



A few words from our sponsor...

Hospice at Home would like to say a big thank you to **Online Systems** for sponsoring this issue of Contact and our 25th Anniversary Raffle tickets. Greg Morton, from Online Systems, shares some very special words with us as to why they are supporting Hospice at Home...



Can I take this opportunity to congratulate you on your anniversary. My personal experience was a very hard thing to put into words. It was an incredibly tough time as I dealt with the care of Lynne at home. The absolute love of my life was dying in front of me. She was unable to walk and was in constant pain without meds. The house outside of her room was in total chaos as we tried to complete renovations that were to make any future for Lynne easier. Throw into the mix that we were in the midst of a global pandemic.

Your team breezed in as if nothing was a problem and all they wanted to do was help. The respect and compassion they showed for Lynne, the calmness and professionalism whilst working in that environment and the overall help both practically and emotionally they provided for me was invaluable.

I can't begin to describe and/or quantify my personal torment but without your team, I doubt I would have coped at the time or recovered as well to date as I have.

You provide an unbelievable service in the most trying of situations. Your team are consistently excellent in all areas, all of the time. It is a credit to you and your staff, both in the field and in the office.

I wish I never had to experience the service so directly but on reflection I realise how top quality and invaluable it was for Lynne and myself. I am truly grateful and thankful that you were there when we needed you. Please keep up the good work and continue to help those who rely on you most.

All the best, Greg Morton, Managing Director, Online Systems

Thoughts On Our Services

Family and Bereavement Support

"I will be forever grateful for your help when I needed it the most".

Complementary Therapy

"Thank you so much. I always feel so refreshed and relaxed after you have been".

Nursing

"The care you gave to him and his family was outstanding and we will never forget your kindness".

Occupational Therapy

"Without you we wouldn't have been able to have these difficult conversations".

Lymphoedema

"A big thank you for your unwavering support it is much appreciated".





Hello from our Chair of Trustees

Twenty-five years of caring for people and their families going through challenging times, bereavement and on into changed circumstances. Twenty-five years of accumulating knowledge and wisdom, as well as a positive reputation in the communities we serve.

For an organisation that prides itself on a low turnover of staff, two major changes at the top within a year, even though not unexpected, are still big events. Yet it is the very stability of the past that should encourage us to look forwards with confidence, simply because that provides a firm foundation for the future.



David Wood, Chair of Trustees

Foundations by their very nature are hidden. They give a core of history and tradition that enable us to explore new areas and ideas in our work for others, as well as helping each other to grow and develop our own skills. At the same time they gently remind us of what really matters. For those living with severe illness and approaching death, compassion and care are invaluable, whether they come from nurses at the bedside or from someone answering the telephone.

Yes, staff, volunteers and trustees all have a responsibility to continue to work for each other and our patients, but our history and values will continue to inform and guide us into whatever lies ahead. There will inevitably be change but we can face that challenge openly and honestly, rightly proud of the past and confident in facing whatever lies ahead.

Supporting Young People



Hospice at Home has a long history of providing people with the environment where they can gain valuable workplace experience whilst they continue with their education.

Ashley, our Fundraising and Marketing Assistant Apprentice, has been with the team since December 2021 and is currently completing a Business Admin Level 3 course at Carlisle College.

When asked about his Apprenticeship, Ashley said "The Apprenticeship so far has been great! I am learning a lot at college and it is great to be able to implement what I learn in the classroom to real world situations. I finish my Apprenticeship in 2023, and I'm excited to see what the future holds!"



A Powerful Gift

Hospice at Home would like to say a very big thank you to **Box Power** for recently awarding a grant to the Charity. The initial ask of £10,000 was doubled to £20,000 to cover a 2 year period.

Based in Bolton, Box Power is a philanthropic not-for-profit energy brokerage, founded by Corin and Tricia Dalby in 2014. As a Community Interest Company, Box Power is keen to make a difference to as many North West based charities as possible.



Christmas Tree Appeal Grows

Supporters donated over £14,000 towards our Christmas Tree Collection in January 2022 and over 1,200 trees were collected and recycled. Our thanks go to all volunteers and businesses who supported this event. The collection will take place again in January 2023, registration will open via our website in November.



What Can Hospice at Home Provide?

