

Spring 2023

Life



**North
London
Hospice**

News from North London Hospice

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Our year in numbers



Fundraising

wonderful people
made donations

4802

people gave a gift in
memory of a loved one

57

1695

people left a gift
to us in their will



Retail

17

North London
Hospice Shops

**£1.3
million**

Income for
hospice services



Volunteers

270

new
volunteers
recruited

194

of these are
supporting
us in retail

40

New patient or
family facing
volunteers
received an
induction

2

new training
courses
delivered

3107

Referrals to all
Patient & Clinical
Services through
First Contact

2462

Referrals for
Community
Services

26,327

Visits

44,835

Contacts
(excluding
visits)

Total All Boroughs – Community Teams

Source: NLH Impact Report and Audited Accounts 2021/22

Welcome

I hope you've had a positive start to 2023. I'd like to introduce you to our new look Life magazine. Inside you can read about the many ways we're supporting patients and their families, the tireless support of our fundraisers and the many opportunities to get involved.

2022 was a very busy year for our hospice, which saw us welcome more people back into our buildings, launch new and extended services and complete ground floor refurbishment work at our Head Office in Finchley, the first phase of an upgrade to this site, which marked 30 years of care last year. Read on to see pictures of the refurb which has provided a beautiful, calming, multi-functional space for our patients, families, staff, and volunteers.

This month (February) we launched the North Central London Palliative Advice Team. North London Hospice is proud to be the lead provider for this new service, which will offer an out of hours specialist palliative care advice service (8pm-8am), seven days a week across the boroughs of Barnet, Enfield, Haringey, Camden, and Islington.

We also look forward to investing in our retail stores later this year, with planned shop refurbishments to provide customers with a more enjoyable shopping experience. Plus the roll out of our new visual identity to shop signage, will provide a welcome lift to our high street presence.



We all look forward to the month of May, not only because we dream of warmer weather and lighter evenings, but because it's time for our Big Fun Walk. Please note this will take place later in the month than usual, on Sunday 21 May.

More than 3,500 people received our specialist end of life care last year, and it's our ambition to deliver outstanding care and support to even more people in our community in the coming year. I'm thankful for the incredible team of staff, volunteers, trustees, and supporters, who will help achieve this and deliver the goals in year two of our new Strategic Plan.

You're part of a very special community at North London Hospice and I hope as you read on, you'll see that we are striving to deliver the best of life, at the end of life, for everyone.

Best Wishes

A handwritten signature in black ink, appearing to be 'D. Carroll'.

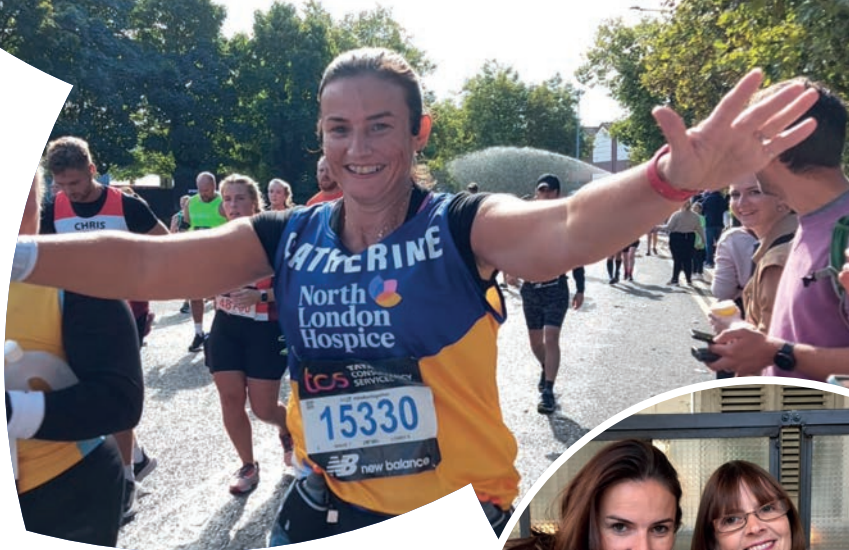
Declan Carroll
Chief Executive, North London Hospice

