

# Rennie Grove Matters



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# Welcome

Welcome to the autumn/winter 2022 issue of Rennie Grove Matters.

This issue arrives at a particularly significant time for the organisation as by the time you read this we will have started our merger integration with Peace Hospice Care to create one new charity, called Rennie Grove Peace Hospice Care.

This exciting development is driven by our shared desire to combine resources and work together to deliver the best possible care that meets the needs of the communities we serve. All services will continue in their current form while our teams prepare for the future and fundraising will be even more important than ever in the merged organisation.

This may be the last issue of Rennie Grove Matters in its current form. It is a chance to thank you for your ongoing support, celebrate everything that makes Rennie Grove



the organisation that it is, and to look forward to the exciting developments that are to come.

I hope you enjoy this issue of Rennie Grove Matters and if you have any feedback or questions, please get in touch using the details on page 27.

Thank you,

*Stewart Marks*

**Stewart Marks, Chief Executive  
Rennie Grove Peace Hospice Care**

DID YOU  
KNOW?

The regular donations received from our Vice Presidents in 2021-22 were enough to fund one of our overnight nurses for a year.



To find out more about becoming a Rennie Grove Vice President visit [renniegrove.org/VP](http://renniegrove.org/VP)

# Caring for Toni

**After being diagnosed with late-stage cancer, Antonio – or Toni, as he was known – spent his last few days at home, supported by Rennie Grove. Born in Italy, Toni really loved food and being at home meant he was still able to share his love of good food, even making a fish pie from bed!**

Toni's story is completely unique, as with all of the patients that Rennie Grove cares for, thanks to the individually tailored care we provide.

Toni's wife, Dana, says:

"I didn't realise how much I needed Rennie Grove's support until we had it. When the nurses started coming out to us, I broke down and cried. It felt like the whole world had lifted off my shoulders."

Dana shared her experience of Rennie Grove's care for the programme of a one-off fundraising concert, Sublime Strings, that was held in Chelsea's Cadogan Hall in June.

The special concert featured Sheku Kanneh-Mason, his brother Braimah and friend Plínio Fernandes, who are all housemates. The concert was their way of thanking their landlord, Stephen Spiro, Chair of Trustees at Rennie Grove, for his support during lockdown when concerts were cancelled.

Dana bought tickets to attend the event with her daughter and

granddaughter, Eliana, who is a keen cellist and huge fan of Sheku Kanneh-Mason. After the concert she had the opportunity to meet the renowned musician in person.

Dana says:

"For Eliana to be able to meet Sheku was such a special moment. Toni was very close to Eliana so it was bittersweet for us that he was not there to witness her excitement at meeting one of her heroes.

**"When Toni was ill, Rennie Grove made the journey easier for us all. It was lovely to be able to attend this event and give something back to the charity."**



# Volunteering stories

Mahdiya has been volunteering as a Living Well volunteer at Grove House since July.

She says:

"I have five daughters and a very busy home life. For me, finding voluntary work was about having some time for me – when I could be Mahdiya, not Mum – and give something back to my local community."

"So far I am really enjoying the role. I volunteer one day per week with the Living Well service and my job is to be on hand to chat to people, offer them support and help with the running of the session."

"It's a very friendly and relaxed atmosphere. I feel really valued."



"My placement with Rennie Grove shaped my interest in medicine"



Triya Chakravorty credits her volunteering at Grove House with inspiring her medical career.

She says:

"I first volunteered with Rennie Grove during sixth form and had the opportunity to attend home visits with the Hospice at Home team. It taught me a lot about the nature of medicine as a caring profession."

"I am currently working as a foundation year one doctor. I'm so glad I chose to take that summer placement with Rennie Grove as it really shaped my interest in medicine."

You're never too old, or young, to volunteer. Our oldest volunteer is 91 and the youngest is just 14.

DID YOU KNOW?



Sir Martyn Lewis

Broadcaster and Rennie Grove Patron, Sir Martyn Lewis is kindly offering £6 to Rennie Grove for every birthday video ordered via his website [yourbigday.tv](http://yourbigday.tv) using the promotional code RENNIEGROVE.

For our charity shops to work at their best, we need 2,736 hours of volunteer time per week across all 25 shops. During an average week in June our retail volunteers donated 2,323 hours of their time.

Each hour a volunteer gives, helps raise approximately £50 towards patient care.

### DID YOU KNOW?



**Jo Dunn**

Thank you to Jo Dunn for organising an art exhibition and auction in Tring. Jo auctioned off her own beautiful artwork, raising a fabulous £737.

