

Hospice Hair-oes





Ready to make the chop, brave the shave, or grow a glorious 'tache for a brilliant cause?

Become a hospice hair-o and turn your hair-raising adventure into vital funds for North London Hospice.

Whether you're daring to go bald or growing some impressive whiskers, every penny you raise helps us care for people across North London when they need it most.

Why Your Hair Matters

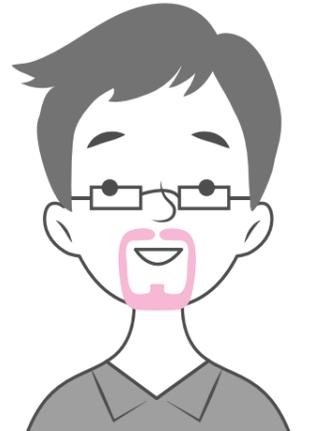
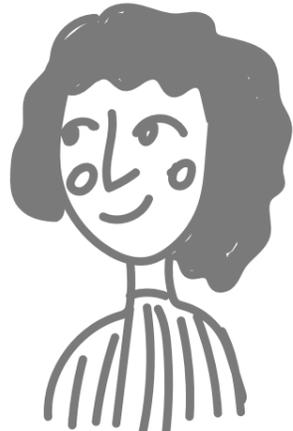
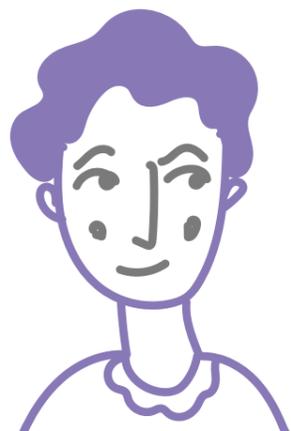
North London Hospice supports more than 3,500 patients every year, offering expert care, compassion, and comfort at the most difficult times. All our services are completely free of charge.

However, it costs over £16 million every year to fund our care. With around a third coming from the NHS, we rely on the generosity of our community to make up the shortfall.

Your bonkers barnet or brave bald head could help fund:

- Specialist nurses
- Counselling support
- Equipment to make patients comfortable
- Bereavement services for families

That's a pretty good reason to get a new 'do, if you ask us!



One Family's Journey: Finding Strength and Solace in North London Hospice's Care

In the summer of 2019, our lives were turned upside down when my husband Mathew was diagnosed with bowel cancer. A former competitive swimmer and Parkrun enthusiast, we were busy enjoying life with our beautiful nine-year-old son Gus. Mathew was just 46. Life from that moment was sawn in half.

Before the hospice became involved, I thought it was just a place where you go to die. Actually, it came to be the place and the people that held our hands, offered us kindness and understood what we were going through. I could never have imagined needing the hospice as we did, and yet at our most vulnerable hour, they were our strength.

Being at the hospice, where all Mathew's needs were met, freed us to enjoy each other for a little bit longer. Without North London Hospice, my story would have simply been one of unparalleled heartbreak. The hospice didn't rewrite the hardest chapter of our lives, but they wove into it endless compassion, a tenderness of care and a sense that we were never alone. They carried us when our world was falling apart. For that, I will always be grateful.

Ways to take part:

There are many ways you can get involved:

- **The Big Chop** - Snip off those locks and raise some serious cash.
- **Brave the Shave** - Shave it all off and show off that shiny scalp!
- **Grow a Mo** - Moustaches, beards, even a monobrow... let it grow for good.
- **Dare to Dye** - Bright pink? Electric blue? The wilder, the better.
- **Style it Out** - Rock a mullet, a mohawk, or anything that'll get the donations rolling in.



Your Fundraising Journey



Step 1: Pick your challenge

Shave it, grow it, chop it, or dye it – it's up to you.

Step 2: Set up your fundraising page

Head over to [JustGiving](#) and create a page in minutes.

Top tip: Make the first donation yourself to get the ball rolling!

Step 3: Set a target

People love helping you beat it!



Step 4: Make it an event

Host a shave party or livestream the big reveal. You can even boost your fundraising by hosting a raffle or bake sale as part of your event.

Step 5: Show your progress

Post regular photos of you growing your 'fro or your disappearing hairline.



Step 6: Share your story

Tell people why you're supporting North London Hospice. Ask us for a North London Hospice t-shirt to wear on event day and any extras like bunting and collection buckets.

Step 7: Ask your boss

Some companies offer match funding - double the donations, double the impact.

Step 8: Celebrate your hair-raising heroics

After the big moment, send us your donations and pictures of your new look so that we can celebrate with you.

Big or small, every donation matters and helps us to provide **the best of life, at the end of life, for everyone.**

£24.50 could fund an Associate Community Nurse to deliver care to a patient in their own home for one hour.

£95 could help fund travel costs for home visits by our community team for one day.

£175 could pay for nightwear for ten patients on our Inpatient Unit.

£253 could fund patient psychotherapy services for one day.



Cidney's Story:

Meet Cidney – one of our fundraising superstars!

From her home in Barnet, Cidney took on a rather brave and brilliant challenge; she cut off her long, flowing brown hair to raise money for North London Hospice, where her much-loved grandma, Melinda, spent her final days.

Just four months earlier, Cidney and her family had said goodbye to Grandma Melinda. But rather than dwell in sadness, Cidney decided to do something positive - something bold. Inspired by the courage her grandma showed during her illness, Cidney said:

“I just wanted to do something different. I saw how brave Grandma was when she was going through treatment and losing her hair and this is nothing compared to that.”

