

# OUR LIVES AND LOVED ONES

COMMUNITY HOSPICE NEWS



SUPPORTING PEOPLE TO  
**LIVE AS WELL  
AS THEY CAN,**  
**FOR AS LONG  
AS THEY CAN**

**COMMUNITY  
HOSPICE**

For the people of  
Greenwich & Bexley

Remembering Mama  
– our fashion icon, our  
dancefloor queen, our  
family's shining light.

Read more about Mama  
on page 10

**AUTUMN 2025**

# PRIVILEGED TO BE PART OF OUR HOSPICE COMMUNITY

I'm one of those lucky people that loves their job. Working at a hospice, there are inevitably difficult aspects that weigh heavily, but every day I meet people who inspire me with their commitment, strength and courage. This newsletter is a chance to share some of their stories.

In this edition you can read about Sandie and her Compassionate Neighbour John, and the friendship that has helped them through difficult times. You'll also hear about Natalie Moseley, our Head of Community Services, and the new outpatient services extending support to people in Greenwich and Bexley. These are just a couple of examples of why I feel proud to be part of the Community Hospice.

End of life care has rarely been so present in the news. This gives us an important chance to advocate for hospices and their value.

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Kate

Kate Heaps,  
Chief Executive



# GOVERNMENT SUPPORT FOR HOSPICES:

## WHAT'S IMPORTANT TO KNOW

In December 2024, the government unveiled the largest capital investment in hospices in a generation: £100 million in capital funding, to be divided among 170 hospices in the UK. For us, this equates to a total of £923,500 - £231,000 received last year, and £692,500 this year. This is brilliant news and means a great deal to us here at the Community Hospice. But there are also important caveats to be aware of.

There is no doubt that this is a significant amount of money. For context though, it costs around **£13 million every year** for our hospice alone to keep providing the care it does. Like everyone, we're feeling the pinch: rising utility bills, higher National Insurance contributions (which add around £200,000 each year), and the ongoing need to pay our staff fairly as inflation continues to rise.

It's also important to stress that this government funding can only be used for **capital projects** — for example, upgrades to buildings, facilities, or infrastructure, and not for day-to-day costs such as staffing or care delivery.

The first portion of funding, received last year, was used



IT COSTS AROUND  
**£13 MILLION** EVERY YEAR  
FOR OUR HOSPICE ALONE TO  
KEEP PROVIDING THE CARE IT DOES

for projects we had already planned, including much needed improvements to our IT systems to make sure that staff have the technology they need to do their work well. This year's allocation, however, gives us a bigger opportunity. While we must use some of the funds for essential "business as usual" capital work, we are also planning other important projects, most notably big improvements to our Inpatient Unit, the Woodlands Ward, to make it a space that patients, families and staff truly deserve.

What doesn't change, though, is our reliance on you: our brilliant community. Honestly, without your generosity and support, we simply wouldn't be here. This funding is hugely welcome, but it doesn't cover the everyday costs of hospice care. For that, we remain as dependent as ever on your kindness.



# "YOU'VE GOT TO HAVE A LAUGH"

## SANDIE & JOHN'S STORY

“John is so kind and caring. How lucky am I to have someone like that?”

**S**andie, 76, moved to Thamesmead with her husband in 1974, and has been in the same house ever since. “I can’t complain,” she laughs. “We’ve got everything here, shops, the library, the lake. When my kids were little, we’d walk to the paddling pool near the school, stop at the shop for sweets... everyone looked after each other’s children. It’s a nice little place.”

Life has brought its share of challenges for Sandie: serious illness in the family, bereavements, and caring responsibilities. “I was quite lonely at times,” she says. “Things

got very hard and I went to the doctor for advice.”

That was four years ago and things changed when she met John through the Compassionate Neighbours scheme. “Irene from the programme came round for a chat and said she’d look for a match. Within a week, John was at my door — and it was the best thing that happened. He’s my best friend. He doesn’t judge, he’s so kind and caring. How lucky am I to have someone like that?”

Every Thursday morning, the pair meet for breakfast, sometimes avocado on toast, sometimes egg and chips, at one of two favourite

Thamesmead cafés. “We have a laugh down there,” says Sandie. “I never wanted to be old and shocked and not be able to swear or talk about things. You’ve got to have a laugh.”