## Could you give the gift of time?

Volunteers truly are the lifeblood of the organisation, keeping everything from our offices to our shops running smoothly. With over 1,300 active volunteers across almost 70 different roles, we have a huge range of opportunities to suit all skills and interests.

Take a look at our website to see the current roles we're recruiting for. If there isn't a role that takes your fancy, we would still love to hear from you. We can work with you to identify the best use of your time, skills and experience.

### For more information

T 01727 731020

E [volunteer@renniegrove.org](mailto:volunteer@renniegrove.org)





# Rennie revisited

As our 25 charity shops return to normal following the pandemic, we have been 'revisiting' our portfolio to make sure all our stores are meeting the needs of both the charity and our customers.

As part of this, we have unveiled our first Reloved Boutique. Located in Beaconsfield, the new-look boutique shop stocks second-hand designer labels and high-end fashion. The Reloved Boutique has its own distinctive feel, with a grey-green colour palette instead of the pink and purple usually associated with Rennie Grove. It is a place for people to buy stunning party pieces and exquisite occasion wear in a sustainable way and for a fraction of the price.

Our discount stores have also been revisited, with the Harpenden branch receiving a makeover during the summer, and being rebranded as a ReValued Outlet. The renovations saw the introduction of a new colour palette that focuses on muted tones of the charity's trademark pink, as well as new signage and changes to

the layout of the store. A community board was also introduced to allow the shop team to display messages for the local community to keep people updated on what is happening in their area.

Nicola Flood, Buying, Merchandising & Business Development Manager at Rennie Grove, explains: "The Rennie Revisited programme is all about ensuring our shops are reaching their full potential, so we can raise more money to fund care for local people who need it.

**"The High Street has changed considerably over recent years, especially since the pandemic, and we want to keep ahead of the changes to make sure our stores are fit for the future. We couldn't operate our shops without the communities they're based in – whether that's donating goods, volunteering time or shopping there. That's why this programme of revisiting our shops has a real focus on community and thanking everybody who makes our retail operation the success that it is."**

Each week we sell over 150 items on eBay, generating around £4,000 for Rennie Grove weekly.

DID YOU  
KNOW?

## Retail academy

As well as revisiting our shop premises, to ensure a best-in-class retail operation, Rennie Grove has developed a training programme to attract and retain the best talent in the business.

The Retail Academy is a unique in-house programme that will run annually for retail managers and assistant managers across all shops. Through modules that cover topics such as visual merchandising, business planning and performance, managers will develop the skills needed to future-proof our retail operation in an ever-changing landscape.



## Tarot cards

With the closure of high street shops during the pandemic came an upturn in online retail.

For Rennie Grove this meant an opportunity to grow our eBay and other online sales rapidly. Online sales continue to go from strength to strength, thanks to the generosity of our donors and some unexpected gems that make their way to our distribution centre.

Last year such a gem turned up in the form of a pack of Tarot cards that were donated to our Chesham shop. After listing them on eBay, the retail team was contacted by a buyer in Australia who explained that the cards looked to be from 1910-1920 and could command much higher sums, with many serious bidders keen to get their hands on them.

The same eBay user went on to become the proud owner of the cards after bidding reached £1,800! The buyer was delighted to receive the cards in immaculate condition with no bends, creases, stains or peeling at the edges, even after 111 years.

**The sale price was a fantastic boost in helping us fund round-the-clock nursing care for local people with life-limiting illnesses.**





## Wheelie good fundraising

Matt and Jamie from Buckinghamshire celebrated the end of their GCSE exams with a sponsored bike ride to Land's End. Starting from their school, Chesham Grammar School, the two friends, aged 16, cycled a total of 337 miles without any support.

Their incredible feat raised a total of £3,425 for charities close to their hearts, including £800 for Rennie Grove.

Matt's mum, Kellie, said:  
**"I'm so proud of both boys for completing this challenge. The fact they did it without any support was very nerve-racking for us parents, but we are so incredibly proud of their determination and commitment."**

We need to raise over £24,000 every day to continue to provide our services for all the local people who need us.

DID YOU KNOW?

### West Herts Crematorium

West Herts Crematorium chose Rennie Grove as its charity of the year and raised an incredible £25,000.



### Tring Brewery

Thank you Tring Brewery for your continued support, and making Rennie Grove Charity of the Year, in this, the brewery's 30th anniversary year.

# Sharon's story

**Sharon was diagnosed with breast cancer in 2021. During her treatment she was referred to Grove House to access the Living Well Programme.**

As well as attending weekly Living Well sessions, Sharon has accessed exercise classes and counselling services for herself and her children. Here she describes the impact the services at the recently renovated Grove House has had on her:

"The first day I visited Grove House I felt so nervous, I almost drove home again. I stopped myself and took that first step through the doors. And I'm so glad I did.

