

Summer 2023

Life⁺

North
London
Hospice

News from North London Hospice

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– it'll be a hoot!

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northlondonhospice.org

Our year in numbers

We will shortly be publishing our second annual Impact Report, which measures where we are against the objectives in our Strategic Plan. Here's a preview of our year in numbers.



Source: NLH Impact Report & Audited Accounts 2022/23

Summer issue 2

Hello

A very warm welcome to the summer edition of Life magazine. It's been a very busy spring and early summer at North London Hospice. Our Big Fun Walk was a wonderful day that raised more than £180,000 – one of the event's biggest ever fundraisers. In June, we welcomed some of you to our garden in Finchley to view the sea of wooden sunflowers, each one planted in someone's memory, as part of our Sow a Special Sunflower event. I was delighted to see that event return after several years.

We're in the final stages of preparing the hospice's second annual Impact Report, which measures where we are against the objectives set out in our five-year Strategic Plan. It'll be available to view on our website very soon.

In May, we shared our new hospice video with staff and volunteers at our Staff Conference. There were many tears, but also immense pride as we saw the impact of our work captured on film. Read on and you'll find a link to view the video for yourself.

At the start of the new year, a family friend phoned me at home after a recent admission to the hospice. She wanted me to know what a 'life changing' experience her stay on our Inpatient Unit had been for her. After years of living with cancer, to hear that the hospice's support had had such an impact on her life, really meant we are living our mantra of providing

the best of life, at the end of life, for everyone.

We're very grateful for your continued support, whether you're taking part in our events or hosting your own, making regular donations, visiting our shops to buy or donate, or leaving us a legacy... they all help to keep our charity here for those that need it. Times are tough though for everyone. Our own energy bills have tripled to almost half a million pounds a year, and this year we've been unable to meet our £14 million a year running costs without dipping into our reserves. Our summer appeal, Fund Our Nurses Month, encourages our community to give what they can to help ensure our nurses are fully funded this summer and funds raised will pay for our nursing staff on our Inpatient Unit in August.

We have a raft of new and exciting events that we hope you'll be inspired to take part in. There's something for everyone so read on to find a way to support us that is right for you. My personal favourite is the launch of the Big Fun Art Adventure. It's going to be a real hoot!!

Best Wishes

Lis Burgess Jones
Chair, Board of Trustees

Lasting legacies

Gifts in wills provide an income stream that is vital to the future of our charity. By leaving a gift in your will to North London Hospice, you will be helping us continue to support people at the end of their lives.

We also understand that the contents of a will are deeply personal, but if you have chosen to leave us a lasting legacy, would you consider letting us know?

No matter what the amount, if you have made North London Hospice a beneficiary in your will, our legacies team would be grateful if you would let them know, and we would like to thank you. Legacies play a huge role in funding our specialist care, and as we plan for the future provision of services, it would help us to understand who our legators are. The list remains confidential.

Les is one such supporter who has pledged to leave us a gift in his will. He became a volunteer in our North Finchley shop five years ago and started to hear about the valuable support we offer to the community.

"The hospice is there for everyone - young or old, people of any faith and regardless of their condition. It's rare to find a charity that really is there for everybody. Their work is valuable and needs to be supported. I decided to leave a gift in my will to make sure that work can continue for future generations. I used the hospice's

free will writing service, which was an easy process."

To let us know you have pledged a gift in your will to North London Hospice, please email fundraising@northlondonhospice.co.uk or to find out more about leaving a lasting legacy, [scan the QR code](#).



Our new art trail for 2024

We're excited to launch a creative new art trail for summer 2024. The Big Fun Art Adventure will take people on a journey of discovery through North London as they follow the trail of around 40 beautiful and unique owl sculptures.

This free mass participation initiative, in partnership with world-renowned Wild in Art, will provide commissions for local, national, or international artists, to create a bespoke design for each sculpture, that will stand at over 5ft tall. Each owl will be sponsored by local firms and enjoyed by the whole community. In addition, local schools and youth groups can get involved, creating their own owl designs for smaller 3ft sculptures to be displayed at indoor venues across North London.