She even told Grandma about her plans before she passed away, and yes, there were tears. Tears of pride. Cidney had her friends cheering her on every step of the way. “They're all really excited,” she said. “They've been so supportive and all sponsored me!”

Originally, Cidney and her mum Nicola thought £500 would be an ambitious goal. However, her amazing feat raised nearly £4,000! That was eight times the target, and every penny went towards helping the hospice that gave her family so much love and care.

“We were all so proud of Cidney,” said Nicola. “It was such an admirable thing to do. The support was just amazing.”

The hospice held a special place in the family's hearts. Melinda, who passed away from bowel cancer aged 63, was looked after with such compassion that Nicola said:

“The nurses treated Mum like one of their own. The hospice touched a big bit of our hearts. They were pure angels - that's the only way to describe them.”

And the generosity didn't stop there. Cidney also donated her hair to Little Princesses, a wonderful charity that creates wigs for children who have lost their hair during cancer treatment.

The big chop was a day full of meaning, as it coincided with Mitzvah Day, a Jewish celebration all about good deeds. It was the perfect day for such a heartfelt gesture.



Dominique's Story:

Meet Dominique - one of our truly inspiring fundraising heroes.

In honour of her wonderful father, Jacques, Dominique took on a bold challenge; she shaved off her long hair to raise funds for North London Hospice, where her dad spent his final days.

Jacques, a talented French chef with a gentle soul, was known for his kindness, warmth, and quiet generosity; always happiest when helping others. After a two-year struggle with normal pressure hydrocephalus, he passed away in the comfort and care of the hospice.

Dominique said that North London Hospice “was a haven of tranquillity with kind, warm and attentive staff looking after him, trying to make him as comfortable as possible. Everyone was also so welcoming and supportive to my mother, sister, and me, as well as any visitors who came to see Dad. We wanted to repay the kindness and show our gratitude by raising funds for the hospice, as it relies heavily on charitable donations to stay open.”

To get started on her fundraising, Dominique set up a fundraising page and produced a small poster with a link to the fundraising page and a QR code for those who preferred to do an online donation that way. It had a brief description of why she was fundraising, who it was in memory of and what she was going to do (in her case, cut off her long hair, shave her head and donate the hair to a charity that produced wigs for children with cancer undergoing chemotherapy). She then sent the information out to friends and family and put a poster up in her workplace.

When asked what she would say to someone thinking about taking on a similar challenge, she said: “DO IT! I wholeheartedly felt it helped me too – it gave me a focus to put my energies into, helped me to feel I could do something useful as well as doing it in the memory of my father and for my dear friend who was undergoing chemo for multiple myeloma. People around me were very encouraging and supportive and that helped me too and at the end of the day, we were able to pay the hospice back financially for some of the stay.”

Dominique described the experience as a bonding opportunity with her children, who helped by braiding her hair and making a film of the process. She also reflected that getting rid of her hair felt liberating and that lots of strangers would smile and friends and colleagues were very encouraging and supportive. Raising money for North London Hospice was meaningful to Dominique because “it was such a wonderful place to be for those last few difficult days. The staff, the individual rooms and the care that we had were all amazing. We can't thank the hospice enough.”

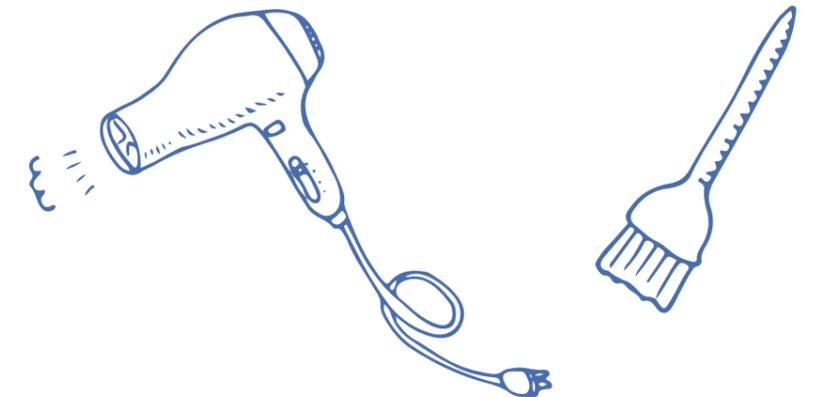


Event day checklist:

- Take a great 'before' photo – big smiles!
- Post a reminder on social media with your fundraising link. Bring along a QR code poster and collection buckets for last-minute donations.
- Do some decorating with some North London Hospice bunting and posters.
- Tell your audience why you're doing this. A little speech or a few words go a long way.
- Get someone to film or photograph the big moment.
- Have fun and embrace it.
- Post your 'after' picture with a fundraising update and encourage people to donate if they haven't already.
- Enjoy any of the event extras you have planned – a raffle or bake sale can help to boost your fundraising total.

Please email us (fundraising@northlondonhospice.co.uk) if you would like:

- Leaflets
- Bunting
- Pull up banners
- T-shirts
- Collection tins
- Collection buckets
- Card readers
- Sponsorship form



Be a Hair-o

Send us your before and after pics and fundraising total and you could feature on our social media or even in our newsletter. Fame awaits...

Want Your Hair to Do Even More Good?

Thinking of going for The Big Chop? If you're lopping off your luscious locks, don't let them go to waste. Donate them and turn your hair into a wig for someone who's lost theirs. For more information about how to donate your hair to make a wig, please see Cancer Research UK's advice [here](#).

We're here to help you every step of the way with advice, encouragement and a massive high five when you're done.

fundraising@northlondonhospice.co.uk

020 8446 2288

Thank you!