 companies
raising £1000
each
= £50,000

NORTH-LONDON
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50 FOR 50 in 2020

- Put a collection pot in your office for 1 year
- Fill with spare change and see how it grows
- Sign your company up now and support your local hospice!



Contact Jo Leigh - Corporate & Special Events Manager
on 020 8446 2288 or jleigh@northlondonhospice.co.uk

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www.northlondonhospice.org
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ROBIN'S TREK

As Director of Fundraising, Robin Langrishe knows better than anyone about the importance of raising money to enable the Hospice to continue to provide end of life patient care.

So he's dusting off his walking boots once again to embark on his third fundraiser for North London Hospice. Two years ago it was the Himalayas which he conquered with our Director of Clinical Services, Fran Deane, and former Medical Director Chris Baxter.



In May 2020 he's off to trek the world famous Inca Trail in Peru, whilst raising as much money as he can to support patient care. His aim is to raise £1,850 - which could fund almost 15 nurses for a day.

If you'd like to help his fundraising effort you can visit his page at <https://www.justgiving.com/fundraising/Robin-Langrishe>

Or, if this has inspired you to pursue a challenge for NLH in 2020, why not join our Green Team and help us raise much needed funds for patient care. Visit our website at www.northlondonhospice.org/supportus or call 020 8446

KEEP ON RUNNING...

We have 18 fabulous supporters who are running the London Marathon for North London Hospice on Sunday 26th April. Their training is in full flow, as is their fundraising. They all have individual reasons for choosing to run for NLH, and we are very grateful for their support. Here's just a few of their stories.

Andy Dawson

Andy Dawson is taking on not one but two challenges for North London Hospice in 2020 - the London Marathon and our China Trek!

Andy says: "I had been thinking about doing something to thank the Hospice for the wonderful care and support provided to my wife, Rosemary, and our family, during her final weeks in 2017. Rosemary had often talked about taking part in a marathon but never got to do it so running the London Marathon in her memory seemed to be appropriate. Since her passing, I have found that running has helped me both physically and mentally to cope with the bereavement. Although I knew that taking part would be a challenge, it would also be a natural progression in my running while at the same time enabling me to give something back to the Hospice."

"I then heard about the Great Wall of China trek and felt inspired to take it further. I could make it a double challenge linking the marathon and trek by travelling all the way from London to Beijing by train! Having visited the Wall in 1986 during a trip around China, it will be fascinating to go back and see how China has changed."

You can support Andy here:

<https://uk.virginmoneygiving.com/AndyDawson11>

Jonathan Barr



Jonathan Barr is a seasoned marathon runner - this is his seventh London Marathon for North London Hospice and ninth overall! It's also a family affair as his wife Lauren has also taken part for the Hospice before as have daughters Sabrina and Sadie.

"Mum passed away on the Finchley ward on 30 July 2015. My life will be forever entwined with North London Hospice and fundraising to keep them going to help others."

"Whenever I revisit North London Hospice, I do not feel sad that it's where Mum died, but I feel comfort she was looked after so well as were we, her family. Mum loved the centre and kind selfless staff so much - as we still do."



Georgie Webb

Georgie has chosen to run for NLH after our staff cared for her dad.

North London Hospice is a very special and a close charity to my heart. They supported my dad throughout his battle with cancer; the nurses and carers were there for him from getting his medication to daily home visits. I've chosen to run the London Marathon for NLH to help towards raising awareness and money for the wonderful things they do for all the families facing a terminal or life-limiting illness."

You can support Georgie here:

<https://uk.virginmoneygiving.com/GeorgieWebb>

David Goldschmidt



In 2010 David ran a marathon for NLH. 10 years later he's doing it again!

"I have run multiple 10ks and half marathons but this is my first marathon since 2010. Training for a marathon is never easy but thankfully I'm married to a physio which has really helped with my recovery and conditioning."

"I have several friends and family members who have been involved with fundraising for the hospice and given that I now live around the corner, it was the obvious choice to represent. The hospice wouldn't exist without the donations they receive and given the plight of the high street, I genuinely feel people need to give more back to their local community."