We've picked owls because they are known for their wisdom and kindness and for passing on stories through generations and across cultures. We, like owls, also work through the night supporting our patients.

The Big Fun Art Adventure will provide a fun opportunity to bring our community together outside - from families to art lovers to dog-



Photo: David Oates Photography

walkers - there will be something for everyone to enjoy. It's also a way for us to raise much-needed funds to support the work of our hospice.

We'll be turning spaces into places for eight weeks during late Summer 2024 and look forward to sharing news on how you can get involved in the coming months before the launch of our Big Fun Art Adventure trail.

If you'd like to be among the first to hear about opportunities for sponsorship, artist commissions or the auction of our sculptures at the end of the initiative, please [email our Big Fun Art Adventure team on BigFunArt@northlondonhospice.co.uk](mailto:BigFunArt@northlondonhospice.co.uk)

Karen's Story

When Karen was referred to North London Hospice, she was in such pain that she couldn't even walk to the garden gate. But with support from our doctors and community nursing team to get her pain under control, she very quickly started to feel the benefit of our specialist care.

Karen's GP suggested support from her local hospice for pain management to help her with symptoms caused by bladder cancer, which she was diagnosed with in 2019. She began receiving support from our Barnet Community Nursing Team in January 2023.

"They were able to get my pain under control very quickly, which has really improved my quality of life. They've been brilliant."

North London Hospice has three community nursing teams, who care for more than 3,000 patients every year in their own homes in Barnet, Enfield and Haringey.

"Within days the hospice was on the phone, arranging visits from nurses and doctors. They were able to get my pain under control very quickly, which has really improved

my quality of life. They've been brilliant," said Karen.

A self-confessed bookworm, Karen, 60, who lives in Barnet, took early medical retirement in January after 31 years working for the NHS. As her illness progressed, she no longer felt able to continue to work.

"I was in constant pain and taking so many pills before the hospice started supporting me. I could hardly walk, not even to the garden gate, and I could no longer work. I felt like an old woman. But the nurses and doctors were amazing. They altered my medications and paramedic Alice (pictured) visits regularly to check how I am and make sure my medicines are right for where I'm at. They've had a really positive impact on my life. I've celebrated my 60th birthday this year, been on a mini holiday to the Cotswolds and am looking forward to an afternoon tea soon."

This year, Karen was diagnosed with a second rare form of cancer, for which she is involved in clinical trials with St Barts Hospital. "I've got two forms of cancer so things are very complex, and the pain goes up and down but the staff at the hospice are experts. I never feel rushed, like is often the case in hospital. Sometimes they'll spend an hour with me, working out what's best. They liaise with my doctors, and I know they are always at the end of the phone 24 hours a day if I need help or advice."



Karen was familiar with hospice care, after seeing North London Hospice care for both her mum and recently, her sister. "I knew of their wonderful work, so I wasn't scared when I was referred. I knew I would be in safe hands."

Karen died suddenly in July but had seen her story and wanted it to be shared.

New video provides snapshot of hospice support

In May we unveiled a brand-new short film, showcasing the wide range of support provided by our charity to the North London community.

Featuring interviews with patients and their families, staff, and volunteers, the 10-minute film, was produced by local production company, Fantastic Films.

Thank you to all those that took part and shared their experiences. **Scan the QR code** to watch it or visit our website at www.northlondonhospice.org



MPs unite behind our summer appeal

All Members of Parliament across our community have backed our Fund Our Nurses summer appeal after news about the tripling of our energy bills to nearly £450K a year hit the headlines.

They praised the "inspirational" work of our nurses and urged the public to support the appeal - which is funding nurses on our Inpatient Unit for the month of August.

The response has been encouraging and we are well on the way to reaching our target thanks to the incredible kindness of our supporters. Thank you to everyone who has responded so generously.

If you would like to support the appeal, you can still do so, by **scanning the QR code**.



Registration will
go live in September!



Challenge yourself to ramble, stride, or pace it this Autumn, walk at least 10,000 steps every day in October to mark the thousands of memories of your loved ones, whilst raising money for North London Hospice.

Get fit, explore North London and help us keep going and care for our patients and their families.

Join our Big Fun Step Facebook community for support and tips from others taking on this challenge.

