

Spring 2026

Life

Stories from North London Hospice

North
London
Hospice



northlondonhospice.org



Living Well Centre

The Living Well Centre is here. A bold, forward-looking initiative, North London Hospice has launched this new space on the first floor of The Mall, Wood Green. The centre brings hospice wellbeing services directly into the community, reaching underserved groups and enabling us to respond more flexibly to local needs. It is set to become a vibrant hub for activities, living-well groups and peer support, transforming community-based palliative care.

Cover image: Well done to our competition winner Pippa, whose stunning photo captured our theme of 'compassion in bloom' beautifully.



From The Editor

As this issue of Life arrives, the days are gently lengthening and spring now feels within reach. This transitioning through the seasons might hold hope and hesitation, anticipation, love, uncertainty and more. With the biting cold giving way to the earliest buds, our cover competition theme, Compassion in Bloom, offers an opportunity to notice the small moments of care, kindness and connection that surround us and – like spring – add light and warmth to life.

At North London Hospice, compassion is the root from which all our work blossoms. It is present in the way we listen, in the care we provide and in the relationships we cultivate every day. It's a hand held, a silence shared, a story remembered. In every interaction, it yields often unseen but deeply felt support.

Our cover image, selected from a host of artistic and evocative entries, captures this beautifully. It reminds us that compassion is not something reserved for the right moment or perfect conditions. It blooms where it is needed most, even in places shaped by loss, grief or change. Perhaps especially there.



In reading the magazine, hopefully you will see the ways compassion underpins and is woven through the heart of our hospice. Whether it is Aine and her crocheting, Danny for volunteering, Jessica and Sachin in nursing or the Breast Cancer Sisters with fundraising, each story offers a glimpse of that care in action. It is the dedication illustrated in these articles and echoed by everyone in our community that make North London Hospice so special and a place where compassion is always in flower.

I hope you enjoy reading this edition!

Caron Kemp,
Content Editor,
North London Hospice



Holding Life in Each Moment



Peter enjoyed a zest for life that outwitted his age. An engineer by trade, he approached retirement with a brisk curiosity; penning a book on the industry, travelling, hosting parties, visiting the theatre regularly and only hanging up his running trainers when he reached 85.

So, when heart failure and the resultant downturn in health began to chip away at his independence, anxiety over a prolonged decline increased.

"My dad never feared death itself," explained daughter Susie.

“His greatest fear was the slow erasure of the life he cherished. He and my mum had been travelling just a few years before, but his deterioration was apparent and he would regularly tell me that life had become intolerable.”

Herself a GP, Susie had come to understand and share her parents' thoughts, and in mum Eva's final days, North London Hospice had enabled her to avoid hospital and die at home as she had hoped.

Now as Peter faced his own terminal diagnosis, father and daughter were united in prioritising quality of life over living longer.

"He was adamant that he wanted to withdraw the treatment that kept him tethered, so he could meet the end on his own terms," Susie shared.

"Having relied on a pacemaker for over 20 years, turning it off seemed to him the best way to allow a natural death from his underlying heart failure. If he'd had cancer, he would've stopped chemotherapy, but declining this intervention required facilitation from healthcare professionals rather than simply choosing to stop."

Following lengthy conversations with his cardiology team, Peter – a committed supporter of the hospice over many years – contacted our Deputy Medical Director Dr Jo Brady.

"I'm grateful that in collaboration with his specialist team we could support Peter and his family, allowing him to die naturally surrounded by loved ones," Jo added.

"Even within healthcare there are misconceptions associated with such care, but we understood Peter's autonomous wish to stop a treatment he felt was burdensome and were able to draw on our experience to honour his choices with compassion and dignity."

For this Susie remains thankful.

“North London Hospice heard and respected my dad when it mattered most,” she reflected.

“I know he'd want his story to reassure others facing similar challenges, to understand their options and to make their wishes known. If it helps someone else feel more in control of their care, he'd consider that a positive legacy.”

Reading, Reflecting, Restoring

What happens when stories, poems and a room full of curious minds collide? In recent months, people from across the hospice community have had the opportunity to find out, via several workshops led by acclaimed author and playwright Penny Black.