Nobody knows how they will react after receiving life changing information from a doctor. The myriad of questions, fear of the unknown, an overriding feeling of what now? Why me? Sometimes people find their way to Hospice at Home, it may be too early in their illness to access some of the services; however, we can signpost people in different directions. Although Hospice at Home supports people who wish to remain at home for the end of their life we can actually support people at all stages of their illness.

Lymphoedema Therapy

Lymphoedema is a life-limiting condition but it doesn't mean you can't still live life to its fullest! Meet Lydia, *pictured right*.



She has had Lymphoedema for over 2 years. During the first lockdown in 2020 she cycled over 1000km to help with her leg. She won't let it stop her from continuing to do the things she loves like walking in the Lake District and swimming. One of our best tools against Lymphoedema is to keep moving, so movement really does matter!

Day/Night Nursing

Patients, their families and their carers always have and always will be at the very heart of Hospice at Home day/night nursing team. Its goal, to provide 'local care for local people'; supporting people who wish to remain at home to die, supporting them and their family, in a professional dignified manner with the respect each individual deserves. Respect is one of our core values, many years ago one of our nurses demonstrated this perfectly for her patient. The patient wished to see one last sunrise before they died and shared this with the nurse before the patient settled to sleep. Just before sunrise the nurse woke the patient and they watched the sunrise together, clear skies gave way to stunning reds, oranges and yellows. The nurse quietly sat with the patient while their breathing slowed and very gently the patient died having watched their last sunrise.

Family Support

Our Bereavement and Family Support Service provides emotional support and counselling to adults over the age of 18. Everyone has their own unique needs and we provide an opportunity for individuals to explore their feelings and understand their thoughts in a safe, supportive, non judgemental and confidential space.

Befriending Service

The Befriending Service is a complementary addition to Hospice at Home's clinical service provision. Trained Volunteer Befrienders undertake a range of practical tasks with the patient or their carer, or on their behalf. Where appropriate the Befriender will also support access to social or leisure activities with the individual. Befrienders can reduce isolation and loneliness, increase confidence and independence, in doing so they promote psychological, emotional and social well-being. When the service started a referral came from a person who had finished their chemotherapy, prognosis was good, but the patient has lost their confidence following months of hospital appointments and treatments. The patient's goal was to take a bus to their local shops. To achieve this we agreed with the patient a series of minor goals, before committing to a ride on the bus. This built up the patients' confidence and trust in their Befriender so that they would feel safe, comfortable and supported by someone who had helped them achieve their goal.



Complementary Therapy

In our team we have Judy and Christie, *pictured above*. Judy has been with the team for 14 years, whilst Christie joined the team 8 years ago. They work in conjunction with conventional treatment and offer patients a number of natural therapies. Currently, there are 47 people using this Hospice at Home service.

Occupational Therapy

Occupational therapy aims to help patients live a productive and enjoyable life. This is achieved by maximising their ability to be as independent as possible, for as long as possible, in activities that are meaningful to them. In addition we offer psychological support such as relaxation and mindfulness.

Jars That Spread Joy

We are fortunate to once again be the main beneficiary of **The World's Original Marmalade Awards and Festival** held at Dalemain. But did you know....

- Every year they receive over 3,000 entries from over 30 countries, including the USA, Canada, New Zealand, Zambia, Lebanon, Ecuador, and Czech Republic
- There is now a Marmalade Festival held in both Japan and Australia
- 2021 saw the youngest ever winner of the Homemade Competition - 9 year old Flora Rider
- Jars are decorated in all sorts of ways and some even arrived in a mini horse and carriage

Thank you to all at Dalemain for their continued support.



Jump for Us!

Jump head first into 2022 by signing up for our 25th Anniversary Sunflower Skydive! Experience the exhilarating 120mph free fall to Earth followed by an awe-inspiring descent overlooking The Irish Sea, Blackpool Tower, The Lake District and even the Isle of Man!

Whether you're an Adrenaline Junkie, wanting to tick-off a Bucket List item, face a fear or mark a special occasion, now is the best time to experience the thrill of a Skydive! Enter today on our website.