John, who first saw a Compassionate Neighbours poster on Plumstead Common after his dad died eight years ago, says volunteering has been just as meaningful for him. “When you say volunteering, people think it’s work. But it’s just an introduction, and a friendship blossoms. Sandie’s been a big support for me too, especially when I lost my mum earlier this year. It’s a two-way thing.”

For John, Thamesmead has become part of the story. “I often run around the lake; they’ve put a lot of effort in improving the area. It’s lovely, and the community’s there. We’re known in the cafés now too.”

The friendship extends beyond breakfast. John has taken Sandie to hospital appointments, and Sandie has joined him for shows out. John gets on well with Sandie’s family too. “There’s so much humour in our friendship,” says John. “We just clicked. She’s a force of nature.”

But for John, there’s also a bigger message. “There’s a lot of people in



“WHEN YOU SAY VOLUNTEERING, PEOPLE THINK IT’S WORK. BUT IT’S JUST AN INTRODUCTION, AND A FRIENDSHIP BLOSSOMS.”

society who are struggling. We’re out of touch with a part of life we all face, death, and we tend to sweep it under the carpet. The hospice and Compassionate Neighbours help bring that part of life into the light. Attitudes towards death need to change, and compassion plays a big part in that.”

Both agree the scheme is about more than visits. “You don’t know what people are going through,” John reflects. “We can all be compassionate to anybody — and if you can be compassionate to others, you can be compassionate to yourself too. That’s important.”

“There needs to be more John’s in the world,” Sandie says.

We certainly agree!

If you would like to speak to a member of our team or find out more about becoming a Compassionate Neighbour, please give us a call on 020 8320 5812 or email [volunteersdept@gbch.org.uk](mailto:volunteersdept@gbch.org.uk)

**Compassionate  
Neighbours**

# MAKING SPACE FOR WHAT MATTERS: REDEVELOPING OUR INPATIENT UNIT



Every year, around 3,000 people turn to our hospice for care. Almost 400 of them need the kind of specialist, round-the-clock support that can only be provided in our Inpatient Unit (IPU).

This is where people come when their symptoms are too complex to manage at home, or when being at home simply isn't possible. It's where our expert team makes sure that every moment counts, easing pain, restoring calm, and surrounding patients and families with compassion.

But our Inpatient Unit, the Woodlands Ward, is showing its age. The shared bays, outdated furnishings and cramped staff facilities no longer match the extraordinary care our team delivers every day. Families and patients consistently tell us how skilled and reassuring our staff are



and now it's time to update our environment to reflect that same standard of excellence.

This year, we have a once-in-a-generation opportunity to change that. Thanks to additional government funding, we can invest

£440,000 towards redeveloping our Inpatient Unit but the funding comes with a deadline. We must use it by March 2026 or lose it. To unlock its full potential, we need to raise an additional £400,000 by March 2026. Planning has already

begun, and work must start as soon as possible.

If we act now, together we can transform our IPU into a modern, uplifting and inclusive space – one that feels like home at life's most difficult time.



**“WE NEED TO RAISE AN ADDITIONAL £400,000 BY MARCH 2026. PLANNING HAS ALREADY BEGUN, AND WORK MUST START AS SOON AS POSSIBLE.”**

## WHAT YOUR SUPPORT WILL ACHIEVE

### Phase 1 of our redevelopment will:

- Transform shared bays into private, ensuite bedrooms giving patients dignity, privacy and independence
- Open rooms onto our gardens and terraces, so patients can connect with nature and families can share special moments together
- Introduce smart technology, allowing patients to control their environment and stay connected with loved ones even when too unwell to move
- Create a wellbeing hub for our staff - a place to rest, reflect and support one another during demanding shifts
- Design welcoming, family-friendly spaces where relatives (including young children) can stay overnight and be together right to the end
- Reduce our environmental impact with energy-efficient systems, and freeing up more resources for patient care

## WHY THIS MATTERS

**F**or patients, this redevelopment means dignity and choice: a private room, an ensuite bathroom, control over their environment, and a peaceful space to spend their last days.