Head Office refurb creates modern, welcoming space

The refurbishment of our reception, café and lounge area at our Head Office is complete. The area provides a mix of calm and comfortable spaces offering a relaxing lounge, places of privacy for patients and families, a modern café for patients, visitors, staff and volunteers, a cosy snug for visiting children, improved heating and ventilation, and a new reception desk. The upgrade, in the building's 30th anniversary year, will also help to reduce our carbon footprint, and ensure we can offer an environment that

meets the needs of our community for years to come. The work has been paid for with investment funds earmarked for essential building projects. Thank you to our supporters for contributing towards the furniture costs.





Catherine's story

"I'm so glad we had the support of the hospice. Their services were invaluable. Death is something that comes to all of us. The more we talk about it, the less scary it becomes."

When Pauline was diagnosed with bowel cancer it was her wish to spend her final days at North London Hospice, where she knew she would receive specialist end-of-life care and her family would be supported.

As one of the hospice's volunteer bereavement counsellors, Pauline was familiar with its work.

"Mum's wish was to die in the hospice

and when a place became available, our GP recommended we take it. We were so glad we did. The doctors and nurses managed mum's pain and sickness so well. She was dying, but it

was in the most comfortable and pain free way it possibly could have happened." says Pauline's daughter Catherine.

"Everyone who visited mum at the hospice was surprised....it wasn't a dreary sad place, but full of life. It sounds strange but it was a pleasure to spend time there, as much as it could be."

Pauline loved our flagship fundraiser Big Fun Walk, and her family and friends have twice taken part in her memory. In October 2022 Catherine ran the London Marathon, raising **£3,500** for future patient care at North London Hospice.

Join your
community
in **supporting**
your local hospice.

North
London
Hospice

BIG
FUN WALK
2023

Sunday 21 May

- 8.5 mile walk East Finchley to Westminster
- London's most beautiful parks and stunning views
- Free lunch, refreshments and a goody bag

Pricing for adults £18,
under 16 £13, and **under 5s** go free.

Register at bigfunwalk.co.uk



New venue
at the end of
the walk

Registered with



FUNDRAISING
REGULATOR

Stuart's lasting legacy



Leaving a gift in your will is a great way to support North London Hospice's work in the future. Last year one in six of our patients were cared for thanks to the income we receive from legacies.

It's thanks to supporters like Stuart Teacher, who has pledged a gift in his will, that patients will continue to receive our specialist end-of-life care for years to come.

Stuart and his wife Gillian became volunteers for the hospice in 1994 and after Gillian received palliative care from our team five years ago, Stuart changed his will to leave a gift to North London Hospice.

"Gillian received such good care, as did my mother and my mother-in-law from the hospice, which made a huge difference at the end of their lives. I want to help ensure the hospice is here to provide the same support to others in our community in years to come.

"The care was all free of charge and many don't know that hospices are charities and rely on our support to fund their work. It was really easy to amend my will.

It costs £14 million a year to run our hospice, and £9 million comes from fundraising. We are delighted to offer our supporters an online will writing service to help write or update a simple will for free.

Please visit www.northlondonhospice.co.uk/support-us or call 020 8446 2288 or scan the QR code below for more information.



Light Up A Life 2022

We were delighted to welcome more than 600 people to our Light Up A Life remembrance evening in November and are extremely thankful to all those who supported it. Our campaign raised more than £50,000 for patient care.

The event was our first ceremony without Covid-19 restrictions since 2019 and included performances from The Big Choir while BBC News journalist Hugh Pym and his wife Susan shared their experience of the care Susan's sister Marion received at the hospice.

Susan Pym said: **"It was such a privilege** to be given the opportunity to speak about my sister and her experience at North London Hospice. She

loved all the staff looking after her, which was so reassuring for us, her family. Light Up A Life is a wonderful way to remember our loved ones but also to give thanks for the exceptional care they received."