"I honestly didn't know what to expect. I was lost and didn't know where to turn, but from the beginning everyone at Grove House was so welcoming. I had a lovely chat with a nurse in the reception area and she invited me in for a cup of tea and to meet everyone. I ended up staying for lunch and did an exercise class and learned some relaxation techniques.

"The hub is a friendly, relaxed environment and the nurses, carers and volunteers are wonderful.

On that first visit I realised I could just be myself there. Out in the world I'd been trying to cope, but the truth is I knew I'd never feel 'normal' again. At Grove House I knew I could feel however I needed to, and I was in a safe space. I had been putting on a brave face to protect those around me but I knew I didn't have to wear that with Rennie Grove. And that was such a relief.

"At Grove House no one judges you. They take you as you are on that day and you can talk to the nurses or volunteers about anything you feel concerned about.

"It was also good to be able to meet others going through the same thing as me, who understood without me having to say anything.

**"Coming to Grove House has really improved my confidence. Rennie Grove has given me good company, support, advice, reassurance and hope all in one place. With Rennie Grove you're not on your own."**



# Wellbeing

After the events of the past few years, it has never been more important to look after our wellbeing. This is high on the agenda at Rennie Grove with a wellbeing focus group established over the past year to ensure that the wellbeing of staff and volunteers is front of mind.

The wellbeing focus group is led by Deborah Gould, the Director of Retail & Trading at Rennie Grove, along with colleagues from across the organisation. Deborah explains:

“The group is focused on looking after all aspects of wellbeing, both at work and outside of it. Some of the things we’ve considered so far are the availability of wellbeing areas in all our offices and shops, encouraging staff to take regular breaks from their work and signposting activities and sources of support for wellbeing.

“One of our first steps has been to introduce a wellbeing newsletter for

staff. This has been well received by colleagues who appreciate the focus on looking after themselves at work.

**“Yoga is a big part of looking after my own wellbeing and I know how important it is to have something in your life that allows you to breathe, relax and take care of your body and mind. For some people this might be joining a choir, walking or volunteering for a cause that means a lot to them. Our aim is to develop information for staff on things happening in their community that might support them in body and mind.”**



## DID YOU KNOW?

Rennie Grove shops work with a recycling company so that clothing, shoes and bags that are not suitable for sale can be sold for recycling.

We estimate this will generate around £108,000 of income for Rennie Grove this year.

# Light up a Life



Rennie Grove's Light up a Life services are a poignant and uplifting way to come together with friends and family over the festive season to remember someone special.

This year we are holding three services in our community, to give as many people as possible the opportunity to gather and celebrate the life of a loved one by lighting a candle in their memory.

As well as your loved one's light joining hundreds of others on our beautiful Christmas trees, everybody who sponsors a light will receive a Light up a Life card by post. The card includes a silver star decoration which can be hung on a Christmas tree or displayed in the home as a way of remembering loved ones.

For those who would like a virtual space to pay tribute to a loved one, we have a dedication page in partnership with Much Loved, where you can leave a message and upload a photo of a loved one.

## Sponsor a Light or make a dedication online

W [renniegrove.org/lual](http://renniegrove.org/lual)  
E [lual@renniegrove.org](mailto:lual@renniegrove.org)

### Saturday 26 November | 2pm

#### All Saints Church

Castle Street, High Wycombe

*Organised by the  
Rennie Grove High Wycombe Group.*

### Sunday 27 November | 4pm

#### Duke Street Gardens

Princes Risborough

*Organised on behalf of Rennie Grove by the  
Rotary Club of Princes Risborough.*

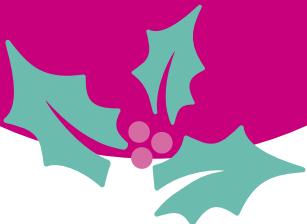
### Thursday 8 December | 7pm

#### St Peter's Church

St Peter's Street, St Albans

*The Rennie Grove Light up a Life concert will  
be compered by Pam Rhodes.*

# Supporting Rennie Grove this Christmas



## Rudolph Run

4 December

**Our popular festive family fun run returns to the streets of St Albans!**

Starting from outside the Waterend Barn pub on St Peter's Street, the Rudolph Run includes both 1.5km and 5km routes around the streets of St Albans. Participants are invited to don their best festive attire to run, walk or even scooter the course - and we will provide antlers for you to complete your outfit!