Patients, carers, staff and volunteers gathered each week to listen as carefully chosen pieces of literature were read aloud. From there, the words opened into conversation that included moments of laughter, quiet reflection and unexpected insights unfolding as stories echoed against lived experience.

The Reading Round, a project spearheaded by The Royal Literary Fund, was created to be inclusive, engaging and accessible, with no homework and no prior knowledge needed, just a willingness to listen.

“I have now facilitated two series of the project with North London Hospice and each group and each session has been a privilege to be a part of,” reflected Penny.

“There is never any pressure to contribute, but I am frequently inspired by the insights offered, the connections made and the community that is built through the power of words.”

While chosen writings span the spectrum of genres, styles and themes, they are united by their ability to meet people where they are, offering comfort without sentimentality, depth without demand and space for meaning to emerge.

“Despite making the selections myself and being familiar with each text, I am always struck by how differently the words land each time,” added Penny.

“The readings come alive in new ways, shaped by the voices in the room. Together, we discover that stories don’t just belong to the page. They belong in us, and to the moments we share.”



Living, Not Just Coping

At North London Hospice, physiotherapy begins with a simple but powerful question: **“What is important to you and what would you like to do that you’re finding difficult?”** That single sentence shifts the focus away from illness and limitation and towards what truly matters to the person in front of us. It might be walking into the garden to feel the air on their face, having the strength to watch television with family, or finding ways to manage fatigue so the day feels more theirs again.

One patient told us they missed sitting at the table for a cup of tea. Standing for too long felt exhausting and being upright had become uncomfortable, so they spent most of the day in bed.

“Our role isn’t to tell people what they should be able to do,” explained our Highly Specialised Physiotherapist Gareth.

“It’s to listen, understand what’s

important to them and then work together to make that possible in a way that feels realistic and meaningful.”

Our team adapts to each person’s energy levels, pain and changing health needs, ensuring support feels achievable rather than overwhelming. With support, this patient was able to enjoy their first meal in a chair for some time.

“Physiotherapy here is about restoring choice and helping people do the things that give them a sense of dignity, independence and control, even as their circumstances evolve,” added Gareth.

“When someone realises they can still do something that matters to them, you can see the difference immediately. That’s what I love most about my job and when physiotherapy becomes about living, not just coping.”



Threads of Thanks

When 12-year-old Aine taught herself to crochet a few years ago using YouTube tutorials, it was a creative hobby and a distraction from the realities of her mum's cancer diagnosis. Starting with basic patterns before creating more intricate designs, Aine was soon enough able to craft plushies and toys that wouldn't have looked out of place at any high street retailer.

So, when mum Suzanne died in the autumn of 2024, under the care of North London Hospice's community team, dad Stephen had an idea.

"Losing their mum has been incredibly difficult for all four of our children, but Aine's struggles seemed to need channelling into something," Stephen explained.

“Suzanne was, by profession, a nurse and by nature just a fiercely kind and giving person who always looked out for people in need. Aine has inherited this same attribute and despite her own pain, kept expressing her desire to be of help.”

Following a conversation with our bereavement team, who have been supporting the family, Aine

recently hosted a table at a local arts fair, selling her crocheted goods alongside a variety of fidget toys she donated. Having looked after the stall with her big sister Hannah, the pair raised £130 for the hospice.

“Since Suzanne fell ill, so much has been out of the children's control, but this was something specific and meaningful that Aine could do and in this sense, it was almost therapeutic,” Stephen reflected.

“The care Suzanne received from the hospice team in those final few weeks was incredibly impactful and helped us all to feel less alone and overwhelmed.”

Since her death, Aine and her siblings have seen the non-

medical side of North London Hospice too as I continue to benefit from the stabilising and supportive effects of the Walk and Talk group.

“I am so humbled by Aine's efforts and for the money she raised, which is a small way to say a big thank you to everyone who has been a part of this very challenging journey. For Aine, this allowed her to honour her mum's memory and I have no doubt that Suzanne would be beaming with pride.”

Thank you so much Aine for your support!