Following the loss of the hospice's large horse chestnut tree in a storm a 25-foot memory tree was lit, each light sponsored and shining in memory of one of our patients.

Our thanks go to all the volunteers and staff who made the event possible, plus the Rotary Club of Mill Hill, Delice de France and Waitrose Mill Hill, Dwight School, St John's Ambulance and Wilding Sound.





Our One In A Million Campaign

With an ever-tighter squeeze on finances and a growing demand for more sustainable items, our 17 shops across North London are proving a popular choice for many people.

Thanks to people like you, our shops provided £1.3 million in income last year to support patient care. In a bid to boost donations and sales we launched our One In A Million campaign last summer to encourage the donation and sale of one million items by summer 2023.

We're halfway through and well on the way to achieving this goal. So, a huge thank you to everyone who donates and shops with us.

Our shops are run by a dedicated team of staff and volunteers who collect, sort, and sell your donations so please continue to think of us if you're having a declutter.

What to donate

We always need good quality adult and children's clothing, furniture, household items, jewellery, accessories and paired shoes, toys and books, small electricals and white goods

Please see the back page for your nearest store or scan the QR code below. If you need a collection, call **020 8343 6813**



Volunteer Naomi struck gold with rare coin find



Our Golders Green shop volunteer Naomi struck gold – literally – when she found a rare American Golden Eagle \$50 gold coin in a box of donations.

A coin collector was delighted to snap up the Liberty dollar coin for £1,500, which gave a boost in the shop's income that supports patient care at the hospice.

“It was pure luck that I saw it, it just shows that even when a bag of donations looks like nothing special you should keep searching because you just might strike gold – literally in this case!”

North London Hospice

Our new visual identity, including vibrant logo and fresh colours, was launched in September 2022.

New look!

It was created following consultation with staff, volunteers, patients, and supporters. The icon depicts leaves, modelled on our lovely tribute tree, and represents support and community. It will be rolled out to our shop fronts, giving a boost to our presence on the high street. *We hope you like it!*





Our Compassionate Café is open!

Our new Compassionate Café is open every Wednesday (10am-2pm) at North London Hospice - Enfield. Come along for some tasty and reasonably priced food, cooked and hosted by our wonderful volunteers. Chef Jenny creates and prepares a menu of homemade cakes and lunches – all vegetarian plus some vegan and gluten free options. The Compassionate Café is open to anyone known to the hospice. No need to book and any profits go to the hospice.

“The team are really helping me make the most of my life”

Our physiotherapists run courses and one-to-one sessions to help our patients manage their breathing - a common challenge for many people facing life-limiting illness.

Shirley's breathing had deteriorated so much that she found it difficult to leave her second-floor apartment.

“My breathing was getting worse, and it was the fear of not being able to manage if I left home that was holding me back. But the physiotherapists have given me the tools I need to help me with my breathlessness, and I am now able to go out. It's not easy but I've had amazing follow up from the hospice.

“I attended their breathlessness course and I've been offered support from the occupational therapist as well, who will help me with breathing techniques to use for carrying out day-to-day tasks at home. My aim initially was to be able to get to the car and now I can do that.



“I thought a hospice was just for end-of-life care, but this experience has been a real eye-opener for me. The team are really helping me to make the most out of my life.”

Specialist Physiotherapist Michelle Mandler added: “Breathlessness can have a huge impact on our quality of life and sense of control. We aim to teach people ways to manage the breathlessness so they can regain a sense of control and focus on doing things that matter to them.”

A walk & a talk



Our Walk & Talk groups support the bereaved relatives and friends of the hospice's patients. The groups meet weekly in Finchley and monthly in Enfield.