For families, it means privacy, comfort and the ability to stay close, not in shifts, but together at a time when it matters most to be close. For staff, it means the space and facilities to keep giving their very best, day after day. And for our community, it means a hospice that truly reflects the diversity, values and compassion of the people we serve.

This is about more than bricks and mortar. It's about fairness, dignity, and making sure that every patient and family has the space they need, when they need it most. With your support, we can make sure no one misses out on the care, comfort and peace they deserve.



## WHAT THIS MEANS

### FOR PATIENTS

- A **private ensuite room** isn't a luxury. It's about dignity, privacy and choice at the end of life
- **Smart technology** (lighting, temperature, communication) restores independence and control when illness takes so much away
- **Nature, light and space.** From beds by the window to direct access to gardens, nature helps to ease pain and anxiety, bringing moments of calm and joy

### FOR FAMILIES

- Families can share precious final moments **together, not in shifts**, they can stay overnight, partners don't have to leave, and goodbyes happen in comfort and privacy
- A **warm, welcoming environment** with touches like a hot drinks station nearby and easier access to show families they are cared for too

### FOR STAFF

- Our staff work **12-hour shifts, mostly on their feet**, supporting patients and families through distressing times. A **dedicated wellbeing hub** will give them space to rest, reflect, and find support when they need it

- A modern unit means staff spend **more time caring and less time problem-solving** (like moving patients around to meet single-sex accommodation rules in our bays)
- It reflects the **respect and gratitude** our community feels for them, enabling them to give their very best

### FOR OUR COMMUNITY & HEALTH SERVICE

- **14 modern bedrooms instead of 13 outdated spaces** means fewer people waiting for hospice care and smoother transfers from hospitals under pressure
- The hospice will reflect the **rich, diverse communities we serve** including Nigerian, Vietnamese, Nepalese and LGBTQ+ families, as well as younger patients with children
- A **dementia-friendly, inclusive design** ensures no one feels excluded
- Environmentally sustainable features reduce our impact on the planet and save precious resources, allowing more investment in care

To find out more go to [communityhospice.org.uk/our-ward/](https://communityhospice.org.uk/our-ward/)



# RUNNING FOR MAMA AND HOSPICE CARE

When Bexleyheath resident Harbhajan Kaur Seera, lovingly known as Mama, died last November at the age of 86, her family lost “the matriarchy, the real glue of the family.”

**N**ow ten of her grandchildren honoured her memory by running 5k and 10k races in Thorpe Park to raise money for the hospice that cared for her and the family.

“None of us are runners, but we were all keen to sign up,” Amrit, her granddaughter, told us, “I’d never run before signing up to this. I was planning to just turn up and run but now I’ve really got into it.”

Training turned into more than exercise. “It’s been quite a nice social thing to do. We don’t see each other as much since Mama isn’t

here... what started as her getting ill, brought us all together and we’re trying to keep that going.”

With family in Birmingham, Kent and Southeast London, the group have encouraged each other in a WhatsApp chat, fundraising at a cousin’s hair salon with bunting and buckets, and keeping spirits up with humour. “My jog is basically a slow walk, whereas others’ stride is like three of ours,” Ruby laughs. Amrit adds, “When I signed up it asked for timings, how long I think I’ll take to complete it. I just want to finish it!”



“**NONE OF US ARE RUNNERS. BUT WE WERE ALL KEEN TO SIGN UP.**”

**“EVERY TIME I RUN, I POST A POST-RUN SELFIE AND CHUCK THE DONATION LINK – ESPECIALLY AROUND PAY DAY.”**



## REMEMBERING MAMA

**M**ama’s family describe her as “selfless – with kids she was a kid and with adults she was an adult.” She had “the wickedest sense of humour,” and was “the original fashionista, she loved her shoes and bags, and was the queen of the dancefloor - the life and soul.” Most of all, she loved seeing her whole family together.

“She loved seeing us all together, a house full. We’re honouring her by being together. Life happens and suddenly it’s Christmas and you realise you haven’t seen each other.”

The family were determined to celebrate race day just as she would have. “We’ll go on rollercoasters after, be big kids together. Go to Pizza Hut and then go on the rides. Granny loved Pizza Hut.”