Rapid Care, Real Comfort

Jessica Edwards

“As a nurse on our rapid response team, I enter people’s lives at their most fragile hour, when fear may be loud, pain often sharp and the ordinary rhythms of life have been interrupted. My roles are numerous. I assess, I listen, I intervene, I reassure and I steady what can be steadied.”

Most people arrive under hospice care through referrals, planned conversations and with time to prepare. However, for various reasons some patients only find us in an emergency and so this new

dedicated service was established last year to deliver specialist, same-day care when time is critical.

My experience as a community nurse responding to these calls has shown me that impact is not measured by duration, but by presence. Again and again I watch shoulders drop, overwhelm abate and worry loosen its grip when a member of our team walks into the room and offers expertise and compassion.

On one particular day, the calls began early. I gathered my bag and scanned the notes, aware that each address holds its own story. The

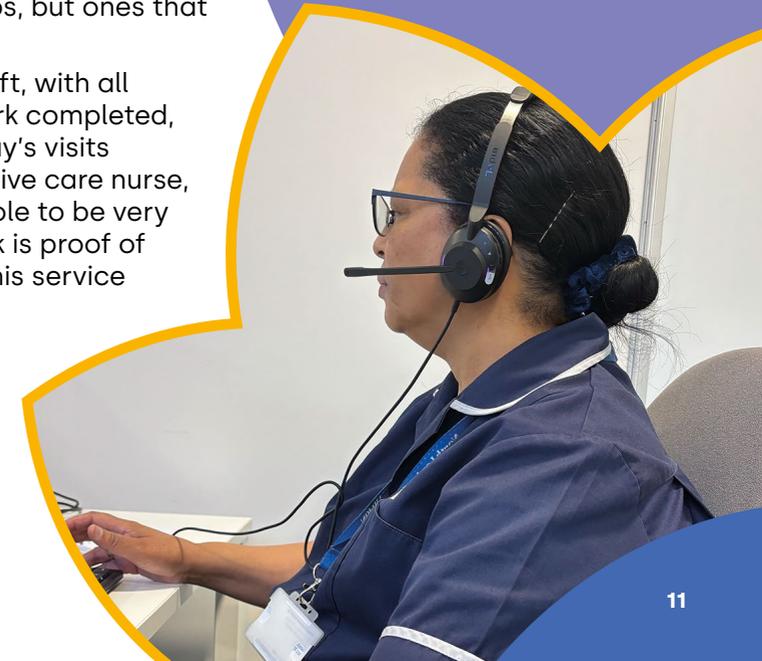
first visit was to an older woman with advanced dementia whose sudden decline has taken her family by surprise. She was eating less, sleeping more and her family were frightened by how quickly things seemed to be shifting. I went in to assess her, to look beyond the paperwork and see the woman in front of me, to offer my thoughts on what she needed at that stage and to help establish the right medicines to keep her comfortable.

The next call took me to a man living alone, deeply isolated and clearly approaching the end of his life. He was determined to remain at home, despite how unwell he was. Pain had begun to intrude and his world had narrowed to the few rooms he could still manage to move between. I was able to put effective pain relief in place and talk through what might come next, leaving clear guidance for a friend who was due to visit later that day. Small, practical steps, but ones that mattered.

By the end of the shift, with all necessary paperwork completed, the impact of the day’s visits lingered. As a palliative care nurse, many presume my role to be very limited, but this work is proof of the importance of this service

and how it can always make a difference. And it impacts me too. I remain humbled by the trust placed in me and grateful to play even a small part in these journeys, during people’s most vulnerable hours.

With thanks to our donors, including the Ernest Hecht Charitable Foundation, Garfield Weston Foundation, The Albert Hunt Trust, Anonymous, Dr French Foundation, and Benecare Foundation, whose generous support made the Rapid Response Service possible in its first year.





Gifts That Grow

Did you know?

- Gift Aid adds 25p to every £1 you donate at no extra cost to you.
- Sign once and it covers future donations (and those from the past four years too).
- You just need to be a UK taxpayer, giving your own money or goods and have paid enough tax to cover the Gift Aid claimed.
- It only takes a moment. Sign up in any hospice shop or at our Woodside Avenue reception.