Run by volunteers Bob, Russell and Claire, the Finchley Walk & Talk group meet every Wednesday morning in Victoria Park for a walk, a chat and a coffee. At Enfield, the group, who meet at Grovelands Park on the first Thursday of the month, is run by volunteers Pat & Marion. For more information email nlhbereavement@northlondonhospice.co.uk

Pam's Walk & Talk Experience

Pam's husband Peter was cared for by North London Hospice's Community Specialist Palliative Care Services team in Enfield. Shortly after he died, she joined the Finchley Walk & Talk Group and has found it a source of support and friendship.

“I've built new friendships with people

who only know me as Pam – not Peter & Pam. We walk and we talk and there is coffee and cake and lots of laughter.”

“There are members at different stages of grief so there's a range of support for whatever stage of the journey. The conversation flows easily when you're walking and there is a fluidity to it that you don't get when you're sat opposite someone.”

Scan the QR code below to watch a short interview with Pam



Fantastic fundraisers

Last year 4802 people donated to North London Hospice, each one with their own reason to give. We are grateful for each and every donation. Thank You.



Ali Ghaffari's 'Team Elisabeth' @ Big Fun Walk **£8,000 Raised**

Ali's wife was cared for by North London Hospice. "They cared for us with expertise and humility and they continued supporting the family afterwards. My reason for taking part in Big Fun Walk was purely financial. I wanted to raise as much money as I could to contribute to their support of other patients and families. However, I was amazed by the support we got from our families, friends and colleagues across the world, by their donations and willingness to take part in the walk. The day of the walk was so enjoyable with our team of 23, all getting to know each other. I am looking forward to BFW2023, with an even larger "Team Elisabeth" and hopefully more fundraising."



Courtney Brothers Year of Challenges **£10,000 Raised**

Brothers Tom, Jack and Dan Courtney took on a year of challenges to raise funds for the hospice that cared for their **Nanny Bubbles**, culminating in the London Marathon.

"The big day itself was one we will never forget. It was one of the best days of our lives," said Tom. "The support we had was monumental, and that, and our memories of our late Nanny Bubbles, really propelled us to get over the line. Virtually every inch of road had members of the public screaming your name in support, clapping and chanting motivational words! The atmosphere was sensational – It was amazing to have run for North London Hospice."



June Stevenson's Moroccan Mountain Trek **£5,000 raised**

"I chose to trek Mount Toubkal in aid of the hospice after my husband was admitted in October 2018. Austin received the best care and compassion and staff also greatly supported family and friends. While in the hospice I read about the fundraising challenges and vowed to do something to help the hospice. I completed the five-day Mount Toubkal trek in Morocco in August 2022. The feeling of pure enjoyment and accomplishment on getting to the summit was indescribable. The best part was celebrating with the greatest bunch of people who were all raising money for their own charities. I'd highly recommend this to anyone thinking of supporting this wonderful hospice."

Barnet Educational Arts Trust **£600 raised**

Thank you to BEAT for organising a concert in memory of their dear friend and colleague, Sylvia, and raising funds for patient care. "Sylvia's passion for music and teaching was a huge part of her

life, so we wanted to remember and celebrate her with a special concert involving the children she worked with. North London Hospice gave incredible support to Sylvia and her family, and we were really pleased to be able to give something back."

Morrisons Foundation **£18,979 Grant**

We were delighted to visit Morrisons in Palmers Green to receive a generous grant from the Morrisons Foundation, which will pay for an accessible bath and a number of specialist arm chairs for our Inpatient Unit, plus two cuddle blankets for patients. We look forward to working with the Palmers Green store's community champion Parineeta and her colleagues in the future.



Spotlight on volunteering

Did you know?

650 volunteers are supporting every area of North London Hospice's work

How do they help?

In our shops, helping at fundraisers, supporting patients and families, running social and creative groups, offering skills such as acupuncture and counselling, becoming Compassionate Neighbours

How much time do they give?

As much or as little as works for them. From just a few hours occasionally to several days a week. We have roles to suit everyone

Do we need more volunteers?