Please note registration has not opened yet for the challenge, however if you'd like to hear from us once it opens in September do register your interest by emailing us.

fundraising@northlondonhospice.co.uk



Step to it! New October fundraiser

This autumn we are introducing a new opportunity to get fit, have fun, enjoy the outdoors, and raise funds for our hospice. Take part in memory of loved ones or just because you enjoy a challenge. Whatever your reason, we'd love your support for our brand new Big Fun Step challenge!

Step 1

Will you challenge yourself to ramble, stride, or pace it this autumn and walk at least 10,000 steps every day in October and raise funds for North London Hospice?

Step 2

Take steps to get fit, steps to explore North London and steps to remember the thousands of memories of your loved ones. Whatever your motivation, your steps from 1-31 October will help us continue to provide care for patients and their families.

Step 3

It's free to sign up to Big Fun Step. Visit our website for more information: www.northlondonhospice.org/events/big-fun-step or scan the QR code.

Once you've registered, we hope you'll join our Big Fun Step Facebook community for support, fundraising ideas and tips from others taking part.

Step 4 - Let's start walking!



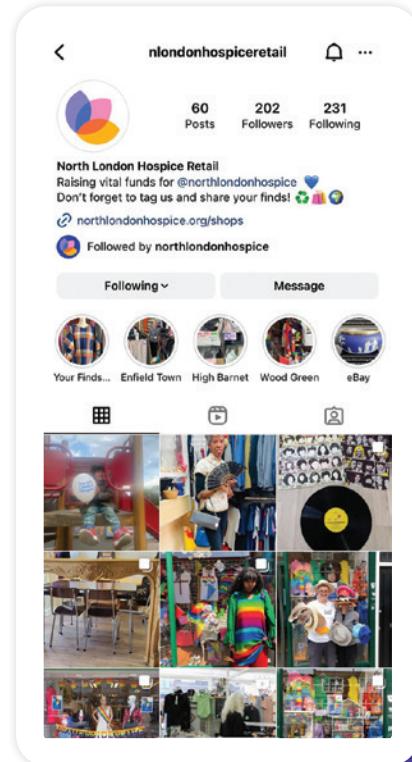
You're One In A Million!

We're nearly there! Thanks to everyone who has donated to and purchased goods in our shops over the last 12 months as part of our One In A Million campaign. Since September last year, we've collectively sold nearly 800,000 items in our 17 stores. With a month left to reach our target of selling one million items, can you help us?

Each sale helps to fund end-of-life patient care in our community and offers a more sustainable shopping experience.

Please continue to donate your good quality pre-loved clothing and household items. Right now, we urgently need furniture and adult clothing. If you're looking for last-minute holiday clothes, are thinking about your autumn wardrobe, or taking part in Secondhand September, please pop in to see us.

You can take your donations to any store, or for large collections, telephone our collection line on 020 8343 6813. See page 26 for a list of shop addresses or **scan the QR code**.



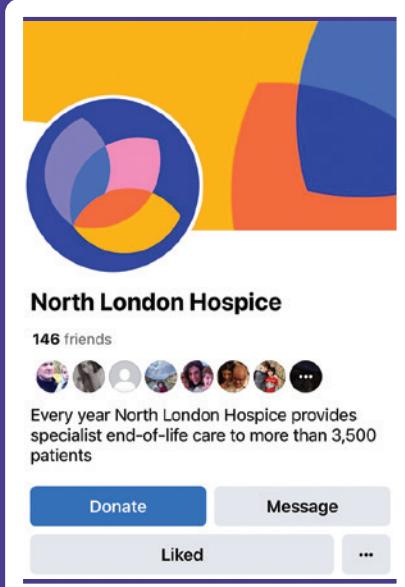
Our best buys in an Insta!

If you love shopping in our 17 charity shops, make sure you're following our new dedicated retail Instagram account.

Follow @northlondonhospiceretail and you'll be among the first to hear about some of our best buys and interesting stock.

Facebook Fundraising

You can now set up fundraisers for our hospice using the Facebook 'Donate' button. Make one-off donations in just a couple of clicks or set up birthday or special occasion fundraisers and invite friends and family to donate to help you reach your target.