## THE HOSPICE’S ROLE

**W**hen Mama was diagnosed with bile duct cancer in 2022, the hospice’s community team helped her stay at home with her family, which is where she wanted to be.

“She deteriorated very quickly. Linda, the nurse we had, she was fantastic. She advised getting the bed and carers in and that was sorted within two weeks. I used to work and have family come over with washing and cleaning and carers would come help. At nighttime me and my husband

would look after her.”

The support, they say, was invaluable. “We could call them any time. They recognised all of us - they’re around the community and we’d bump into them. They became like a second part of the family. They were warm, friendly, and supportive. We can’t say anything bad as they were so brilliant - the whole team.”

## MORE THAN A RUN

**T**he group first thought they’d raise “whatever we raised would be great,” but soon picked up momentum. “Every time I run, I post a post-run selfie and chuck the donation link – especially around pay day. And in the salon, it’s easy for her clients to pop something in and scan the QR codes to donate.”

The team raised more than £3,500 for the hospice. We’re blown away!

“To have never run and never done fundraising before we’re really pleased,” says Amrit. “I don’t enjoy cardio - I was just going to turn up and do it - but now I’ve even joined a run club at work. I want to keep up with the running - it’s good for mindfulness.”

For the family, the challenge was about more than running: “It started with us coming together when she got ill, and now we want to keep that going.”

# LIGHTS OF LOVE

**"JOIN US AND  
DEDICATE A LIGHT TO REMEMBER  
SOMEONE SPECIAL"**

**M**y name is Jan, and I'd like to share with you the story of my beautiful daughter, Lucy.

Lucy was full of life. She had a cheeky smile, a dimple in her cheek, and loved her clothes, holidays, and looking immaculate. Her nails were her pride and joy painted right up until the very end. She was a girly girl through and through, always with cotton buds in her handbag in case her mascara smudged. She was bubbly, funny, and beautiful inside and out. Lucy was my baby.

She was just 25 when she died. Next February, she would have turned 40. Her illness came suddenly. Diagnosed with cervical cancer, we lost her within a year. Watching someone so young endure so much was heartbreaking, but through it all, Lucy never lost her spirit, pride, or smile.

## "The hospice became like family to us"

When Lucy became ill, I turned our dining room into a bedroom so she could stay at home. That was when the hospice first stepped in to help. Lucy became one of the very first patients on a new pilot scheme, where carers visited families in their own homes, this scheme still

continues today.

They came three or four times a day, every day, bringing not only medical support but also warmth and laughter. They treated Lucy with dignity and kindness – joking with her, asking if the kettle was on, and quickly becoming like family.

For me, they lifted a huge burden. Knowing I wasn't alone, that someone else was there to help, gave me moments of peace and precious time with Lucy. I will never forget the care they gave her and to us as a family.

**"I promised myself I'd give back"**  
After Lucy died, I promised myself that one day I would give back to the hospice. When I was made redundant during the pandemic, I finally had the time to volunteer.

Since then, I've helped in the shops, supported fundraising events, and done whatever I can to say thank you for the love and care we received.

**"A beautiful, meaningful way to remember those we love"**  
Community Hospice's Lights of Love service is such an important part of my year. It brings families who have lost loved ones together



**"LUCY WILL ALWAYS BE MY BRIGHT STAR"**

**C**hristmas is never the same when someone you love dies.

But Lights of Love creates a moment of togetherness, reflection, and hope.

For me, Lucy will always be a bright star. My son, Chris even named a star in the sky after her and when I see the hospice tree lit up, it feels like she's shining there too.

your star for the tree, and make a donation to support the hospice's incredible care.

The hospice was there for Lucy and for me, and they continue to be there for so many families. But they can only keep doing this with your support.

**"Please join me in remembering"**  
I encourage you, no matter how long it has been, to dedicate a light this year. It is a beautiful way to keep your loved one's memory alive while helping the hospice provide the same care and comfort Lucy received.