Yes! We particularly need volunteers to help in our 17 shops – sorting stock, serving customers and keeping our shelves, rails and windows stocked with goods

Is training provided?

Absolutely. All volunteers are fully trained and supported within the service they volunteer

Interested in joining our volunteering team and want to find out more?

Visit our website:

www.northlondonhospice.org/work-for-us or email our volunteering team at volunteer@northlondonhospice.co.uk or scan the QR code to find out more.



Meet Debra



Whetstone Shop Volunteer, Debra

Debra has been part of our retail volunteer team for 11 years. You'll find her every Tuesday afternoon sorting stock and helping customers at our Whetstone store.

"I feel part of a community that is supporting a great cause, and I've made some good friends over the years. You develop people skills and learn lots about stock, like crockery, antiques and jewellery.

"With more and more people wanting to recycle and live more sustainably, our shop is very busy. It's very sociable, rewarding and flexible work, that, since retiring, has helped me maintain skills and learn new ones."

A week in the life of

our Community Engagement Lead, Rebecca Eastick

I manage the hospice's volunteer-led support scheme, Compassionate Neighbours, from its Enfield Centre, and lead on the development of new and closer links with our community, so we learn what people want from their local hospice. My weeks are varied and I meet loads of inspiring and dedicated people. Here's what I've been up to this week.



Monday | I drop my boys (aged eight and five) at school and walk to work. Compassionate Neighbours is top of my 'to do' list. It connects volunteers with people in their community. We've made more than 250 introductions so far and also run group activities. Volunteer Danny is a modern board games enthusiast who runs our games group on a Monday. He arrives with a huge bag of games and skilfully introduces them to the patients, carers, and CN volunteers. Catch up with Hannah, the Community Development Ambassador, to discuss plans for

the week ahead, and the meetings she has booked in with community groups to talk about the support offered by the hospice. She has also just finalised dates for our Death Café events and Open Afternoons so we think about how to promote these events locally.

Tuesday | Prep work for our Compassionate Café that launched in the autumn. People known to the hospice come in for a chat and something to eat and it's proving very popular. I look over some of the 2021 Census data for our boroughs to see which languages, ethnic groups and religions are prominent. I look at how this compares with our patient data, as it will guide our decisions about where to focus our community engagement.

Wednesday | Our wonderful knitters meet at 11am every Wednesday. I have a chat with Artemis, who leads the group, about a couple of initiatives the fundraising team are working on, and then I see our Compassionate Café volunteers, including chef Jenny, to see what's on the menu. Today we're combining the café with a poetry event. One of our community members has published a book with support from his Compassionate Neighbour.

Say hello to photography group as they arrive for their monthly get together. The group is made up of patients, carers and bereaved relatives. Their photographs are up on the walls of our building and they'll soon be working on plans for their third exhibition.

Thursday | Twelve new volunteers completed their training last week, so I follow up with them to get their DBS and reference checks done so they can start volunteering. There's a waiting list for one-to-one Compassionate Neighbours referrals and I'll be able to match some of them soon.

Walk home via the hospice allotment to empty the veg peelings from yesterday's café on to the compost heap. I hope to have the allotment group there in the Spring.

Friday | My day off. I was lucky to get a ballot place for the 2023 London Marathon so I'll go for a run with my spaniel Tess.



Diary dates

5 April & 5 July 3-4pm - Open Afternoons at North London Hospice – Enfield. An introduction to our services and support plus a tour of the contemporary building and courtyard garden. Open to individuals, community and faith representatives, councillors, health and social care practitioners and local partners. Contact Hannah Newton, Community Development Ambassador for info communityengagement@northlondonhospice.co.uk

6 April & 6 July – Death Café
A safe, open space to talk about and share thoughts, concerns and hopes and experiences of all things concerned with death and dying. It's a chance to join a conversation. We hold four Death Café's each year. Hosted online via Zoom. Email communityengagement@northlondonhospice.co.uk to attend.