Coming Home for Homelands Exhibition

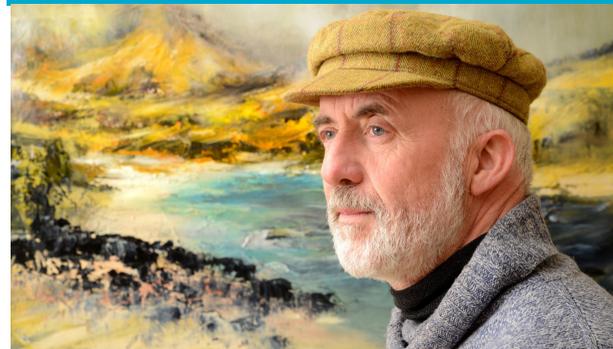
A new collection of paintings by Michael Batey will be exhibited in May, to raise funds for Hospice at Home. Michael, who was raised in Dalston, has been inspired by his love for the local Cumbrian fells, paths and becks and seeks to connect the viewer to the landscape.

The "Homelands" exhibition will be held at Cowens Ltd, Eller's Mill in Dalston on 14th - 15th May 2022, from 10am to 4pm. Home baked refreshments will be available. Thanks to Cowens Ltd for kindly providing the exhibition space and AST for providing sponsorship and signage.

"I am very honoured and extremely happy to be coming home and supporting Hospice at Home on their 25th anniversary. We all know how hard working they are.

The comfort they give with palliative care, nursing and therapy support all over North and East Cumbria is appreciated by all."

- Michael Batey



Thank you to everyone who supported the **Step Up To The Plate** sponsored walk along Hadrian's Wall in September, which has raised almost £21,500! **Please join us for our next walk.....**

Hospice at Home
Carlisle and North Lakeland
Local Care for Local People 1997 - 2022



Join us for our 25th Anniversary Dawn Walk! An amazing morning to celebrate a memory of a loved one or a great way to make more cherished memories.