Among the creative therapies offered by our Outpatients & Wellbeing team are art, drama and music therapy. All provide psychological support to patients, carers and bereaved families.

Dramatherapy

Dramatherapy is offered by Sara to patients every Thursday. "It's a flexible and person-centered therapy that isn't necessarily dependent on language or words", she says. "You don't need any drama experience and it's not about acting."

Anyone experiencing psychological symptoms can be referred, but dramatherapy can be particularly helpful with issues like body image, life story work, loss of roles and identity.

"I work with patients who have experienced major shifts in their life due to illness. We all play different roles in our lives – mother, wife, colleague, friend, athlete – but when we can't fulfil these roles in the same way, it can be painful and affect our sense of identity."

In Sara's one-to-one dramatherapy sessions, she provides a space to acknowledge and grieve these losses whilst helping people move forward, exploring new roles that give meaning and purpose.

"I use a range of creative approaches to help patients explore difficult life experiences and make these more bearable. We might create characters that help you express painful emotions, or perhaps use image cards or objects to symbolise the issues you are facing and explore possible change. This indirect approach can be very powerful."

If you are a patient interested in accessing dramatherapy, please speak to your clinical nursing team for a referral or for more information email outpatients.nlh@nhs.net.

Music For Life

Whether you're strumming a guitar, banging the drums, tapping a tambourine, or singing, our weekly Music for Life group offers a safe space for expression.

"No music experience is necessary," says our trainee music therapist, Ross, who hosts the Thursday afternoon group (2-3pm) that's open to all at our Outpatients & Wellbeing setting at North London Hospice Enfield.

"Patients, carers, bereaved relatives, staff, volunteers and those on our Compassionate Neighbours programme are all welcome to attend."

What is music therapy?

Music therapy provides a way for people to express and process emotions without the need for words. It boosts confidence and helps find connections and meaning, positively impacting mental health.

How can it help someone living with a life-limiting illness?

It can help maintain quality of life for as long as possible. Even at the very end of life, music making can offer an emotional outlet and a sense of comfort and enjoyment. It can allow people to be playful, interactive, and adventurous at the time.

"It might be a Simon & Garfunkel classic, or something created by a member of the group... each week is different but provides an opportunity for a sing-a-long, expression, to be in the moment and enjoy the experience."

One-to-one music therapy sessions are also available with Ross on a Thursday. If you'd like to give it a go, email outpatients.nlh@nhs.net



Hospice care has been a 'life saver' for Barry

Hospice care comes in many forms. For Barry, our music therapy and breathlessness and fatigue groups, have helped him realise, life is still there for living.

As a musician - the frontman and drummer in a reggae band for many years – Barry brings an infectious and encouraging passion to the weekly music therapy group at North London Hospice Enfield, home of our Outpatient and Wellbeing Services. He has even the most reserved attendee tapping their feet or picking up a tambourine and joining in.

"I love that class," says the 55-year-old father of seven from Enfield. "It gives people a real sense of confidence, inclusion and encourages expression. It gets you out of the house and gives us all something to do that doesn't revolve around medical appointments. You can just be in the moment. Every week, everyone that attends, leaves feeling better than when they arrived."

Diagnosed four years ago, Barry is living with COPD Emphysema, which in the last two years has seen his breathing deteriorate. It was in December 2022 after being admitted to intensive care with breathing difficulties for the third time that hospice support

was recommended.

"I was very frightened. It was scary for my family too, but my body just wasn't working, and I knew North London Hospice would look after me. They'd have the care facilities and the expertise to help. But they've given me so much more. Sometimes you need

"He always encourages me to go just that little bit further. I've made real progress, thanks to Rob."

to talk to someone, other than your family, and they are always there if I need to talk. They make me feel things are ok. The hospice has been able to really support my mental wellbeing."

Our specialist teams provide individualised care planning that always tries to help patients achieve 'the best of life, at the end of life'. In Barry's case this involves regular home visits by specialist



nurses who monitor his medication and have helped him manage his anxiety, bi-weekly visits from our physiotherapist Rob, who takes him for walks to build and maintain strength: "He always encourages me to go just that little bit further. I've made real progress, thanks to Rob."