13 May 2-6pm - Highwood Ash Open Garden
Explore the stunning 3 ¼ acre garden created over 55 years by our Patron Penny Gluckstein MBE. A highlight in any gardener's calendar! Homemade teas, cakes and plants for sale plus a book stall. Adults £5. Children free. Location: Highwood Ash, Highwood Hill, Mill Hill, London, NW7 4EX



21 May – Big Fun Walk

Join us for our biggest fundraiser of the year on our 8.5 mile walk through the parks of London from East Finchley to Westminster. For full details and to register visit www.bigfunwalk.co.uk

24 June – 2 July – Proms at St Jude's

This nine-day music and literary festival in Hampstead Garden Suburb offers free and ticketed concerts, heritage walks and two days dedicated to the written word. Now in its 31st year, the event raises funds for North London Hospice and Toynbee Hall.

Visit www.promsatstjudes.org.uk

25 June – Sew A Special Sunflower

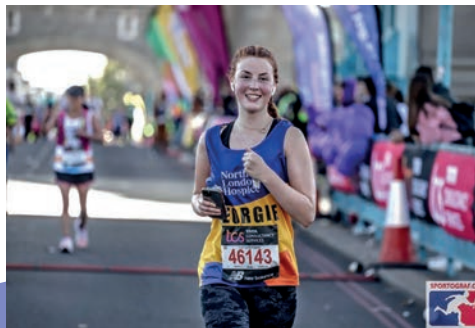
Dedicate a special wooden sunflower in memory of a loved one. We'll be creating a memory garden at our Head Office in Finchley and hosting a special summer remembrance day for families and supporters to view the display. Look out for details on how to Sew A Special Sunflower on our website and social media soon.

9 July – ASICS 10K

London's greatest celebration of summer running takes you past the capital's top landmarks whilst entertainment en-route keeps spirits high. Join our ASICS 10K team and raise funds for patient care.

Find out more at in the Challenges section on our website:

www.northlondonhospice.org/support-us/our-fundraising-events/#challenge-events



Remembering loved ones on Muchloved

Did you know we work in partnership with MuchLoved, to offer our supporters free online tribute pages to remember their loved ones?

Tribute pages are a special, dedicated online place to remember someone. You can add photos, memories and messages, light candles on special occasions, and celebrate their life. MuchLoved also provides a simple way to publish funeral notices and collect donations for your chosen charities

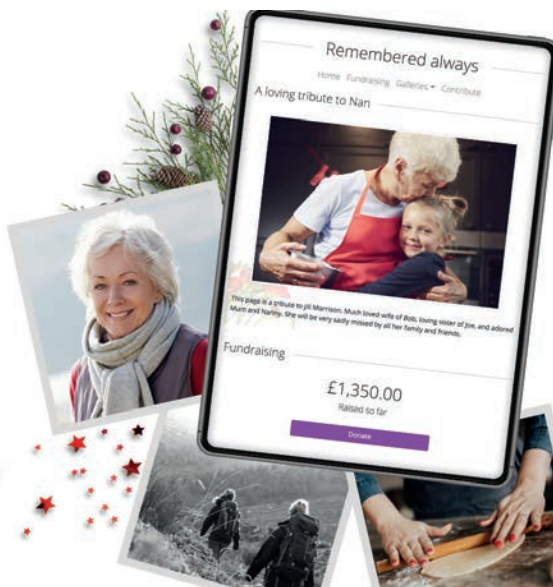
- a wonderful way to honour the memory of your loved one and support our work at the same time.

We are incredibly grateful to all those who choose to set up a tribute page supporting North London Hospice in memory of their loved ones. In 2022 they raised £65,000 to support our work.

If you'd like to learn more about setting up a tribute page, please email our fundraising team – fundraising@northlondonhospice.co.uk

**North
London
Hospice**
working with muchloved

£65,823.15
raised in 2022



Develop your love of photography



Our amateur photography group for patients, carers and bereaved relatives is looking for new members.