You can support David here:

<https://uk.virginmoneygiving.com/DavidGoldschmidt>

HOSPICE PATIENT PHOTOGRAPHY GROUP HOLDS SUCCESSFUL FIRST EXHIBITION

North London Hospice's patient and carer photography group – Catching The Light – all have one thing in common. A passion for life.

"We're not dead yet! We have a lot of life left to live and a lot of passions," says founding member Karen.

The group is made up of members from all walks of life – including engineers, lawyers and sales managers – all of whom love looking at life through the lens.

EXHIBITION

After two years, our Catching The Light members were delighted to hold their very first exhibition on Thursday 5 December at our Health & Wellbeing Centre. More than 100 people came along to see the work of the group that was founded two years ago.

Catching The Light members meet monthly for photography walks through London as well as practical studio sessions to improve their skills.

The exhibition was an eclectic mix of images taken by past and present members ranging from mountain landscapes and seascapes, portraits, stunning plant life in summer and autumn and a fabulous collection of Stairways. A series of photographs showing the group in action also ran alongside the exhibition.



We were delighted that sales on the night raised around £1000 for patient care, and the exhibition was a poignant reminder that those facing a life limiting or terminal illness want to be viewed as more than just their condition.

"Yes many of us are terminally ill, but there's a lot of things you can do with you life before your expiry date," added Karen.

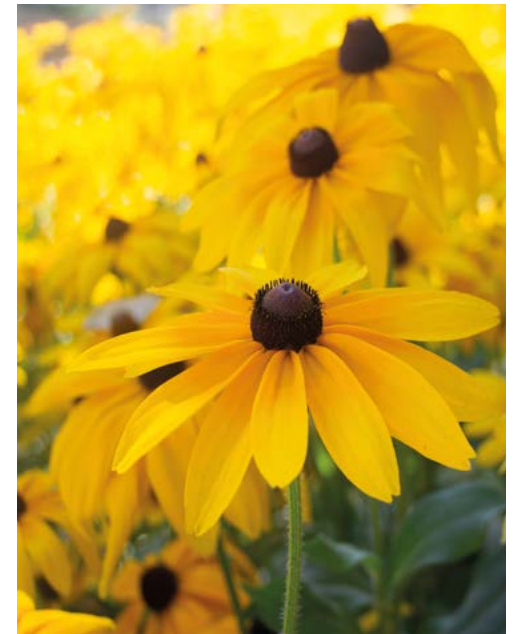
"We also wanted this exhibition to provide a reason for people to come and see the Health & Wellbeing Centre and to appreciate this magnificent space. It's a very peaceful space. We wanted to demystify it to people and to help others who may be facing a life-limiting illness understand it's a place they can come to for support."



BEHIND THE CANCER WE STILL ALL HAVE SKILLS

Ajay and his wife Sharon were part of the core group who founded Catching the Light in November 2017, which is predominantly made up of patients but also welcomes carers and family members. He added: "When we started we had no real plan. Photography skills ranged from zero to quite experienced. Some people used their phones and others had the full kit. But it gave us another purpose in life and for some, it was a reason to get out of bed in the morning.

"It's turned into a very therapeutic group that has helped stimulate conversation and friendships. Behind the cancer we all have skills and jobs and this exhibition has enabled us to combine our skills. Some of the photographs have real meaning to the person who has taken them, and we hoped that people who viewed them would not only see them as great pieces of artwork they would be happy to hang on their walls, but also understand the history behind them."





NORTH LONDON HOSPICE

Registered Charity No. 285300

This May we are inviting you to be part of North London Hospice's **FREE** Will Month.

An amazing opportunity to have your Will professionally written or amended, whilst at the same time supporting your local Hospice.

To find out more please call us on **020 8446 2288** or register your interest online at **www.northlondonhospice.org/willmonth**

YOUR DATA MATTERS



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THE POWER OF MUSIC

Thanks to a partnership with Nordoff Robbins, we are able to offer music therapy to our patients this year.

Nordoff Robbins Music Therapist Abbie Francis spends a day a week at NLH working with patients at our Finchley site & Health & Wellbeing Centre.