Dawn Walk
12th June 2022
Make more Memories

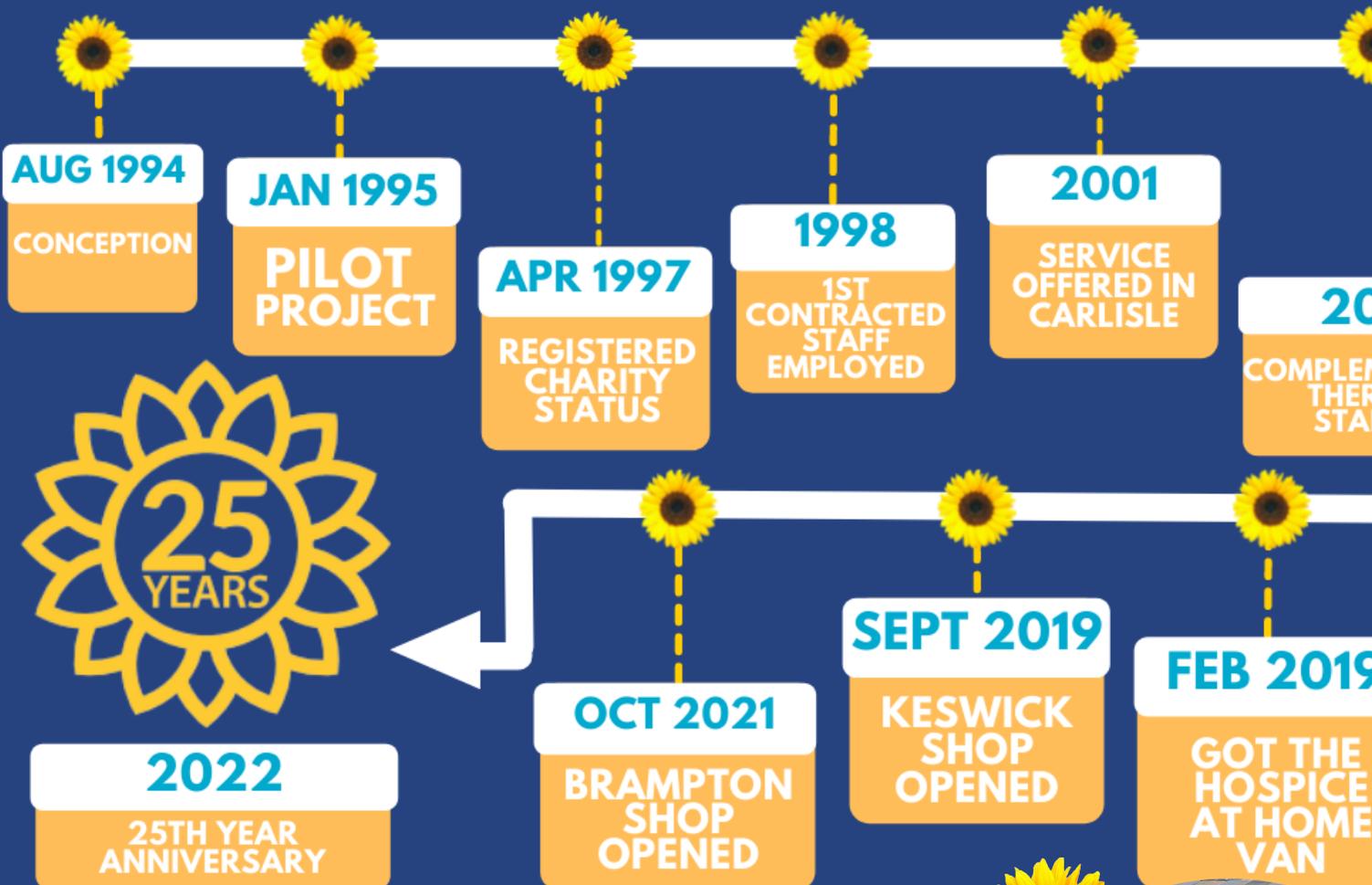
Sponsored by



For more information please visit our website!



Thank you to Online Systems for sponsoring this issue of Contact



25 Years of Care

Some of you may be aware the concept of Hospice at Home began with a gentleman called Billy and a ten pound note. The pilot project began in January 1995 as Hospice at Home Penrith and Eden covering a small geographical area including the High Hesket, Kirkoswald and Penrith GP practices.

Since registering as a charity in April 1997, named Hospice at Home North Lakeland, and subsequently Hospice at Home Carlisle and North Lakeland, many changes have happened as can be seen by the timeline above.

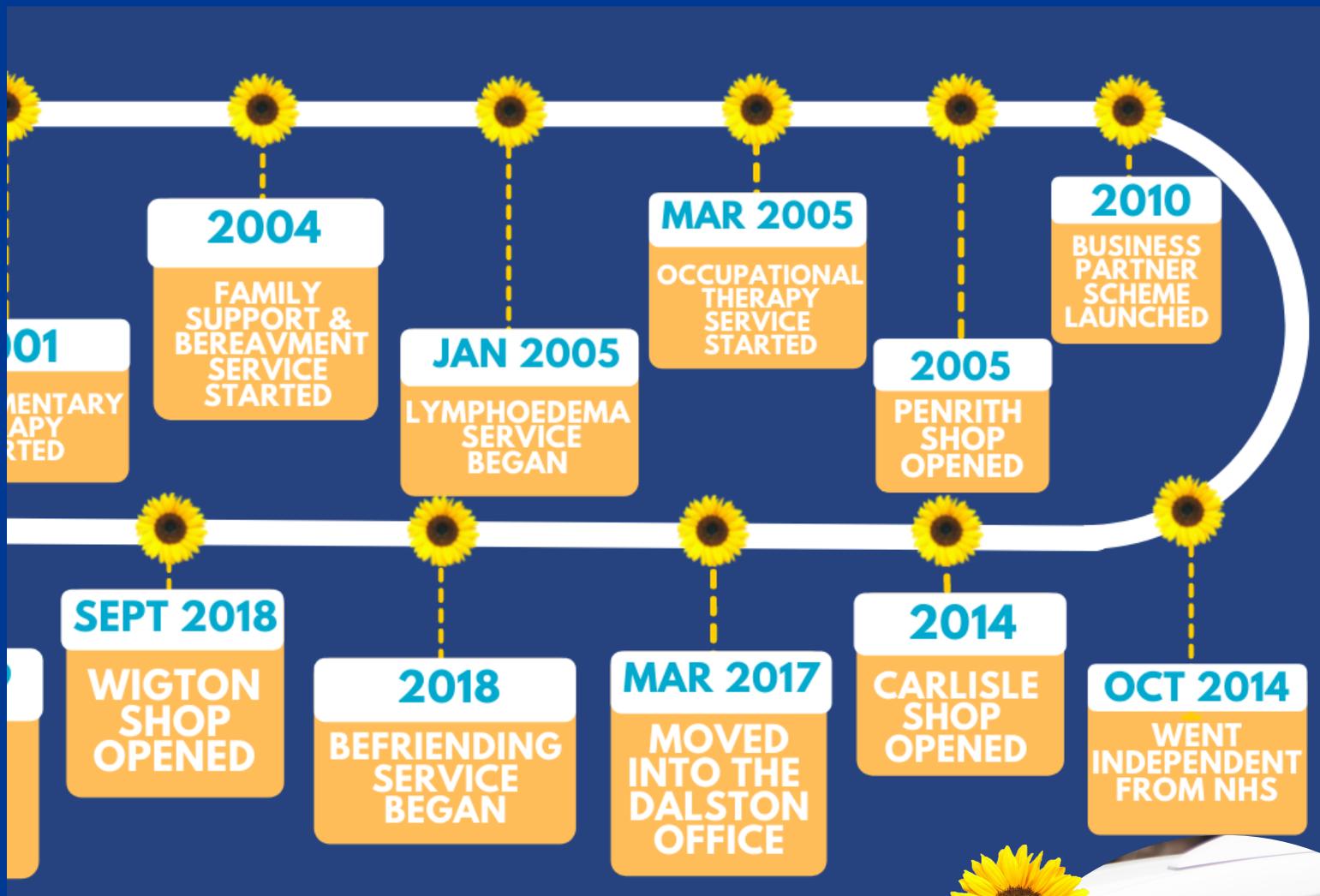
So what has been achieved in the 25 years? What has changed and what remains the same?