### Ticket prices

**Child £6 | Adult £10**

**To find out more or to register, visit [renniegrove.org/rudolphrun](http://renniegrove.org/rudolphrun)**

**Ticket prices include a pair of antlers to complete your festive look!**



i

**Information leaflet enclosed!**

## Christmas shop

**Rennie Grove's range of Christmas cards is on sale now and available via our shops, mail order or online.**

With a range of designs from religious and traditional to contemporary, the collection includes something for all festive tastes. Prices start from £3.75 for a pack of 10 cards.

**To shop, visit [renniegrove.org](http://renniegrove.org)**

## Christmas lights

**Could you light up your neighbourhood with a festive display of Christmas lights to raise money for Rennie Grove Hospice Care?**

Maybe you could team up with neighbours to decorate the whole street or neighbourhood. As well as spreading festive cheer, you could help us raise vital funds to support nursing care for people in your community who need it.

**To get involved, email [community@renniegrove.org](mailto:community@renniegrove.org)**



## Double your donation with The Big Give

Rennie Grove is once again joining The Big Give Christmas Challenge. This annual event gives all supporters the unique opportunity to have their donation to Rennie Grove doubled.

For 2022 we have set a challenge of raising £80,000 – which would be enough to fund our Hospice at Home nurses over the 12 days of Christmas.



**Mark your diaries!**

Don't miss out on the opportunity to double your money for Rennie Grove this Christmas.

### How The Big Give Christmas Challenge works:

 Over the summer our fundraising team secured pledges, which are matched by a Big Give Champion, to create a match fund pot.

 From Giving Tuesday the campaign is live. During the seven-day period, any donation you make via the Big Give website will be doubled by the match pot.

 The campaign is live from Tuesday 29 November (midday) – Tuesday 6 December (midday).

**Visit [thebiggive.org.uk](https://thebiggive.org.uk)**

Only donations made via The Big Give website will be doubled, while match funding lasts.





# Wonky's Wheeler

**Mandy wanted to fundraise for Rennie Grove Hospice Care to give something back for the care her mother has received since being diagnosed with Progressive Supranuclear Palsy (PSP) in 2019.**

"My mum, Veronica – or 'Wonky' as she's known to all – was so fit, healthy and active. Her neurological condition has robbed her of the ability to walk, talk or swallow. The transformation has been painful to watch. That is why we are all so grateful to Rennie Grove for the support its nurses have given the whole family at a very difficult time.

"The Rennie Grove nurses understand the condition, know what Mum needs and make sure she gets it. They are always kind, compassionate and

positive. This means they have taken a huge amount of stress off my dad which has been invaluable.

"I wanted to take on a fundraising challenge to give back to Rennie Grove and when my friend, Ali, spotted an advert for the Tour de Rennie Grove, we knew that was just the challenge for us.

"We called ourselves the Wonky Wheelers, in Mum's honour, and set about training for the three rides of the tour. I have taken part in triathlons before but the distances – and the hills – on these routes were a real challenge.

"The routes were wonderful and I've enjoyed taking training rides past places my family used to go together when I was a child, like Whipsnade Zoo and Tiggywinkles – that one was a slight deviation from the route – but so worth it for the smiles we got when we showed Mum the photos.

"I trained and completed the rides with two of my friends – Ali and Jody. It was such a great experience. Especially when Mum met us at the end of the second leg. She was all smiles and really reminded us all why we were doing it.

**"We set a team fundraising target of £1,000 and we managed to smash that, raising over £1,800. I'm so glad to have been able to raise these funds so that other families can benefit from the same support that has been so critical to my family over the past three years."**

# A marathon effort

**A record number of runners took on this year's London Marathon to raise money for Rennie Grove. Our biggest marathon team to date included runners with golden bond (charity) places, ballot places and deferred places from the cancelled 2020 event.**

Some members of the team even decided to push themselves further by taking on additional challenges before or after the Marathon. Dan is on a mission to complete seven marathons in the space of six weeks for Rennie Grove. Here is his story:

"I started running in about 2014 and completed my first marathon in Berlin in 2016. Following Berlin I got the running bug and have run a marathon or two each year, while also using it as an excuse to travel, but never have I attempted seven back-to-back!"

"I am running in memory of Alan, my mum's partner, who sadly died of stomach cancer last year and was supported by Rennie Grove at the end of his life. It all happened so quickly – there were only six weeks between his first symptoms and his death.

"It was a terrible shock to us all and I've chosen to run all seven marathons within the space of six weeks to highlight how quickly it all happened. The final marathon of my series, Athens, takes place on the one-year anniversary of Alan's death – 13th November.