Barry attends our Breathlessness and Fatigue sessions, which have given him coping strategies and help him continue to sing: "My condition means I often struggle for breath. There are six or seven people at each session who are going through the same or similar things as me, and that makes me

feel like I'm not alone. The sessions have provided me with techniques on how to cope in situations if I panic or get out of breath."

Barry has six sons and a daughter and is once again able to make music with one of his sons: "I've played the drums since the Boys' Brigade, and it makes me happy to still be able to play and make music with my son. I do it in stages and he puts it all together."

"The support of the hospice has been a life saver to me. My world was crumbling around me, and I was at risk of becoming a hermit. The care they are giving me, has given me the confidence to be my extrovert self again! They've made me realise I can still live my life; I just can't run around the block anymore!"



New night-time telephone advice line

In spring, North London Hospice became the lead provider of a new out-of-hours telephone advice service, which is available Monday-Sunday from 8pm-8am.

The North Central London Palliative Advice Team provides telephone support, help, advice and onward referrals through the night to support patients, carers, and healthcare professionals in Barnet, Enfield, Haringey, Camden and Islington.

The service is delivered in partnership with the North Central London Integrated Care Board and the London Central & West Unscheduled Care Collaborative.

If you need out of hours support, please call the North Central London Palliative Advice Team on 020 8152 3252.



Light Up A Life 2023 – Save The Date

Join us on Sunday 26 November for our annual in-memory event, Light Up A Life. The evening is held each year on the last Sunday in November in the garden at our Head Office on Woodside Avenue, Finchley.

We look forward to welcoming you as we celebrate and remember patients we have cared for, before switching on the lights of our memory tree, each light dedicated to the memory of someone special.



Look out for details on attendance and how to sponsor a light on our website soon.

Big Fun Walk 2023 Raises Record Amount



We were thrilled to see so many of you join us for our annual Big Fun Walk in May. 1346 supporters took part – many walking in memory of friends or family members and many taking part just to support our work.

You raised a record-breaking £180,000 to help fund future patient care, for which we are extremely grateful. The sun shone, the route through London's parks was in glorious spring bloom and we hope you enjoyed Big Fun Walk 2023 as much as we did. **Scan the QR code** for more pictures of the day.



Fantastic Fundraisers

Coronation Street Parties £1,500

The King's Coronation was an opportunity for communities to host street parties and we're delighted that several of these events also raised funds for us too. A special thank you to the Whetstone residents of Atheneum Road, Oakleigh Gardens and Oxford Gardens who raised £1,500 at their street party, organised by hospice supporter Peter Inzani. "This party has brought our community together. As one of our group said, 'we made friends, we had fun and we raised money for the North London Hospice'. What more could you ask for?"



Sarah's Skydive £1,886

Our thrill-seeking nurse, Sarah Wilsher, ticked a skydive off her bucket list in the spring and raised a fantastic amount for our hospice. "It is so rewarding to be able to give back to someone in the last part of their journey through life," she says. "We meet so many lovely families on our Inpatient Unit. Being able to support them is a real privilege." Her work has taught her a vital lesson: "It made me realise I should seize the moment and live for now, because today and tomorrow are not promised." Well done Sarah!



Bush Hill Park Golf Club Day £3,000

Mark Stevens has kindly chosen North London Hospice as his Charity of the Year for his Captaincy at Bush Hill Park Golf Club, raising over £3,000 so far and counting! Mark has taken on a sponsored slim and hosted quiz nights, culminating in his Captain's Golf Day earlier this year. "North London Hospice has a special place in my heart. They looked after my mother in her final days, with so much care and compassion. Thank you so much."