Nordoff Robbins is the largest independent music therapy charity in the UK, dedicated to enriching the lives of people affected by life limiting illness, isolation or disability. It supports thousands of people through its own centres and by working in partnership with organisations including care homes, schools and hospitals, and in Health and Wellbeing centres like ours.

Abbie holds individual sessions and each week patients, volunteers and staff are encouraged to join her in our communal areas for informal music sessions where they sing, tap or play along.



POWERFUL EXPERIENCE

The individual sessions can be of great comfort explains Abbie: "This can be a powerful experience for a patient. Being with someone at their bedside, when often communication is lost or difficult, they find a sense of companionship. And working with patients attending the Health & Wellbeing Centre provides an opportunity to create something, like a piece of music, to leave as part of their legacy. Learning a new skill or being creative provides a distraction or stress release."

Abbie also works with our bereavement support team and in the run up to National Grief Awareness Week in December she worked with a group to write a song about their journeys through grief and bereavement and shared experiences.

"The end product was a beautiful song, with verses representing the rawness, pain and heartbreak, set against an optimistic chorus which gives their advice on how to keep going," Explained Abbie. "The final verse looks forward, talks of healing with time, pushing through, and writing a new chapter without forgetting the book so far."

The group performed the song beautifully at our Catching the Light Photography Exhibition at the Health & Wellbeing Centre during the Grief Awareness Week in December. They sang to a large audience, and received some great feedback. It was an emotional performance, but their message sang through.

Abbie added: "Members of the group shared their experience of the importance of connecting with others who understand their situation and 'speak the same language'. They and I are keen to run a similar group in 2020."

NORTH LONDON'S GOT TALENT 2020

Check out all the photos from our fabulous acts at North London's Got Talent 2020 on our website **www.northlondonhospice.org/news**

Thanks to our performers, judges, the fantastic audience that joined us at the Finchley artsdepot and the army of staff and volunteers for making our fifth NLGT another fabulous event that raised thousands of pounds for patient care at North London Hospice.

But who was crowned our 2020 winner? To find out you'll have to visit our website, Facebook or Instagram pages!



JACK MORGAN MEMORIAL FOOTBALL TOURNAMENT RAISES £9000

More than 20 teams took part in a charity 5-a-side football tournament in memory of 22-year-old Jack Morgan, who was cared for by our nursing team in his final month (Read Jack's story on P3&4).

Our own North London Hospice team joined supporters from across Barnet at the Powerleague ground in Mill Hill on 30 November for a day of friendly competition, organised by Jack's best friend Teddie.

Stationery company Ryman kindly sponsored the event, which meant every penny of the £9000 raised will go towards patient care.

It's hoped this will become an annual event so look out for details and register for the 2020 tournament once a date is announced.



MAKE A WISH...

If you are facing a life-limiting illness or supporting someone that is, The Ambulance Wish Foundation UK is able to help fulfil a wish for a memorable day or a long-held dream.

Whether its fish and chips at the seaside, visits to family members or watching a favourite sporting team, The Ambulance Wish Foundation UK is here to help make that wish come true for people who are non-mobile and facing terminal or life debilitating illness.

With appropriately trained volunteers and specially adapted ambulances, they work with hospices throughout the UK to help people facing terminal illness, achieve a special goal, but you can also apply directly by submitting a wish via their website www.ambulancewishfoundation.org.uk.



In 2019 we were delighted they were able to help one of our patients relocate to a hospice in Bristol where he was much closer to his family.

If you have a wish, or know someone that does, contact The Ambulance Wish Foundation to see if they can make it come true.

LETS TALK TO CHILDREN ABOUT DYING



Charities like North London Hospice & Noah's Ark have developed learning in how active listening enables people to work through their grief. We will once again be running our 'Supporting Young People Facing Bereavement' one-day course for teaching staff and those working in education this year. The course provides tools to support children at this vulnerable time in their lives. The course date will be posted in the Education section on our website once confirmed.

Brits struggle to talk about death. A 2015 survey by the Dying Matters Coalition found that nearly three-quarters of us believe that our fellow Britons are uncomfortable discussing bereavement.