**"During Alan's short battle with cancer, Rennie Grove was incredibly helpful and supportive, and they've continued to support my mum since Alan's death. I want to repay Rennie Grove for their continued care, and my goal is to run seven marathons in six weeks in Alan's memory."**

If you would like to take on a running challenge in 2023, get in touch with the fundraising team via [events@renniegrove.org](mailto:events@renniegrove.org)



# Better together Collaboration in hospice care

**With over 200 hospices in the UK, collaboration is an important tool to ensure quality, efficiency, cost-effectiveness and resilience. We regularly work with partners – both hospices and NHS organisations – to ensure we can do the best for our patients by delivering the services they need, where they need them.**

## Merger

Our merger with Peace Hospice Care is borne out of a passion to offer improved and extended care for local people.

Stewart Marks, the designate Chief Executive of Rennie Grove Peace Hospice Care, says:

“With the number of people needing more complex end-of-life care rising every year, we must be ready to change and adapt to ensure that resources are used in the most effective ways. By merging, we will be able to pool our resources to reach many more people with even better care. Our wonderful local community raises most of the cost of running our services so it’s important that we repay this by making sure we are always meeting the changing needs of everyone in the community.”

The Learning and Development departments of the two organisations have been working as a collaborative cross-organisation team since September 2020. The successful collaboration has already reaped numerous benefits for both organisations including cost efficiencies, a bigger team with a broader skill set and a combined voice at regional and national forums.



## Rapid Personalised Care Service

Following the highly successful rollout of the Rapid Personalised Care Service (RPCS) in Hertfordshire, Rennie Grove was appointed to implement a 12-month pilot scheme for Buckinghamshire, in collaboration with Florence Nightingale Hospice, that started in April 2022. As with the existing Hertfordshire service, the aim is to provide personal care up to four times per day for people who are in the last 12 weeks of life, enabling them to stay at home or return home from hospital.



*Stewart Marks  
Chief Executive*

*Rennie Grove Peace Hospice Care*

*Professor Stephen Spiro  
Chair of Trustees*

*Rennie Grove Hospice Care*

*Dr Jeremy Schindler  
Chair of Trustees*

*Peace Hospice Care*

*Jackie Tritton  
Chief Clinical Officer*

*Rennie Grove Peace Hospice Care*

The service is fully funded by the NHS, but operates within the hospice organisations, enabling patients to be fluidly cross-referred for personal care and nursing support as required.

Both the Hertfordshire service and the Buckinghamshire pilot would not have been possible without close collaboration with partner organisations in the area.

In Hertfordshire the three organisations now run their fully commissioned services individually but the professionals working in these services still work closely together – offering support, smoothing out logistical challenges and advising each other on complex cases.

In Buckinghamshire, Rennie Grove's RPCS team was able to share its knowledge and expertise to help train staff from Florence Nightingale in setting up its own service.

This all ensures the best service for patients, wherever they live in Buckinghamshire or West Hertfordshire.

### **Professionals conference**

Each year we host a one-day conference to bring together healthcare professionals from across the country who have an interest in palliative and end-of-life care.

This year's conference will take place virtually on Wednesday 19 October and will focus on the theme of 'collaborative working in palliative care'.

With a whole host of speakers from across the UK lined up to impart their wisdom, it's due to be a must-attend event for professionals across all disciplines, organisations and sectors in palliative care.

**For more information visit**  
[\*\*bit.ly/RennieGrove-AnnualConference\*\*](https://bit.ly/RennieGrove-AnnualConference)

# Caring for Ahnie

**As a foster carer, Fran first met Ahnie when he was a baby. When he became eligible for adoption aged 20 months, Fran didn't hesitate.**

She knew Ahnie had nystagmus which affected his sight. But it wasn't until he turned two that a series of tests highlighted he was severely sight impaired. By 2019 he was registered blind.

Then Ahnie began to experience episodes of collapse.

"We thought he was having seizures," says Fran. "Doctors suggested ataxia, maybe a mitochondrial disease, possibly a life-limiting condition."

When he was 5, Ahnie was diagnosed with autism and ADHD and now, aged 6, he's under several specialists

for his different symptoms. But still no-one has been able to identify the underlying cause.

"The health visitor referred us to Rennie Grove's Children's Service when Ahnie was 3," explains Fran. "Having the team to call on has made such a difference."

From accompanying Fran and Ahnie to appointments, chasing referrals, signposting grants and other support, and now supporting Ahnie through play sessions, Fran says Rennie Grove has changed their lives.