With love and gratitude,

*Jan*

To dedicate a light to your loved one this Christmas, go to: [communityhospice.org.uk/lights](https://communityhospice.org.uk/lights) or call the team on 0208 320 5785





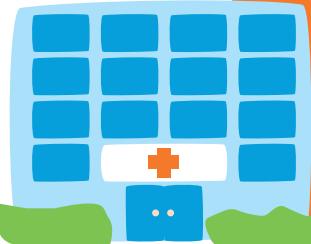
## STEVE HARVEY-DEMPSTER HAS RECENTLY JOINED OUR HOSPICE AS THE TEAM LEADER FOR OUR HOSPICE TEAM BASED AT QUEEN ELIZABETH HOSPITAL.

**S**teve brings with him over a decade of experience in palliative care, alongside a background in intensive care. Most recently, he worked as an Advanced Nurse Practitioner at a hospice in Kent, dividing his time between the hospice medical team and the hospital palliative care team. He has just completed a Masters in Advanced and Specialist

Healthcare from the University of Kent.

Steve describes himself as deeply passionate about patient centred care and is committed to exploring innovative ways of working that will improve outcomes for people living with terminal illness.

When asked about his new role, Steve explained that the hospital



**"OUR ROLE IS TO HELP PATIENTS AND FAMILIES HAVE THOSE CONVERSATIONS AND TO MAKE SURE THEIR CARE REFLECTS THEIR WISHES."**

team is made up of highly skilled clinical nurse specialists, doctors and social workers who are embedded within the hospital. Their role is to support and guide hospital staff, ensuring that decision making centres on the patient and their wishes, as well as providing support to those close to patients.

What makes Steve most proud is how the team consistently advocates for patients in a challenging environment. He says, "Good palliative care can be about looking through a different lens and drawing decisions back to what matters most, which is what's important to that person at that time." He is equally proud of how the nursing team has embraced new ways of working to meet growing demand, describing them as "skilled, motivated and experienced nurses who make a real difference every day."

Looking ahead, Steve is eager to get to know his team and make sure they have everything they need to continue providing effective and compassionate care. He is also focused on embedding research and

evidence-based practice into the service, helping to shape palliative care within the hospital in new and innovative ways.

Steve describes our hospice as a forward thinking and uplifting organisation at the heart of the community. He says, "We are here to champion people facing an inevitable and sometimes challenging part of life. Our job is to support them to feel as well as possible, so they can make the most of the time they have."

For those who may not be familiar with the hospital team, Steve's message is clear: for those with a palliative diagnosis, whilst distressing, a hospital admission can also offer an important opportunity to talk, to think and to plan about what matters most. "Our role is to help patients and families have those conversations and to make sure their care reflects their wishes."

We are excited to see Steve lead our hospital team into this next chapter and look forward to all that lies ahead.

# OUTPATIENT CLINICS

## - A NEW APPROACH TO PALLIATIVE CARE

We're delighted to share that we now have our outpatient clinics running, giving those living with a terminal illness in our community a new way to receive the care and support they need.

Until now, most patients referred to our hospice were visited at home by a Clinical Nurse Specialist. Home visits remain an important part of our care, but we know many people referred to us are still independent and busy with everyday life. For them, waiting in for a nurse is not always convenient or ideal.

"Our outpatient clinic is about opening up the doors to palliative care," says Natalie Moseley, Head of Community Services. "People can feel worried about the word hospice, but coming to see us in a clinic feels much more like a normal appointment."

The nurse-led clinics are run by our Advanced Nurse Practitioners and give patients more choice and flexibility. The clinics run at the hospice and at Eltham Community Hospital, which has already helped patients feel more comfortable about attending.

By establishing our outpatient clinics, we are giving more people the chance to benefit from hospice care earlier, helping them live as well as they can for as long as they can. To learn more about our services please visit [communityhospice.org.uk/care](http://communityhospice.org.uk/care)



The clinics also link closely with other hospice services. For example, a patient attending a rehabilitation session with our physiotherapist can also see a nurse about pain management on the same day. This joined-up approach means people get the right care, in the right place, at the right time.

Getting support early makes a real difference. It helps people manage symptoms, plan ahead and talk through worries and fears. "It is not about being under our care forever," Natalie explains. "We can offer short episodes of care, for someone to get the support they need and then, when things are sorted, they are discharged until they want our help again. It gives people more control."