Nearly £660,000 raised through Gift Aid in 2025

50,000+ retail donors now Gift Aid their donations

Retail Gift Aid sign-ups have quadrupled in a year

One Gift Aid declaration can boost every future donation you make by 25%

Gift Aid supported appeals, regular gifts, in-memory donations and events throughout 2025.

Data based on 2025 North London Hospice figures.



From left: Francesca, Mary, Eleni, Michelle, Alexandra

A Tea To Remember

When Alexandra came across a news story about the financial pressures facing the hospice sector, her thoughts immediately turned to the place where two special friends had spent their final days.

The women had formed a strong bond through Breast Cancer Sisters, a support group for those affected by breast and ovarian cancer, where both Jo and Raj had been cherished members and the whole group felt the weight of those experiences deeply. Shocked by what Alexandra had read and determined to channel their collective grief into something positive, an idea was born to host an afternoon tea.

Led by Eleni, Mary, Alexandra and Fran, they tapped into their networks to secure the generous donations that made the fundraiser so successful, raising more than £19,000 for the hospice.

Hosted at Highlands Village Hall, the event welcomed 120 guests, showcased an impressive array of raffle and auction prizes, provided complimentary goodie bags for every attendee, and even featured a special appearance from hospice ambassador and EastEnders star Michelle Collins.

“Raj had been a huge EastEnders fan, and when her sisters saw Michelle and later won the iconic street sign, they were so touched,” Alexandra said.

“They told me how much comfort it gave them, how happy Raj would've been that they were there, and how special it felt to take a meaningful reminder of their sister back home to South London.”

A heartfelt thank you to every guest, everyone who bought raffle tickets and all those who donated their time, prizes, food, drink and goodie bag items.

Insights From The Inpatient Unit

When Natalie first came to stay at the hospice, she was in extreme pain caused by stage four colon cancer. At just 46, and as a mother of three, she walked through our doors grappling with the physical implications of her illness, but also the emotional impact of her life having been turned on its head. Herself a Victim Support Coordinator, adept at holding the hands of people experiencing extreme injustice and trauma, these are her reflections on what it felt like to be cared for.



♥ However frightening it was to come into the hospice, I realised that it didn't have to mean I was at the end of life. I had to accept a new chapter, but instead of seeing it as an ending, I began to view it as a new beginning; one focused on putting my own needs first.

♥ I have always had faith, but since my diagnosis I have leaned into it more deeply. With guidance from the hospice chaplains and staff, I learned how to harness my beliefs to find strength and moments of happiness, even in the darkest times.



♥ While so much feels out of my control these days, finding my voice and learning to advocate for myself has given me a sense of empowerment and helped me feel truly seen and involved in my own care.

♥ Being on the Inpatient Unit gave me lots of time and space, which I used to help focus my attention more deeply on what matters to me. Channelling my faith, I built a new resilience to navigate the challenges ahead.

♥ For me, perhaps the steepest and most important learning curve was allowing myself to be cared for; truly leaning on my caregivers, trusting the nurses to hold me through those dark, lonely nights and accepting that needing help did not make me weak, but human.

Playing It By Heart

On a Monday morning, come rain or shine, laughter spills down the corridor long before you reach the room. Inside, game tiles clatter across the table fuelled by anticipation, someone groans good-naturedly at a missed move and for a brief time the outside world feels very far away. This is our weekly Games Group, a free, open-to-all gathering where board games bring people together and connection is always the real win.

The group itself, which runs from our Enfield site, began with a simple idea from Danny, one of our volunteers and a lifelong board-game enthusiast. Wanting to give his time to the local community, he approached us with a belief that play shouldn't be confined to childhood. For Danny, board games are about far more than passing the time.

They're a way to connect, to laugh, to think and to remind ourselves that adults need moments of play just as much as anyone else.

“The benefits of playing board games are well documented and numerous,” explained Danny.

“They offer an easy, welcoming way to be sociable, gently breaking the ice and bringing people together around a shared activity. At the same time, they keep our brains active and engaged, encouraging problem-solving, concentration and creativity while also boosting our mental wellbeing through laughter, connection and the simple joy of play.”