"The Rennie Grove children's specialists see the whole child, and they remind Ahnie's other healthcare professionals to work together instead of treating each symptom separately."

The children's nurses have also worked with Fran to get Ahnie the support he needs to remain working at his cognitive level in a mainstream school.

"Despite all his health challenges, he can meet his learning milestones as long as he has the right support in place," says Fran. "Without Rennie

Grove's help and reassurance, I wouldn't have had the confidence or self-belief to keep pushing for that support.

"They've also helped us access other things that have transformed Ahnie's life. For example, charities that help with access to hospital by providing volunteer drivers



and support workers; and a grant for an all-terrain buggy that means I can get Ahnie out and about in the countryside and walk his companion dog, Stan."

Now Ahnie's starting to question the differences between him and his peers, Fran says fortnightly sessions with Rennie Grove's play specialist, designed to help children understand illness and process difficult feelings, are really helping.

"I don't know how the play specialist does it, but she makes an incredible difference. She helps Ahnie connect to his emotional self and the benefits last for days. He's calmer, more affable, his emotions are more regulated. You can tell he feels better about himself. As a parent, you can't put a price on that.

**"We don't know the long-term outcome for my little boy – but quality of life for our whole family has massively improved thanks to Rennie Grove."**



### Romanum Lodge

Thank you to Romanum Lodge for a donation of £2,100 to fund the cost of a syringe pump (which administers drugs to keep patients comfortable as their illness progresses) and maintenance for three years.

### Tring Running Club

Thank you Tring Running Club for supporting us at the annual Tring Midsummer Fun Run and raising over £1,200.

#### Thank you to race sponsors:

Greenfleets Ltd  
Cook Partnership  
Tring Brewery  
Tring Athletic Football Club  
Harpenden Building Society

This year we had 18 golden bond runners take part in the London Marathon. Between them they trained for 288 weeks, clocking up an impressive 6,750 miles – now that is a lot of running!

You can read Dan's Marathon story on page 15.

DID YOU  
KNOW?

# A day in the life

## Helen Hextall

Day Services Nurse

**As a band six nurse, Helen is responsible for overseeing the Living Well service at Grove House.**



**8.30am**

Helen starts the day by checking her e-mails and making a list of patients she is expecting to attend Living Well that day. Either Helen or one of her colleagues, Jane and Emma, will assign each patient to a member of the team who will conduct a one-to-one consultation with them during the day's session.

**10.00am**

The volunteers who support the service start to arrive. Helen has a new volunteer today so spends time welcoming her. Helen, or one of her colleagues, then holds a briefing for all staff and volunteers working that day's session.

**9.00am**

Helen and her colleagues discuss which patients they are expecting that day and hand over any ongoing issues or concerns. The team prepares the relevant paperwork for each patient, checking that all medical information is up-to-date.

**10.30am**

Patients arrive. Helen and her team settle everybody in. She then starts one-to-one consultations with patients.

**9.30am**

Helen welcomes a work experience student and settles them in. After making back-up plans for that day's music therapy due to the usual instructor being ill, Helen takes some calls from patients and their families.

**11.30am**

This week's activity is music therapy. Helen films the session for the website, to help prospective patients understand more about what Living Well offers.

**12.00pm**

Helen completes some induction paperwork with her new volunteer.



### 1.30pm

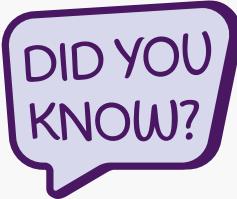
Helen sits and speaks to the day's patients as a group before completing a volunteer's monthly catch-up.

### 2.00pm

As the day's patients leave at the end of the session, Helen holds a debrief for staff and volunteers before completing follow-up paperwork. She writes up notes and makes referrals to other services that patients have a need for.

### 4.30pm

After completing paperwork for patients and checking her e-mails, Helen finishes for the day: ready to start again tomorrow with a new group of patients.



In the Living Well service we currently have 20 active volunteers. Without these volunteers to help run the service, we would need to employ at least two Health Care Assistants.



Thank you to our **green-fingered supporters**, including Winchmore Hill Residents Association, who have opened their gardens or hosted plant sales to fundraise for us this summer.



Thank you to all our supporters who have turned their love of golf into raising thousands of pounds for Rennie Grove by hosting golf days this year.

# Join with us

## Musical Fireworks

5 November

### St Mary's Church | Thame | 7.30pm

A concert to mark the 30th anniversary of Wendlebury Winds featuring music by Mozart, Dvořák, Françaix, Aleksandér Lalo, Malcolm Arnold, and Handel.