From those initial GP practices, Hospice at Home now serves a geographical area of 1500 square miles making it one of the biggest in the country and has increased the clinical services it delivers, supported by a financial, marketing and income generation function.

In 1997, the nursing team provided care to patients, supporting their families and carers, in the last few days of life whereas now both are supported within the last year of life.

Over time the additional services of Bereavement Support, Lymphoedema, Occupational Therapy, Complementary Therapy and most recently Befriending have been developed which ensures a holistic approach to care. *(continued overleaf...)*





In the first year of the charity 38 referrals were made to Hospice at Home. In the last financial year a total of 928 referrals were made with 300 receiving support from one or more services.

We have moved! Originally the nursing service was based in Central Clinic (Victoria Place) in Carlisle, the sink top in High Hesket GP Practice and my dining room! It then moved to within Eden Valley Hospice to a now well-established office base at Valley Court, Barras Lane, Dalston. A significant change was the bringing together of the charitable arm and the clinical teams in the move to Dalston in 2017 following the clinical service becoming independent of the NHS in 2014.

There are so many success stories to name in this article and there have been many challenging times including floods, foot and mouth and obviously more recently the pandemic.

What has not changed throughout these times is the support we receive from the local community and it is with them we share celebrating 25 years along with all staff and volunteers past and present without whom this achievement would not have been possible.

Hospice at Home started with the objective of helping people who are dying and wished to do so at home. I am delighted to say that still remains the same and I hope and I am sure that will continue for the next 25 years and beyond.

Fiona Stobart, Hospice at Home CEO

Thank you to Online Systems for sponsoring this issue of Contact



25 Years of Fundraising



As we enter our 25th Anniversary Year, I have been reflecting upon the vast number of hours generously given to help fundraise for Hospice at Home. Both Community and Corporate Supporters, plus many Volunteers over the years have generously provided great energy, enthusiasm and continuous hard work to make a difference within our community.

This commitment may have taken place by volunteering in our Shops, arranging events in our homes, attending a coffee morning, buying a pack of Christmas Cards each year or registering for a skydiving challenge. What is clear, is that the ethos of all the examples above is that people want to help, to ensure our Clinical Team are available to provide care and comfort within the home. We simply couldn't do this without the kindness of our community.

Throughout my 13 years at Hospice at Home, I have seen many changes in fundraising and marketing techniques, with more digital and online fundraising and marketing added to the historical 'on the ground' events and appeals. The Covid pandemic confirmed how digital appeals need to be added to our plans, but we must not forget how face to face events and traditional appeals still have such an important part to play.

I have been looking through the historical folders passed on to me by our Vice President, Tina Walker. Tina was part of a small team of volunteers who sat around a kitchen table in her home to organise fundraising events to raise vital funds when the Charity was first established and before any fundraising or administrative staff were employed.

One of the wonderful ideas that stemmed from this was to establish community Volunteer Groups in various locations within our geographical service area.