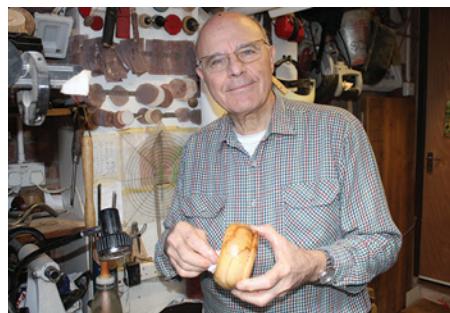
Team Bloomfield's Big Fun Walk £4,429

"We took part in the Big Fun Walk in memory of our friend and colleague, Jenny Bloomfield – a much-loved member of our school community at Fairfields Primary School in Cheshunt, who received great care at North London Hospice. The day of Big Fun Walk would have been her 38th birthday, so we just had to take part! Jenny loved the outdoors, and she would definitely approve. As we walked, we laughed and had a few tears but most importantly, we remembered Jenny."



Tom's Open Garden £925

Our supporter Tom Heinersdorff opened his East Finchley garden and sold a selection of plants, jams, cakes and woodturnings, made from the wood from our fallen Light Up a Life tree. Each one was designed to hold a memory such as a photo or candle. "It was nice to create things that could hold special memories, especially from a tree which held such importance in remembering people's nearest and dearest." Tom's labours of love raised £925 for the hospice.



Diary Dates...Diary Dates...Diary Dates

30 September & 1 October - Vintage Car Boot Sale

Following the success of the spring Charity Super.Mkt Vintage Car Boot Sale, our retail team will be back at Coal Drops Yard, Kings Cross with a wide selection of vintage goods from our 17 shops, on offer at bargain prices. It's sustainable shopping at its best in one of London's coolest settings.



1-31 October - Big Fun Step Challenge

Challenge yourself to ramble, stride, or pace it this autumn and walk at least 10,000 steps every day in the month of October to mark the thousands of memories of your loved ones, whilst raising money for North London Hospice. See Page 11 for more details.



4-8 October - Camino De Santiago Trek

Join us on a classic Camino de Santiago experience – trekking the final 67km of the famous Camino Frances – the French Way. Your three-day trekking adventure along this popular Spanish pilgrimage route begins in Palas de Rei.



5 October - Death Café 3-4.30pm

Talking about death won't make it happen. Join our online Death Café and see where the conversation takes you. There's no agenda, only the promise of some thought-provoking, interesting, and enlightening discussion. 3-4.30pm. Email communityengagement@northlondonhospice.co.uk for the Zoom link.



10 October - Hospice Care Week Open Afternoon 2-4pm

9-15 October is Hospice Care Week, which provides an opportunity for hospices across the country to highlight the work we do. Come and meet some of our teams and volunteers, have a short tour and enjoy some refreshments at our Open Afternoon at North London Hospice Enfield. If you'd like to attend email: communityengagement@northlondonhospice.co.uk



11 & 12 November - Run Alton Towers 2023

Join us at the UK's biggest theme park, Alton Towers, for the 5k, 10k & half marathon event around the park with free ride access after the race.



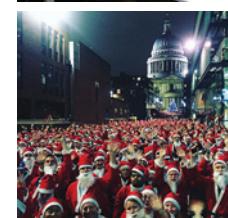
26 November - Light Up A Life

Save the date for our annual Light Up A Life in-memory event outside our Head Office in Finchley. Join us to remember patients we've cared for and switch on the lights of our beautiful memory tree.



6 & 7 December - Santa in the City

Join Team NLH this December and take on the festive Santa in the City, dressed, of course, as Santa. You have two dates to choose from for the 5k event.



Feel inspired?

Sign up for any of our fundraisers and see a full list of challenges on our website – www.northlondonhospice.org/support-us or scan the QR code

Park Life

As the sun shone many patients on our Inpatient Unit enjoyed regular trips to the local park in early summer. And as the weather hotted up, our volunteer Joe needed to source lots of hats to ensure patients were protected from the sun... luckily our Enfield shop came to the rescue!

Patient Roman (pictured) said: "It's good to get out and about. I've always liked being outdoors. I've been having physiotherapy to make me stronger, enabling me to be more independent. Going for a walk with Joe was good because it made me use my muscles. It's all these little things that help. It improves your general wellbeing."



A little bit of fun that makes a BIG difference

We're celebrating three years with Local Hospice Lottery. Almost 1,000 people now play Local Hospice Lottery in North London, and we benefit every time you play! Games cost £1 each and participants have the chance to win £2,000 every week, and up to £25,000 in a rollover.