## Ladies Lunch

25 November

### Verulam Golf Club

Tickets cost £50, which includes a drink on arrival and a 2-course lunch.

To book, e-mail

[anne.swanston@hotmail.co.uk](mailto:anne.swanston@hotmail.co.uk)

## Rudolph Run

4 December

### St Albans

Take part in our 1.5 or 5km fun run in your best Christmas attire and we will supply the antlers!

Register your interest at

[renniegrove.org/rudolphrun](http://renniegrove.org/rudolphrun)

## Santa float

4 - 18 December

### Tring and the surrounding villages

Santa Claus is coming to town!

For dates and routes, visit

[renniegrove.org/santafloat](http://renniegrove.org/santafloat)

## Wreath making

7 December

### Grove House | £35

Join us at Grove House or sign up to our virtual workshop to craft your seasonal creation from the comfort of your own home on any day in December that suits you.

Places are limited, book now at  
[renniegrove.org/wreathmaking](http://renniegrove.org/wreathmaking)

## Light up a Life carol concert

8 December

### St Peter's Church | St Albans

The festive season is a special time to be with friends and family and what better way than at this beautiful concert, hosted by Pam Rhodes with conductor Douglas Coombes and music by The Amici Singers.

To book, visit

[renniegrove.org/LUALCarolConcert](http://renniegrove.org/LUALCarolConcert)

## Christmas lights

December

Could you join your neighbours to decorate your home or street with a festive display of Christmas lights to raise money for Rennie Grove Hospice Care?

To get involved, e-mail

[community@renniegrove.org](mailto:community@renniegrove.org)

## **Big Festive Quiz of the Year**

**Various - December**

Our Big Festive Quiz of the Year is back for 2022. Simply download your questions – and make a donation to Rennie Grove – then host at home with your friends and family. Available from late November.

**To sign up, visit**

[renniegrove.org/bigfestivequiz](http://renniegrove.org/bigfestivequiz)

## **Daffodil Walk**

**12 March 2023**

### **West Wycombe Park**

A chance to walk in the beautiful park and enjoy tea and cake when you finish.

**Booking available soon at**  
[renniegrove.org](http://renniegrove.org)

## **You can help to support us by playing the Hospice Lottery**



We've benefited from over £4.8 million in funding from Hospice Lottery players since 1997, which has helped to ensure that we can make a difference to the lives of so many patients and their families.

By playing The Hospice Lottery, not only will you be helping to make a difference to people in need of our care, you also get the chance to win a top prize of £1,000 every Friday and up to £10,000 in the bonus Rollover prize.

**It's a win-win for everyone!**



The Hospice *Lottery*

**To take part, visit [hospicelottery.org.uk](http://hospicelottery.org.uk)**

# Charity of the Year

A Charity of the Year partnership with Rennie Grove Hospice Care is a fantastic way to motivate and unite your employees, create positive PR opportunities for your company and raise vital funds to support local hospice care.

Whether you have a small team or hundreds of employees, we can provide a tailor-made Charity of the Year partnership plan that will really work for your business and employees.

Whether it's employee fundraising and engagement, commercial opportunities or one-off events, our corporate team will work with you to develop a mutually beneficial partnership.

We have a track record of running successful charity partnerships and can help with support through the nomination process, engaging staff, planning fundraising activities and developing a mutually beneficial partnership. Encouraging your staff to get behind a common goal can help with motivation and team bonding, which is great for retaining staff.

## Benefits

### Professional account management

Receive support from an experienced and dedicated account manager, to ensure our partnership meets your objectives.

### Activities and events

A bespoke calendar created for your company – our passion is in innovative and exciting fundraising ideas that are easy and fun.

### Corporate volunteering opportunities

Provide a tangible way for staff to make a difference, bringing teams together for a rewarding day.

### Staff engagement

We'll provide you with the stories of families we have supported, to help your staff understand how their support makes a real difference.

### Networking opportunities

Meet other business owners and potential customers through our Corporate Network.

### Press and PR support

Create positive PR for your company online and in printed publications.



If you would like to learn more about establishing a Charity of the Year partnership with Rennie Grove, contact us at:

T 01442 820731

E [corporate@renniegrove.org](mailto:corporate@renniegrove.org)

# Management matters

**The Environmental Group was established in response to our staff survey 2021 which highlighted a desire to take action to limit the environmental impact of our organisation.**

Here are just a few examples of the group's progress so far:

## Recycling

Installing PPE recycling bins and educating colleagues on the dos and don'ts of recycling in our offices.

## Retail

Our shops help to reduce waste by selling pre-loved clothing and recycling bric-a-brac or fabrics that can't be sold.