These groups still exist today, with some of the same committed Volunteers still establishing fundraising ideas. These amazing volunteers are enormous ambassadors for the Charity within their communities.

Our Charity archive is wonderful to read and reminds us how we have moved forward and grown. For example, in 2000 the Charity promoted one Christmas Card for sale, named 'Two Red Squirrels' by local artist Ashley Boon. £1,773 was raised. This year the Charity plan to offer 11 Christmas Cards, as well as advent calendars, gift wrap and diaries. Last year a tremendous £23,423 was generated with merchandise available online, mail order, at events, in our five shops and in outlets within our service area.

It is fabulous to see the phrase 'pennies make pounds' is still relevant. Looking at our records, a Street Collection in Keswick in 1999 raised £840.96. We are pleased to say Flag Days will return to our fundraising calendar this year following a two year break due to the pandemic.

Each Anniversary Year, the Charity have also established flagship events and challenges and the 10th Anniversary didn't disappoint when Supporters organised a sponsored walk, the 'Eden Source to Sea Walk', which raised over £25,000. In our 20th Year the '20 Challenge' asked Supporters to walk 10 peaks over 20 miles in the Lake District and a magnificent £64,000 was generated. Every step of the way is helping to make a difference and we hope our 25th Anniversary Dawn Walk can also add to our previous sponsored walk success. If you are able to join us we'd love to welcome you and support you along the route, please visit our website to sign up.

Our Retail empire has grown and with the help of 150 retail volunteers, five fabulous Shop Teams welcome numerous friends and customers through their door each year. Donations are gladly received, and these are sorted and prepared for sale. Our Customers, Supporters and Volunteers are truly amazing.

To everyone who has made a difference - Thank You. We are incredibly grateful for all for your previous support and we look forward to the next 25 years, when we know more changes will take place and new fundraising ideas will be launched but the reasoning behind the desire to help will remain exactly the same.

Julie Blundell,
Head of Income Generation and Marketing

Help our work live on

The importance of legacy giving

An Everlasting Gift for our 25th Anniversary

Legacies crucially help us fund our Clinical Service and are vital for ensuring the future of Hospice at Home. During these unpredicted times Hospice at Home kindly ask you to please consider leaving an everlasting legacy to your local community. A gift in a will is an inspirational and incredible way to celebrate your passion for the county of Cumbria whilst ensuring no one within our local community should have to face a life limiting illness on their own. It will cost you nothing now, but will help to secure the future long-term sustainability and ensure our special Hospice at Home clinical care and support is available when needed.

By writing a Will this will make sure your money, property, possessions and investments (known as your estate) are gifted to the people and causes you care about. Having an up-to-date will is the only way to make sure your loved ones are looked after when you are no longer here. Getting your affairs in order is important and provides an excellent opportunity to ensure that your wishes will be carried out when you die.

When writing wills many people decide, once their family and friends are provided for, to generously leave a legacy to the causes they care about and this everlasting legacy gift for Hospice at Home would be helping our local community who are enduring difficult and devastating times.



For more information about Legacy Giving please visit www.hospiceathome.co.uk, email julie@hospiceathome.co.uk or call Julie Blundell on 01768 210719. A Hospice at Home Legacy Booklet can then be sent with up to date information about the Charity. It's quick, easy, completely free and there is no commitment involved. Alternatively, you are welcome to visit the Hospice at Home Office. Thank you in anticipation of your kindness and support, our promise to you is: a pledge of support, large or small will make a lasting difference to future generations. Thank You.

Julie Blundell,
Head of Income Generation and Marketing

David Allen

Will Aid Appeal



Trudi Dickinson,
Wills and Estate Specialist



Lauryn Beattie,
Wills and Estate Specialist

Are you thinking of writing a Will? Why not consider supporting your local community and help Hospice at Home at the same time? Throughout the month of May we are proudly supporting Will Aid Appeal, whereby we will be offering our Will writing services completely free of charge. Supporters are then asked to make a suggested donation to Hospice at Home. Our recommendation would be the typical basic Will fee, so Hospice at Home can reap the benefits.

Making a Will can be incredibly easy and this is the perfect opportunity to help raise vital funds for a wonderful local charity. Why not contact us for further details?