We're one of 32 hospices in the UK who benefit from Local Hospice Lottery, which provides a lower risk way of playing the lottery. Games are limited to prevent problem gambling. 60-80% of profits go to hospice providers to fund vital end-of-life care.

Look out for Local Hospice Lottery canvassers in your area who are inviting people to sign up. The more people who play for our charity, the more money we receive for patient care. Want to find out more? Visit www.northlondonhospice.org/support-us/play-hospice-lottery/ or scan the QR code.



Our shops

Donate your unwanted items to our hospice shops and you'll not only be helping to fund our services, but recycling and reducing the amount going to landfill. If you have large items or would like to arrange a house clearance, contact our collections team: **020 8343 6813**

Crouch End

020 8340 3269
21 Topsfield Parade, London, N8 8TP

East Finchley

020 8883 6493
123 High Road, London, N2 8AG

Enfield Town

020 8366 1297
60 Church Street, Enfield, EN2 6AX

Finchley Central

020 8349 0290
15 Ballards Lane, London, N3 1UX

Golders Green

020 8731 7807
41 Golders Green Road, London, NW11 8EE

High Barnet Furniture Shop

020 3137 2326
Unit 2, 120 High Street, EN5 5XQ

Mill Hill

020 8959 3162
8 The Broadway, London, NW7 3LL

Muswell Hill

020 8444 8131
44 Fortis Green Road, London, N10 3HN

New Barnet

020 8440 8424
63 East Barnet Road, Barnet, EN4 8RW

North Finchley

020 8445 5148
724 High Road, London, N12 9QD

North Finchley Furniture Shop

020 8343 6814
987 High Road, London, N12 8QR

Palmers Green

020 8447 8884
377 Green Lanes, London, N13 4JG

Southgate

020 8886 4342
71 Chase Side, London, N14 5BU

Turnpike Lane

020 8889 0660
19 High Road, London, N22 6BH

Whetstone

020 8343 9888
1297 High Road, London, N20 9HX

Winchmore Hill

020 8360 5220
743 Green Lanes, London, N21 3RX

Wood Green

020 8365 8622
212 High Road, London, N22 8HH

Serving the boroughs of Barnet, Enfield and Haringey
North London Hospice, 47 Woodside Avenue, London N12 8TT

T 0800 368 7848 (Freephone)
E nlh@northlondonhospice.co.uk

www.northlondonhospice.org



Charity No. 285300. Registered Address - 47 Woodside Avenue, London, N12 8TT. Company Reg No: 01654807



Sow A Special Sunflower

We were delighted to see the return of our Sow A Special Sunflower event in June, which raised more than £2,000 for patient care. Friends and relatives of our patients planted wooden sunflowers in our garden in Finchley, each one dedicated to someone special. The sunflowers remained on display for a month for all to see.

I would like to make a donation today



Title: _____ First Name: _____ Surname: _____

Address: _____

Email: _____ Phone Number: _____

I/we wish to make a donation to North London Hospice of: £ _____

I enclose a cheque made payable to North London Hospice Please debit my credit/debit card

Card No. Expiry: / Security Code:

Name as shown on card: _____

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Make your donation go further: If you are a UK taxpayer, you can make your donation worth extra 25% by simply ticking the box and it won't cost a single penny. Please treat as Gift Aid donations all qualifying gifts of money made*

*I want to Gift Aid this donation and any donations I make in the future or have made in the past 4 years to North London Hospice. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donation in that tax year, it is my responsibility to pay any difference. Please notify us if you wish to cancel this declaration, change your name or address or no longer pay sufficient tax on your income and/or capital gains.

North London Hospice would like to keep in touch about our work and future events, appeals, newsletters and other ways of getting involved, by post or by the channels below with your consent. You can let us know if you would prefer not to receive these communications by contacting us at Fundraising@northlondonhospice.co.uk. Visit www.northlondonhospice.org/privacy-policy to find out more about how we use your information.

I would like to hear from North London Hospice by email I would like to occasionally hear from North London Hospice by phone

Please return this form in the enclosed freepost envelope or scan the QR code and donate directly on our website.