We have also changed the packaging used for online orders, introduced environmentally friendly cleaning products in shops, stopped

automatically printing receipts and only stock recyclable greetings cards.

## Travel

Using technology to enable hybrid working means our staff are travelling much less overall.

## Offices

Using regular maintenance as an opportunity to make changes such as introducing motion sensor lights.

## Grove House

Created wildlife habitats in the garden at Grove House to benefit the entire local ecosystem.



We calculated that in  
**2020-21**  
we reduced our emissions by  
**70,000kg of CO<sub>2</sub>.**  
that's equivalent to taking  
15 cars off the road  
for a whole year.

# Stories from social media



## Sublime Strings at Cadogan Hall

The Sublime Strings concert, featuring cellist Sheku Kanneh-Mason, violinist Braimah Kanneh-Mason and guitarist Plínio Fernandes, took place in London's Cadogan Hall on 1 June, raising £50,000 for Rennie Grove.



## Children's Hospice Week

As part of Children's Hospice Week, we wanted to highlight some of the child patients we care for, like Sienna, who was diagnosed with neuroblastoma at just 18 months.



## Question of Sport quiz

Our Question of Sport quiz returned this year at Sopwell House, St Albans, raising an incredible £80,000.



## Beaconsfield Boutique

In July, our newly restyled Beaconsfield Reloved Boutique held its first event, featuring local stylist Emma Lou who gave a presentation on how to put reloved outfits together.

Tickets to the event sold out, and supporters raised £1,500 on the evening.



- @RennieGroveHospiceCare
- @RennieGrove
- @RennieGroveHospiceCare
- @RennieGroveHospiceCare

# Stay in touch

We rely on our generous supporters to fund 91% of the cost of our services. Staying in touch helps us to update you on how you can support our work and make a difference in your local community. Giving us consent to contact you via e-mail is the most efficient and cost-effective way to do this.

As we continue with our merger integration to become Rennie Grove Peace Hospice Care, you will be asked to give your consent for us to contact you via e-mail, as a new organisation. We hope you will choose to continue hearing from us.



We really hope you've enjoyed reading this edition of Rennie Grove Matters. Thanks to you, we've been able to keep providing care, day and night, for people with a life-limiting illness – despite all the additional challenges of the last couple of years.

If you'd like to reduce costs and paper, why not sign up to receive your next issue by e-mail? When it's ready, we'll send you a link so you can read it online. You can stay up-to-date with everything that's going on, and make sure more of the money you help raise goes directly towards patient care.

Your views matter to us, so please let us know your thoughts about this issue of Rennie Grove Matters. If there are aspects of our work you'd like to hear more about, we'd love to hear your suggestions for future articles. Please e-mail [communications@renniegrove.org](mailto:communications@renniegrove.org) or call us on 01442 890222.

To receive Rennie Grove Matters by email, along with regular monthly news bulletins from us, sign up at [renniegrove.org/email](http://renniegrove.org/email).

# Bequeathed

You may be aware of the importance of making a Will, but did you know that keeping it up-to-date is just as important?

Sadly, it's not a 'one-time and done' job. Any number of changes in circumstances could render your Will out-of-date. However, with Rennie Grove it is easy to make or update your Will at any time.

As well as our Make your Will Month in May, we have a partnership with Bequeathed to offer our supporters the opportunity to make a free professionally drafted Will at any time from the comfort of your home.

With Bequeathed, there's no need to push it down your to-do list any longer. If you need a new Will – either for the first time or to update a previous version, you can get started straight away.

**Go online to [renniegrove.org/legacy](http://renniegrove.org/legacy) anytime that suits you and follow the simple steps to create a draft Will.**

A member of staff from one of their accredited legal firms will arrange a 30-minute appointment to review your Will and offer advice. You can choose a phone or video call, or even a meeting at your home or in their office.

After your appointment, the legal firm will send you your free Will. Just sign it in front of witnesses and return to the firm for free secure storage.

There is never any charge for a standard Will, which is suitable for most people. If your circumstances are complicated and you require further legal advice, the legal firm will explain what's needed and give you a quote to consider.

At the point of making it, you will be asked whether you would like to leave a gift in your Will to Rennie Grove.

Remembering Rennie Grove in your Will is a significant way of ensuring that we can continue to deliver the vital care and support we offer to local patients with life-limiting illnesses.

**If you have any questions or would like additional information about what to consider before you make your Will, please contact us.**

T 01442 890222  
E [legacy@renniegrove.org](mailto:legacy@renniegrove.org)