On any given week, around a dozen people gather around the tables, spanning a wide range of ages and connected to the hospice in many different ways. Several games are usually happening at once, from much-loved favourites like Rummikub to newer titles that Danny is always happy to introduce and teach. Fellow volunteer John is also on hand to help keep things running smoothly, making sure everyone feels included and at ease. And, of course, no session would be complete without the essentials; a cup of tea, a biscuit and plenty of time to sit, chat and enjoy the company.



“What I love most is seeing people grow in confidence week by week, striking up conversations with new faces, building friendships and even trying games they wouldn't have touched before,” reflected Danny.

“There's an unspoken understanding in the room and a sense of safety, because no one needs to explain themselves. Everyone is welcome just as they are and that makes all the difference.”

And it's not just the participants who benefit.

“I wake up every Monday with a smile on my face,” shared Danny.

“I get so much enjoyment from this role and learn so much from everyone's experiences. It's just a lovely group and I really encourage anyone thinking about coming along to do so. It's never too late to rediscover your inner child.”

The group runs from 11am to 1pm on Mondays at North London Hospice Enfield, 110 Barrowell Green, N21 3AY.

For more information email cn@northlondonhospice.co.uk

Undercover Fashionista

With 20 shops to our name, selling everything from modern must-haves and eye-catching jewellery to well-loved books and characterful furniture, we're proud to be a go-to destination for anyone chasing brilliant bargains and unexpected delights.

For this edition of Life, we sent sustainable fashion and eco-lifestyle expert Penny Salman on a tour of our stores to uncover her standout charity shop gems. From stylish steals to unexpected treasures, she handpicked the pieces that prove second-hand shopping is where preloved meets fresh possibility.



This gorgeous dress with pockets was on the rail for only £6.25. Dress it up with some brown boots for a party or down with some trainers for the office. This dress is so versatile and can be worn all year round.



One for the kids. At £4.25, this darling raincoat is perfect for any child who is 130cm tall. Pair with some wellies of any colour and you're good to go and tackle the puddles.

Fancy brightening up your winter wardrobe? Look no further than this lovely green blouse, on sale for just £5.25. Style it with your favourite jeans or a maxi skirt for a chic look.



A festive jumper that you can wear all season is the best and this one is only £3.75. Wear with a mini skirt and knee-high boots for a cute look!



Organise your party plans around this incredible £10.50 dress. Pair with your favourite heels and a fur coat.

Penny said: **“ Shopping sustainably is the best way to do your bit for the environment, drop the guilt of fast fashion and find your personal style. My top tips are don't be afraid to experiment, if you can, dedicate as much time as possible to search for the best bargains and look in every section of the shop.”**

Follow Penny on Instagram

 @threadsforapenny

BIG FUN WALK 2026



North London Hospice

Every Step Holds a Story

Sunday 10 May

London's most beautiful parks and iconic views

- 10-mile Big Fun Walk - East Finchley to Westminster
- 5-mile Little Fun Walk - East Finchley to Primrose Hill
- Free t-shirt, lunch, goodie bag and medal
- Option to take part dressed as a character from your favourite story.

Pricing for adults £25, under 16 £20, under 5s go free. Register at:

northlondonhospice.org/events/big-fun-walk-2026/



Sign up today
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Charity No. 285300 | Company Reg No: 01654807 Reg. Address - 47 Woodside Avenue, London, N12 8TT.

Forever In Our Hearts Butterfly Reflections

Following the success of last year's Forever Feathers display, North London Hospice is proud to announce our third in-memory event, Butterfly Reflections. For a donation, you can order a handcrafted decorative stainless steel butterfly in memory of a loved one.

A special way to commemorate your loved one, these unique, delicate tributes with iridescent wings have been created specially for North London Hospice and can be personalised with a name or dedication of your choice.

The butterflies will be displayed in the tranquil gardens at West Lodge Park (Cockfosters Road, Hadley Wood, Enfield) in June, where the collective beauty of these tributes can be experienced against the backdrop of the hotel's picturesque grounds.

The Butterfly Reflections garden promises to be a special place and we hope that visiting will offer a moment of contemplation and calm this summer, reminding us of the enduring bonds we share with our loved ones.