Wills • Lasting Power of Attorney • Inheritance Tax Planning
Trusts • Probate

Carlisle

Atlantic House
Parkhouse
Carlisle
CA3 0LJ

Tel: 01228 585300

Dalston

Dalmar House
Barras Lane Estate
Dalston
Carlisle
CA5 7NY

Tel: 01228 711888

Penrith

3 Hobson Court
Penrith 40 Business Park
Penrith
CA11 9GQ

Tel: 01768 877000

Workington

Prosper House
Regents Court
Guard Street
Workington
CA14 4EW

Tel: 01900 878000

mail@david-allen.co.uk • david-allen.co.uk



Shop With Us in Brampton!

The Brampton Shop opened on the 27th October 2021 in the same premises which were occupied by Eden Valley Hospice in the Market Place. It was the idea of two avid volunteers who had helped in the Shop in the past and were keen to re-establish a dedicated book shop in the town whilst raising funds for a local charity.

Hospice at Home have been lucky enough to attract inspirational previous volunteers who were very happy that the bookshop had opened again and wanted to help. New volunteers have also been keen to join the team. The Shop is now run entirely by volunteers with support provided by the Carlisle Shop Manager. The Shop is open 6 days from Monday to Saturday.

We have a minimum of two volunteers per shift who split their time between serving customers, keeping the front of the Shop tidy and well stocked or working in the back where donated books are sorted and cleaned.

Recently we have expanded our selling methods to include Ziffit, Facebook and auctions as well as tapping into the myriad of contacts which our volunteers have and we are always on the lookout for other opportunities to raise funds from our books.

It has taken a lot of hard work to get the Shop up and running with amazing contributions from all our volunteers but we also have a lot of fun and it's a great way to meet new people and be involved in such a worthwhile local cause.

Jill Raine – Brampton Book Shop Volunteer

Thank You! Thank You! Thank You!

Our retail team would like to take this opportunity to thank all supporters who signed up to Gift Aid on donated goods following this request in our last Contact Magazine. This tremendous support is now helping us to raise 25% more, which will provide further hours of care and comfort in the home to patients, families and carers.

Thank you to all who pay us a visit whether this may be to our Shops on the High Street or our eBay shop online. Every penny spent helps to provide 'Local Care for Local People'.



Our Carlisle Shop

63 Castle Street, CARLISLE,
CA3 8SL. 01228 550119



Our Keswick Shop

4-5 Museum Square, KESWICK,
CA12 5DZ. 017687 75830
in joint collaboration with Hospice at Home
West Cumbria



Our Penrith Shop

3 Little Dockray, PENRITH,
CA11 7HL. 01768 868602



Our Wigton Shop

9 King Street, WIGTON, CA7
9DT. 016973 45656



Our Brampton Shop

28 Market Place, Brampton, CA8
1NW. 01697 424700

Why not browse our



shop:
<https://bit.ly/3IN962L>

Shop Volunteers Needed

Could you support Hospice at Home in its 25th Anniversary year by gifting us some hours? Both our Wigton and Keswick Shops need more volunteers. If you are interested please contact Sam on 01768 210719 or email comms@hospiceathome.co.uk.

We Care

The care and support provided by Hospice at Home is individualised and aims to improve the quality of life of the patient.

Emma Evans, Registered Nursing Associate, shares some more unusual ways she has supported a patient.

- We had been involved with a lady for a number of weeks and it was coming up to her birthday. She mentioned in conversation that she had never had a birthday cake before. She was having a tea party with her family, so I made her an 80th birthday cake and delivered it on the day of her party. She was so touched and invited us in to celebrate with her. It's one of my most favourite memories as she was also the first person (other than my husband) to see my 12-week baby scan pictures on the same day.
- A colleague and I helped a young lady to get ready for a charity ball she had organised. We also supported her during the event and got to dress up in evening gowns for the night!
- During evening respite blocks one summer, I took a gentleman with dementia to Silloth for ice cream while his wife went to the bingo. He loved seeing the countryside and having a ride out when the weather allowed!
- I supported a lady to attend swimming sessions alongside another organisation.
- I supported a lady to do her weekly shop in her local town centre after her eyesight became too bad to go herself. We'd always stop and share a scone afterwards as a treat



"They made our last week so much easier..."

David Porter (pictured above, centre, with staff and volunteers) was an avid supporter of Hospice at Home and volunteered for the Charity on many occasions. Here his daughter, Carol, explains how the charity helped their family...