For anyone unsure about attending, Natalie has a message: "We're approachable and here to listen. If you're not sure, just give us a call – even a chat over the phone can help. And if you're not ready, that's okay too. You can always reach out to us at any time that feels right for you."



## CHRIS' STORY

**Chris, 69, from Bexleyheath, is living with throat cancer. This summer, he spent three weeks on the hospice inpatient unit, The Woodlands Ward, before returning home. He then attended the hospice as an outpatient, working with our physiotherapist and making full use of the gym. He and his wife of 47 years, Rosy, kindly shared how the hospice has helped him make the most of his life.**

"I was referred here from Guy's Cancer Centre. I was deteriorating badly, and the palliative care nurse, my wife, and I, agreed that the hospice was the best place for me. The future wasn't looking good. I came in thinking I wasn't going to come out alive and my kids and wife thought the same.

I have problems swallowing because of my illness. I have stage four throat cancer and it's my third run-in with cancer. I've been through

radiotherapy, chemotherapy, immunotherapy and operations, and this time I was given six months to a year to live. The chemo I had was brutal and didn't work, and they left my mouth ulcerated."

It was Chris' stay at the hospice that inspired him to seize the life he had left.

"I thought I was dying. I'd gone from being a healthy person, walking 15 miles a week, tending my allotment, feeling fit and strong, to dropping from 10.5 stone to 8.5 stone. I felt like I had nothing to live for, beyond, of course, my wife and family. I was stuck in bed with no energy to get up.

When we decided on the hospice, my wife said, 'You do realise when I make this call, that's it.' Yet by the end of my stay, I felt so good I almost felt fraudulent being there. There were really sick people dying, and I was feeling better than I had in years.

The first week was surreal. I cannot fault the care and attention I received, there was such genuine compassion. I spoke with the consultant about my medications, he reviewed and changed them, and I began to pick up. I was here three weeks in total and transformed from the person who first arrived,

I was unrecognisable. I'd had yellow eyes, wasn't eating or drinking, and my children, who are in their 30s and 40s, couldn't believe the change when they saw me.

You come through the doors of the hospice, and it's such a comforting place, right from the receptionist. You can't manufacture that, it's serene. I came thinking it was a place just to die, but for me, it became a place of respite. I also couldn't believe that when I got here there were llamas visiting the ward – that cheered me right up!

I slept well in idyllic surroundings: a comfortable bed, a shave and shower every day, breakfast, lunch, and dinner, and surrounded by beautiful people. They didn't just care for me, but for my wife too, they even gave her meals. Everyone was excellent; words fail me.

**“WHEN WE DECIDED ON THE HOSPICE, MY WIFE SAID, 'YOU DO REALISE WHEN I MAKE THIS CALL, THAT'S IT.' YET BY THE END OF MY STAY, I FELT SO GOOD I ALMOST FELT FRAUDULENT BEING THERE. ”**



The garden is therapeutic in itself. I'd wake up every morning and look out over it while enjoying privacy from others. It's a really well-thought-out space. The room I stayed in had lots of space.

During my first week, I was confused, frightened, and worried. Fiona, a physiotherapist, asked me to go to the gym, but the gym was the last thing on my mind. I didn't feel like going on a treadmill when I was lying in bed thinking I'd be dead in a week. But she asked again and now I enjoy coming to the gym."

Chris then went back home and began attending the gym as an outpatient.

"I love the treadmill. I also use the bench press and do stretching exercises to build muscle.

Four weeks ago, when I first came here, I was ready to die. Three weeks ago, I started feeling a bit better. Two weeks ago, I was feeling good. Yesterday, I went for lunch and spent the weekend clearing the old garden fence. Today, I got the new panels



**“I LOVE THE TREADMILL. I ALSO USE THE BENCH PRESS AND DO STRETCHING EXERCISES TO BUILD MUSCLE. ”**

delivered, and after the gym, I'll put them up. And it's all because of the hospice.

I know my time is limited. I intend to make the most of it, and it's all following on from what I learned here. The hospice gave me confidence in myself. I can make my time left count."

At the time of writing, Chris has returned to the hospice where he is staying as an inpatient on our ward. Sadly, his condition has deteriorated.