There are 500 butterflies available and we'd love each one to be a dedication to someone special. Every dedication supports North London

Dedications must be made by Monday 4 May. For more information call fundraising on 020 8446 2288 or visit:
northlondonhospice.org/butterflies



Hospice and for a suggested minimum donation of £49 your tribute to someone special will feature in the installation.

Hospice staff will be on site on Saturday 6 June from 10am to 12.30pm and on Sunday 7 June from 10am to 12.30pm to show you the location of your dedication.

There will also be a sunset reflection evening on Thursday 11 June, with more details to come. The display will remain in place until Saturday 14 June.

After the event, you will be able to take your butterfly home, creating a lasting symbol of love and cherished memories.



Diary dates

15 March – Mother's Day

We have a Mother's Day dedication page where we are asking people to share their messages of love to celebrate all the cherished mums and mother figures this year. Donations are optional. visit northlondonhospice.dedicationpage.org/mothersday2026



12 April – London Landmarks Half Marathon

The London Landmarks Half Marathon offers runners an extraordinary way to explore London, taking in cultural landmarks, DJs and dancers along the route. The electric atmosphere encourages runners to challenge themselves while their friends and families enjoy the themed cheer stations as spectators.



26 April – London Marathon

The inspiring and electric atmosphere amongst some of the world's most famous landmarks is not something that can ever be replicated. With the roaring crowds lining the 26.2-mile route from Greenwich to the Mall, it is no surprise that the London Marathon is one of the biggest and most popular in the world, and a once in a lifetime opportunity for most people. For more information visit: northlondonhospice.org/events/london-landmarks-half-marathon-2026



10 May – Big and Little Fun Walk

For yesterday's moments and tomorrow's care, Big Fun Walk 2026 is a chance to honour the memories of those you love, while giving others the gift of support, comfort and peace when they need it most. From the leafy paths of Hampstead Heath to the stunning views from Primrose Hill, each step echoes with stories of lives lived and love that lasts. For more information visit: northlondonhospice.org/events/big-fun-walk-2026/



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Check out our Open Garden events
Scan this QR code

6 – 14 June – Forever In Our Hearts – Butterfly Reflections

North London Hospice is proud to announce our third in-memory event, Butterfly Reflections. For a donation, you can order a handcrafted decorative steel butterfly with iridescent wings, in memory of a loved one. The butterflies, created specially for North London Hospice, will be displayed in the tranquil gardens at West Lodge Park (Cockfosters Road, Hadley Wood, Enfield) in June, where the collective beauty of these tributes can be experienced against the backdrop of the hotel's peaceful grounds. For more information visit: northlondonhospice.org/butterflies



21 June – Father's Day

Coming soon - we will have a Father's Day dedication page where we are asking people to share their favourite memories and photos and remember their dad, grandpa or father figure by leaving a dedication in their memory.



27 June – 5 July – Proms at St Jude's

This music festival in Hampstead Garden Suburb offers concerts, heritage walks, and two days dedicated to the written word. The event raises money for North London Hospice and Toynbee Hall. Visit www.promsatstjudes.org.uk



5 July – Summer Race The Neighbours

This 10km community fun run takes in some of the most scenic parts of East Finchley and Muswell Hill, with spectacular views over London. People from all fitness levels are welcome to participate in this friendly local run, with a pinch of neighbourhood rivalry thrown in for good measure. For more information email racetheneighbours@northlondonhospice.co.uk



To find out more or register for any of our events, please visit: northlondonhospice.org/get-involved/our-events-and-challenges

scan me



Meet The Team - Sachin Ramchurn

When Sachin joined North London Hospice in 2016 as a Healthcare Assistant, he arrived with a strong background in care homes and a real passion for patient care. Working on our Inpatient Unit, it wasn't long before a new challenge was calling.

"Although I had worked in a variety of settings, I didn't know much about hospices before I became part of the team, but the warmth and support that I received and saw confirmed that I was where I needed to be," Sachin reflected.

“At its heart this work is about learning what matters most to our patients and working as a team to make that achievable. This is what motivates me most and I wanted to develop the skills needed to contribute with a broader scope of responsibility.”

In 2022, Sachin successfully completed his Nursing Associate Apprenticeship and then took on the challenge of a top-up apprenticeship, ultimately qualifying as a Registered Nurse last year. He graduated with First Class Honours.