But we know that the right words can have immense power throughout the bereavement process.

And knowing what to say to a child or young person can be particularly important for teaching staff when you hear that on average one child in every classroom has been bereaved of a parent or sibling.

Going to a better place

Catherine Toohey, Head of Family Link and Therapies at Noah's Ark Children's Hospice, discusses the right and wrong ways to talk about bereavement

Mainstream society often uses terrible euphemisms to describe dying. Someone has "passed on" or "passed away"; like second-hand clothing. We've "lost someone"; will we find them later? And the one that really bothers me – they've "gone to a better place"; as if death and the seaside are somehow placed on a par!

Supporting young people, in particular, facing bereavement needs care, thought and great tact.

Using the right words

When speaking to a young person who has faced bereavement, the greatest challenge is how to actively listen to them. It's something that even those who are highly experienced at communicating with children, such as teachers, need to keep at the front of their mind. 'Active listening' means being led by the person who you are speaking to, rather than thinking what you're going to say next; it means acknowledging their situation; and, most importantly, it means that when you do talk, trying to find the right words.

There is no 'right way' to respond and therefore finding the 'right words' is hard, but there are ways to avoid the wrong words, for example by avoiding unhelpful comments such as 'I know how you feel' or 'they've gone to a better place'.

People are understandably concerned about saying the wrong thing, which can stop them reaching out to a bereaved person. But it's so often just the being there, being present, that is the most important thing to do.





LIGHT UP A LIFE 2019

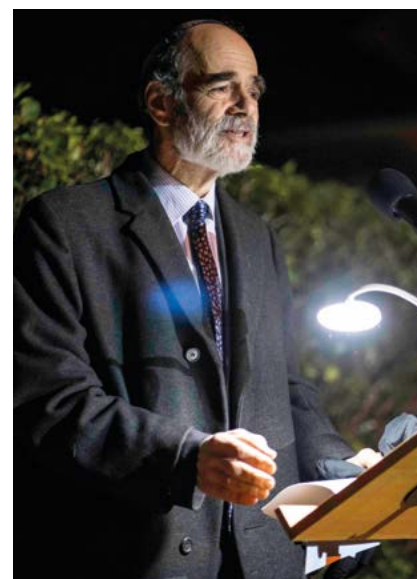


Hundreds of people came to remember a loved one at our Light Up A Light remembrance event on Sunday November 24, which raised over £86,000 for patient care.

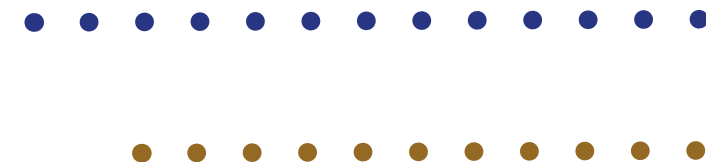


The choir from Brooklands Junior School performed once again, while The Big Choir joined us for the first time, and volunteer Laurie Little spoke of his journey with the Hospice having experienced the care for his late father and as a volunteer for almost 10 years.

The mayor or deputy mayors from Enfield, Barnet & Haringey joined the crowds outside the Hospice on Woodside Avenue, Finchley to watch the lights on our beautiful horse chestnut tree switched on and The Mill Hill Rotary Club very kindly served mulled wine, mince pies and doughnuts.



A big thank you to all staff and volunteers who helped ensure the night was a great success.



THANK YOU!

The community support for NLH is amazing. We are also very grateful to local businesses that choose to support us. There's been lots of activity over the past few months, here's a few people we would like to thank.

Our friends at Bohemia on Finchley High Road hosted a Halloween 'Thank You Thursday' evening for NLH on 31 October. For every pint of their own brew sold they donated £1 to the Hospice. Our fundraising team were also out in force, offering spooky themed cakes, kindly donated by Wenzel's the Bakers, and a host of games to punters who popped over to find out more about our services.



£266

Our very own Joe Attridge completed his 93rd half marathon in October when he took to the streets of Sofia in Bulgaria. We simply don't know where volunteer Joe finds the energy from but are extremely grateful for his continued support. His latest run raised a fabulous £2,207 for North London Hospice.