Rosy tells us that since his first stay at the hospice, he really did seize the day.

"He got everything done in the garden that he wanted to do, everything except planting a raised bed. He definitely made the most of his time."



**YES, I/WE WOULD LOVE TO SUPPORT THE WOODLANDS WARD REDEVELOPMENT AND MAKE SPACE FOR WHAT REALLY MATTERS**

## STEP 1

I/we would like to support the redevelopment project  
OR  
 I/we would like to support your everyday work  
 £20     £40     £80    Other: £ .....  
 Yes please, I would like to receive an acknowledgement for my donation.

**IMPORTANT.** Making your gift online will allow us to use your donation immediately. Just go to [communityhospice.org.uk/donate](http://communityhospice.org.uk/donate). Or, you can donate by telephone by calling 0208 320 5785. Otherwise, please complete the donation form and return to the hospice.



## STEP 2 Please enter your details below

Title: ..... First Name: .....  
Surname: .....  
Address: .....  
..... Postcode: .....  
Phone number: ..... Email: .....

## STEP 3 Gift payment details

Please find enclosed a cheque (made payable to: Community Hospice)  
 Please debit my debit/credit card:

Card number

Expiry date   Date: .....

## STEP 4 Please Gift Aid my donations

I am a UK tax payer and want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Greenwich & Bexley Community Hospice. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in the current tax year, it is my responsibility to pay any difference.

Signed: ..... Date: .....

## STEP 5 Keeping in touch

We'd love to keep you updated about our work and how you are making a difference to the people we support. We would like to send you information about our fundraising and events and other ways in which you can help us. We will write to you by post unless you ask us not to. Please tell us if there are other ways you'd like to hear from us.

Yes, I am happy to receive emails  
 Yes, I am happy to receive text messages  
 No, I do not wish to be contacted by phone  
 No, please don't send me information by post

To view our full privacy policy visit [communityhospice.org.uk](http://communityhospice.org.uk)

## STEP 6 Please send this form along with your gift to:

Freepost RTJU-GSSJ-KEAS, Community Hospice,  
185 Bostall Hill, London, SE2 0GB.

Funds raised from the redevelopment project donation option, will be used in accordance with the aims of the charity to support the redevelopment of the Inpatient Unit, Woodlands Ward.

If we are fortunate enough to raise more than is required for this particular project, we will spend any additional donations on our highest priorities.

For more information about any of our services or to speak to the team please call 020 8320 5785 or [team@gbch.org.uk](mailto:team@gbch.org.uk)

**COMMUNITY  
HOSPICE**

For the people of  
Greenwich & Bexley

Registered with  
FUNDRAISING  
REGULATOR

Registered Charity No. 1017406



# VOLUNTEER AWARD WINNERS

EARLIER ON THIS YEAR, OUR WAREHOUSE TEAM WON 'VOLUNTEER TEAM OF THE YEAR' AWARD, AN AWARD FOR SIMPLY BEING BRILLIANT! WORKING TOGETHER, WITH STRONG TEAMWORK AND COLLABORATION.

TO CELEBRATE, THEY WROTE AND PERFORMED THIS POEM. WHO KNEW WE HAD SUCH CREATIVE GENIUSES IN OUR MIDST!



## THE WAREHOUSE VOLUNTEERS

At the Hospice warehouse in Bellegrove Road  
We volunteers work to a common code  
Through the bric a brac, clothing and toys as well  
We find the best items for the shops to sell

The donations are piled up in lots of cages  
We work very hard without any wages  
We don't do it for money and never want applause  
We're just happy to do it for a worthwhile cause

So from me and John and Fran and Sue  
And Steph and Serg and Peter too  
From all us volunteers across the board  
We'd like to thank you for this award

# CHRISTMAS EVENTS



23 Nov - 23 Dec  
WEAR YOUR CHRISTMAS JUMPER FOR THE HOSPICE



1 - 31 Dec  
SANTA RUN



1 - 18 Dec  
RUDOLPH RUN



5 Dec  
CAROL CONCERT



13 - 24 Dec  
STEP INTO SANTA'S GROTTO



SCAN QR CODE FOR DETAILS