"It was difficult at times to balance work and study, but I needed to prove to myself that the faith my family and friends had in me was truly justified and the support from my colleagues and managers made this achievable," he explained.

“It is an honour for me to work in an environment that is rooted in holistic care and I am proud to be a Registered Nurse who can help patients and their families when they are at their most vulnerable.”

Even so, it's not always clear to others why Sachin finds his job so purposeful and fulfilling.

"When I tell people what I do they

often have misconceptions about what hospice care really means and what an important difference we can make for someone facing a life-limiting illness," he shared.

"I wish more people understood that our role is centred on comfort, dignity and respect, with a strong focus on improving quality of life for patients and their families. The most rewarding part of my work is witnessing the moments that truly matter for my patients, seeing them regain a sense of independence, feeling relief from their symptoms, or simply finding calm or reassurance."

And as a male nurse, Sachin brings another perspective.

"While the profession is still often seen as a female dominated, I've never viewed that as a barrier. Instead, I see it as an opportunity to challenge stereotypes and show that compassionate, high-quality care has no gender," he expressed.

“I recently had a patient who struggled to accept help, but over time we built trust. Being there to provide comfort in his final days and seeing his family's gratitude reminded me how powerful these moments can be. It reinforced why I chose palliative care; to bring dignity and compassion when it matters most.”

Martha Bloohn's Kitchen

Two of our long-standing volunteers have pooled their family recipes going back generations to create a cookbook in aid of the hospice.

Angela Olivieri and her daughter Laura Carlton have been friendly faces at our Finchley reception for more than eight years, buoyed by a mutual desire to give back to their community.

Behind the scenes, for the past three years, they have been lovingly collating recipes handed down from generations past, to pay tribute to the many and varied homely and hearty meals that have become synonymous with their family.

"I love to cook and when guests would ask me for the recipe I'd jokingly say to wait until it's in the book, but over time the concept flourished into something real," Laura explained.

"It's all home cooking, with an easy, simple style. I am all about getting to the same result in the simplest way and that's reflected throughout."

With many of the recipes influenced by the family's Jewish roots, it has been named Martha Bloohn's Kitchen in honour of Angela's mum and Laura's grandma whose cooking was the inspiration for this book.



“My grandma used to describe everything she made as thick and sticky, which to her meant it was full of goodness, and that’s how I remember all those family dinners she would cater,”

Laura added.

Generously financed by Laura to ensure maximum monies raised, all proceeds will be given to North London Hospice and Cancer Research UK.

The books cost £15 each and are available to purchase from the cafe at Head Office.

Letters

The care was just unbelievable. Each and every person we met was so incredible. They allowed my mum to die peacefully and gracefully. The care was second to none.

I want to extend my heartfelt thanks to North London Hospice for offering me counselling services to help me with my bereavement.

Your support during this difficult time means so much, and I truly appreciate the care and compassion you've shown.

Thank you. Much appreciated.

Thank you to all your staff who helped me and my late husband. I think Beverley was the first palliative care nurse I met (who was fantastic in every way) and there were several others, plus many district nurses who were so kind and supportive and enabled my husband to have his wish to die at home. It was the most incredibly difficult time for me and my family, but there is literally no way we could have managed without the palliative care team - of course medically, but also emotionally and psychologically. It will be two years since he died and of course life has been very difficult without him. I imagine as a team you get thanks much less frequently than complaints and I have been meaning to send this for all this time.

North London Hospice

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E nlh@northlondonhospice.co.uk

www.northlondonhospice.org



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Please debit my credit/debit card

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Make your donation go 25% further – at no extra cost to you. If you are a UK taxpayer, you can boost your donation by 25p for every £1 you donate, simply by ticking the box on the left. It won't cost you a penny more. Yes, 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 would like more information about leaving a gift in my will to North London Hospice I have left a gift to North London Hospice in my will

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 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

However you choose to support us, Gift Aid makes your donation go even further, and it really makes a huge difference. Thank you.

*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 donations in that tax year, it is my responsibility to pay any difference. Please notify us if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your income and/or capital gains.



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