£2207

We're delighted to have been chosen as the new Charity of the Year by the Adam & Eve Pub in Mill Hill. A fantastic £860 was raised from an autumn quiz night and in December the pub was the venue for a winter market that raised further funds for patient care.



£860



£10,560

Thank you to everyone who took part in the charity golf day at North Middlesex Golf Club in October. The generosity of participants raised a phenomenal £10,560 for North London Hospice.

Thanks to YVA solicitors for becoming a commercial supporter for North London's Got Talent 2020. The Finchley firm was the sponsor for our live talent show on Saturday 8 February which meant even more funds were raised to support patient care.



£1500



£515

Thank you Debbie Walters for donning a Christmas Pudding outfit and taking part in the Santa Run in Victoria Park in December. Debbie ran in memory of her mum who was cared for by NLH and raised a fabulous £515.

A fantastico Italian themed night was enjoyed at St Mary Magdalen's Church hall where a delicious Italian meal was served to guests. The charity evening raised a wonderful £2790 for patient care at NLH. Thank you to Anna & Tony Franchi and all who organised the event.



£2790

We're delighted that 13-year-old Annie Miller completed her challenge to give up chocolate for a whole year. This amazing young lady not only managed 12 months without anything chocolatey but raised an incredible £2,300 for North London Hospice, which cared for her grandma, and Noah's Ark Children's Hospice. She also donated a hamper of chocolate goodies to a different good cause each month throughout 2019. Well done Annie and thanks for your support.



£2300

Thanks to Ladies Captain Anne-Marie Magee at Old Fold Manor Golf Club for choosing North London Hospice as one of two charities the club supported in 2019. We were delighted to receive a cheque for £6816.50 which will help fund patient care. We are very grateful for your support.



£6816

If you're part of a local business or organisation that would like to fundraise for us this year, then please contact our fundraising team on 020 8446 2288.

DATES FOR YOUR DIARY. DATES FOR YOUR DIARY. DATES FOR YOUR DIARY.

SUNDAY 23 FEB | CAPLIN'S DO THE 92!

Father and son Bob and Joshua Caplin are set to take on the '92 in 92' challenge in memory of wife and mum Rosemary to mark the 10th anniversary of her death. Together with Joshua's brother in law Stephen Goldman, the trio will attempt to visit the UK's 92 league football clubs in just 92 hours, covering a distance of 2,600 miles and hope to raise an incredible £9,200 for Chai Cancer Care and North London Hospice, which supported Rosemary at home in her final weeks. Help the Caplins reach their goal and read more about their story here: <https://www.forchai.org/caplinsdothe92>



SUNDAY 3 MAY | BIG FUN WALK 2020

Over 1600 supporters are expected to join us for Big Fun Walk, our biggest event of the year. The 8.5 mile walk from East Finchley to Westminster is suitable for all ages and abilities and is a wonderful way for people to come together and walk in memory of a loved one or to support the hospice, whilst helping to raise vital funds that enable us to continue to provide end of life care in our community. To find out more and sign up visit www.bigfunwalk.co.uk



WEDNESDAY 18 MARCH | NLH QUIZ NIGHT

Join us at Tottenham Millhills Cricket Club for our NLH Quiz Night. Teams of 4-8 people. Tickets £20 per person. Price includes a fish and chips supper. Arrive from 6.45, dinner served at 7.15 and quiz starts at 8pm. Contact Amanda in our fundraising team to sign up 020 8446 2288.

THURSDAY 26 MARCH | VOLUNTEERING INFORMATION EVENT

If you're interested in volunteering for the Hospice there are many ways in which you can help. Find out more at our Volunteering Information Event – one of several throughout the year. Starts at 10am at our Finchley site on Woodside Avenue, N12.



THURSDAY 2 - MONDAY 27 APRIL | INNER LANDSCAPES EXHIBITION

NLH supporter Michael Wasser is looking forward to his new exhibition, Inner Landscapes, and has kindly offered to donate part of the proceeds to North London Hospice. The collection of paintings of flowers is available to view Mon-Sat at Lauderdale House in Highgate, N6. Email Michael at wassermos@gmail.com for more details.