It's an active group that meets for photography walks and social outings, plus monthly get togethers at North London Hospice – Enfield, which are focused on sharing skills and techniques.

The group has held two exhibitions and is planning a third in the spring. If you're interested to learn more, please email Rebecca Eastick reastick@northlondonhospice.co.uk

“My stay at the hospice was life changing”

Marion

Marion spent three weeks on our Inpatient Unit, where our specialist team helped her with pain management.

“I didn't know so many wonderful people existed all in one place. It's been a life changing experience for me. I've been a carer all my life, but I was worried when it was suggested I come into the hospice. But I needn't have been. They were truly wonderful, have got my pain under control and I've returned home. Every day was a good day while I was there. The staff and volunteers would come in and chat, and after a few days it



was like seeing friends. I've never experienced care like it. The stay has changed my whole mindset, I'm now making each day the best it can be.”

You crafty lot!

February saw the launch of our first Big Fun Craft. More than 1150 of our craftiest supporters have committed to knit, sew, stitch or crochet for an hour every day throughout February. Some of the finished items will be shared

with our patients and look out for others for sale in our shops. Participants are being sponsored by their friends and families, so raising money for patient care too.

Thanks to event sponsor Nest Sewing School, The Knitting and Stitching Show and haberdashery shops Slipstitch and Knit Knack Shack for supporting Big Fun Craft.





Norma's knitted life story

Our knitting group took up the challenge to knit the life story of Enfield resident Norma, as part of the Stories of Enfield project. The finished work was displayed at Enfield Chase station in the autumn and viewed by thousands of people. It also won an award from event organisers MHA Communities North London!



Community support

Demetraki has been supported by our Community Specialist Palliative Care team in Barnet. "They've been a huge help, especially Pat (pictured). My mobility was affected after I had a fall and the nurses have helped me with my pain management and have got me moving again. They visited me every day for weeks, helped me with my medication and have been so kind and caring."



Ways to support us

Each year we provide our specialist end-of-life care to more than 3,600 patients in Barnet, Enfield and Haringey. We also support their families and friends too. The support we provide is completely free of charge, but it costs £14 million a year to run North London Hospice. As a charity, we have to fundraise £9 million of that cost.

There are many ways in which you can support our work.

Leave a legacy in your will –

Pledge to leave us a gift of any size in your will. Take advantage of our Free Will offer - we'll pay the will writing fee and hope you'll leave us a gift or donation.

Hold a fundraiser – a bake sale, a birthday fundraiser, school pyjama day or office jumper day, have some fun and raise funds for us.

Make us your charity of the year

– Our corporate fundraisers raise thousands for us each year. We'd be honoured if your company would like to make us their charity of the year.

Take on a challenge – Tick a challenge off that bucket list or join one of ours. We have runs, jumps, rides, walks and climbs – sign up to one that suits you.

For details on ways to support us visit: northlondonhospice.org
Email: fundraising@northlondonhospice.co.uk



Tribute Tree – Buy a leaf on our tree in memory of a loved one. Gold (£1,000) Silver (£500) and Bronze (£250), each inscribed with the name of your loved one. It remains on our tree for a year and is then yours to keep or renew for another year.

Gift Aid your donations – If you are a UK taxpayer, please Gift Aid your donations, so we can claim an additional 25% from the government on the amount you give or the price we sell your goods for, at no extra cost to you.

Make a donation – Visit our website and donate today or set up a regular direct debit if that's right for you.



Scan the QR code to donate

What your donations fund

Every pound makes a difference.

£7.50 – the meals for a patient on our Inpatient Unit for one day.

£23 – an associate community nurse to deliver care to a patient in their own home.

£40 – one of our Health Care Assistants to treat a patient in their own home for 2 hours

£50 – telephone counselling to help two recently bereaved children.

£84 – doctor to review 4 patients on our Inpatient Unit

£120 – art supplies for our Art Therapy courses.