"One year ago, we were fortunate to have one of the wonderful angels from Hospice at Home come to our aid and stay up all night with our dad so we could get some rest to be able to continue to care for him during the day. This wasn't the last visit. Over the next week, we were able to access this wonderful service nearly every night. We had carers and nurses and each worth their weight in gold. They made our last week so much easier and I don't know how we would have managed without them.

If anyone is in any doubt about having carers or nurses in their home to care for a relative I hope this can alleviate some of that doubt. They are all angels, from the staff in the office who co-ordinate everything, to those who visit the home. As well as the night angels we also had carers who came to assist with personal care, all patient led, not time or distance led which was great for us. It's coming to a year since we lost dad and I just wanted Hospice at Home to know we have not forgotten the time, care and kindness they gave us. They truly are a Godsend."

If your family could benefit from support from Hospice at Home, please call our Clinical Team on 01228 608942

Please become a **Sunflower Supporter** in our 25th Anniversary Year and give a regular donation to support our work. You can make a huge difference within our community. Please visit our website to start today!

Pick Your Own Sunflowers

Hospice at Home are hoping to bring you an opportunity to pick your own sunflower from a sunflower field at the end of August for one week, weather permitting. Please keep an eye out on our website and social media pages for more information.



Diary Dates

- **14th - 15th May** Michael Batey 'Homeland' Exhibition, Cowens Ltd, Eller's Mill, Dalston, 10am – 4pm
- **14th May** Marmalade Festival, Dalemain
- **28th May** Coffee Morning at The Moot Hall, Brampton. 10am – 1pm
- **1st – 5th June** London to Paris Cycle Challenge
- **11th June** Cumberland Show Awareness Stand
- **12th June** Dawn Walk, Glenridding to Howtown
- **17th June** Greystoke FC Golf Day, Penrith Golf Club
- **25th June** AW Jenkinson's HubFest, Penrith Golf Hub
- **2nd July** - Skelton Show Awareness Stand
- **16th July** - Penrith Show Awareness Stand
- **20th – 24th July** London to Paris Cycle Challenge
- **28th -31st July** Kendal Calling Sunflower Awareness
- **10th – 14th August** London to Paris Cycle Challenge
- **13th August** Raffle Ticket Selling Day at Booths, Penrith
- **11th September** Great North Run, Newcastle
- **14th - 18th September** London to Paris Cycle Challenge
- **1st October** The Northern John McNicholl Dinner Dance at The Roundthorn Hotel, Penrith
- **2nd October** London Marathon
- **7th October** Coffee Morning and Christmas Card Sale, Beaumont
- **5th November** Girls Love the 80's, Tribute 80's Night, at The Auctioneer, Carlisle

For more information please visit our website.

How did we do?

- *How likely are you to recommend Hospice at Home to friends and family?*
- *Which of our services have you used?*
- *Did you receive good care?*
- *Do you have any suggestions on how we can improve our service?*
- *Is there anything we don't offer that you think would be of benefit?*

Could you please take a minute to complete our Friends and Family Test on our website? This information will help us to improve our services. Thank you!

Future Fundraising

London Marathon

Looking to make unforgettable memories this Autumn? Why not run the iconic London Marathon for Hospice at Home. We have one place in this year's Marathon for a dedicated runner. Taking place on Sunday 2nd October, the iconic marathon covers 26 miles across London.

Cycling Event

We hope to organise a cycle event as part of our anniversary celebrations. Watch this space!

For both events, please visit our website and social media pages for more information.

Can We Help You?

Are you organising your own event to celebrate 25 Years of Hospice at Home? Or do you have a place on a run, cycle, trek or other organised event and want to raise sponsorship for the Charity? If so, we would love to hear from you. You can set your own fundraising target and we will help you to reach it! Every penny helps and can make a huge difference to the lives of local patients and their families. Call 01768 210719 to chat with us!

Change of Details?

We hope you enjoy reading Contact. If for any reason you would like to be removed from our mailing list, please call us on 01768 210719. If you move home please inform us of your new address, or if you have previously ticked a Gift Aid declaration but your circumstances have changed, please let us know so we can keep our records up to date. Thank you.

Contact us:

Post: Hospice at Home, Valley Court, Barras Lane, Dalston, Carlisle, CA5 7NY

Visit: www.hospiceathome.co.uk

Clinical Enquiries: 01228 608942

Email: admin@hospiceathome.co.uk

Fundraising Enquiries: 01768 210719

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