TUESDAY 28 APRIL | FREE WILL EVENT & TOUR

We will be holding our Free Will Month throughout May. If you are considering writing a will and want to find out more about Free Will Month come along to our event at Finchley. You can also take a tour of the Hospice to learn more about the different areas of our work



MAY 2020 | FREE WILL MONTH

If you are considering writing your will, our Free Will Month will be running throughout May and enables you to have your will professionally prepared for free in exchange for a donation or pledge to leave a gift of any size to North London Hospice. Contact our fundraising team for further information on 020 8446 2288.



FRIDAY 15 - SUNDAY 24 MAY | PERU INCA TRAIL TREK

Our Director of Fundraising, Robin Langrishe is dusting off his walking boots once again to embark on his third fundraiser for North London Hospice. Two years ago it was the Himalayas and in May he's off to trek the world famous Inca Trail in Peru, whilst raising as much money as he can to support patient care. If you'd like to help his fundraising effort you can visit his page at <https://www.justgiving.com/fundraising/Robin-Langrishe>

SUMMER CHALLENGES 2020

We have a whole programme of runs, bike rides and golf days throughout the summer. From the Hackney Half Marathon in May, an NLH Golf Day in June, and the Prudential and London to Brighton cycle rides in August and September. So if you're looking for a challenge to get you fit this year why not sign up and raise much needed funds for your local hospice as well. Visit the 'support us' section at www.northlondonhospice.org to find a challenge that suits you.



SUNDAY 20 JUNE | HIGHWOOD ASH OPEN GARDEN

What's better than an English early summer garden? Not much we say, and the Open Garden at Highwood Ash in Mill Hill is certainly sure to delight. The garden will be open from 2-5.30pm with all proceeds from the ticket entry going to North London Hospice. Make this a date in your diary – it's a wonderful way to spend an afternoon.

SATURDAY 27 JUNE - SUNDAY 5 JULY | PROMS AT ST JUDE'S

This fantastic festival of music, great literary talks, fascinating heritage walks and edgy stand-up comedy is back and once again raising funds for North London Hospice and Toynbee Hall. Concerts will be performed in the acoustically excellent St Jude-on-the-Hill church in Hampstead Garden Suburb whilst LitFest will be in the nearby Henrietta Barnet School. Visit www.promsatstjudes.org.uk



NORTH LONDON HOSPICE FINCHLEY

47 Woodside Avenue, London N12 8TT (for SatNav use the postcode N12 8TF)
Telephone: 020 8343 6806 Fax: 020 8343 7672 Email: nlh@northlondonhospice.co.uk

HEALTH AND WELLBEING CENTRE

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

OUR CHARITY 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**



Crouch End

020 8340 3269

21 Topsfield Parade, London, N8 8TP

East Finchley

020 8883 6493

123 High Road, London, N2 8AG

Enfield Town

020 8366 1297

60 Church Street, Enfield, EN2 6AX

Finchley Central

020 8349 0290

15 Ballards Lane, London, N3 1UX

Golders Green

020 8731 7807

41 Golders Green Road, London, NW11 8EE

High Barnet

020 8441 3325

94 High Street, Barnet, EN5 5SN

Mill Hill

020 8959 3162

8 The Broadway, London, NW7 3LL

Muswell Hill

020 8444 8131

44 Fortis Green Road, London, N10 3HN

New Barnet

020 8440 8424

63 East Barnet Road, Barnet, EN4 8RW

North Finchley

020 8445 5148

724 High Road, London, N12 9QD

North Finchley Furniture Shop

020 8343 6814

987 High Road, London, N12 8QR

Palmers Green

020 8447 8884

377 Green Lanes, London, N13 4JG

Southgate

020 8886 4342

71 Chase Side, London, N14 5BU

Turnpike Lane

020 8889 0660

19 High Road, London, N22 6BH

Whetstone

020 8343 9888

1297 High Road, London, N20 9HX

Winchmore Hill

020 8360 5220

743 Green Lanes, London, N21 3RX

Wood Green

020 8365 8622

212 High Road, London, N22 8HH

www.northlondonhospice.org