£200 – a drama therapy group at North London Hospice, Enfield for 6 patients.

£826 – 24 hours of expert end of life care for a patient and support for their friends and family.

If you're thinking of moving home, North London based estate agent, David Andrew has generously offered to donate 10% of fees - for sale or letting instructions - to the hospice from business they receive from any of our supporters or staff. Mention North London Hospice if you instruct them.



Join Today!

Support North London Hospice by playing the Local Hospice Lottery

It's a little bit of fun that makes a **BIG** difference to local families!

Weekly Prizes

Rollover can reach as much as

★ **£25,000**

PLUS

★ **£10,000** ★
SUPER DRAWS

Every March, September and December!

Just **£1** per entry to play & help!

£2,000

£1,000 ★

Rollover

£100

8 x £25

190 x £10 ★

**LOCAL
HOSPICE
LOTTERY**

**North
London
Hospice**

To join visit

www.localhospicelottery.org/nlh

or call

Freephone 0800 316 0645



**Scan to
join today!**

Promoter: Local Hospice Lottery Ltd, North Court Road, Chelmsford CM1 7FH. Local Hospice Lottery Ltd is registered in England and Wales (Company No. 3276004) at Farleigh Hospice, North Court Road, Chelmsford CM1 7FH and is a wholly owned subsidiary of Farleigh Hospice (Registered Charity No. 284670). Local Hospice Lottery Ltd is licensed and regulated in Great Britain by the Gambling Commission (www.gamblingcommission.gov.uk) under account number 4716 and is a member of the Hospice Lottery Association and the Lotteries Council through whom Local Hospice Lottery makes annual contributions to GambleAware (the leading charity in the UK committed to reducing gambling-related harms). A full list of the hospices supported, along with Terms and Conditions, can be seen on the Local Hospice Lottery website (<https://www.localhospicelottery.org/>) or provided on request from 'Freepost Local Hospice Lottery'.



All players must be aged 18 or over

BeGambleAware.org
Play the local hospice lottery responsibly



Registered with
**FUNDRAISING
REGULATOR**

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

North London Hospice

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



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Light Up A Life 2022

We were delighted to welcome more than 600 people to our Light Up A Life remembrance evening in November and are extremely thankful to all those who supported it. Our campaign raised more than £50,000 for patient care.

The event was our first ceremony without Covid-19 restrictions since 2019 and included performances from The Big Choir while BBC News journalist Hugh Pym and his wife Susan shared their experience of the care Susan's sister Marion received at the hospice.

Susan Pym said: **"It was such a privilege** to be given the opportunity to speak about my sister and her experience at North London Hospice. She

loved all the staff looking after her, which was so reassuring for us, her family. Light Up A Life is a wonderful way to remember our loved ones but also to give thanks for the exceptional care they received."

Following the loss of the hospice's large horse chestnut tree in a storm a 25-foot memory tree was lit, each light sponsored and shining in memory of one of our patients.

Our thanks go to all the volunteers and staff who made the event possible, plus the Rotary Club of Mill Hill, Delice de France and Waitrose Mill Hill, Dwight School, St John's Ambulance and Wilding Sound.





Our One In A Million Campaign

With an ever-tighter squeeze on finances and a growing demand for more sustainable items, our 17 shops across North London are proving a popular choice for many people.

Thanks to people like you, our shops provided £1.3 million in income last year to support patient care. In a bid to boost donations and sales we launched our One In A Million campaign last summer to encourage the donation and sale of one million items by summer 2023.

We're halfway through and well on the way to achieving this goal. So, a huge thank you to everyone who donates and shops with us.

Our shops are run by a dedicated team of staff and volunteers who collect, sort, and sell your donations so please continue to think of us if you're having a declutter.

What to donate

We always need good quality adult and children's clothing, furniture, household items, jewellery, accessories and paired shoes, toys and books, small electricals and white goods

Please see the back page for your nearest store or scan the QR code below. If you need a collection, call **020 8343 6813**

