

2025

Autumn

Connections



Phyllis[®]
Tuckwell

Hospice Care

...because every
day is precious



Your new Hospice update
Patient stories
Upcoming events

Welcome

I'm delighted to welcome you to our Connections magazine.

The inspiring stories in this edition remind me how embedded we are in our local communities, and how much those communities matter to us, and we matter to them.

We offer our care to patients, families and carers across West Surrey and North-East Hampshire, and our services are based throughout the area. Our Living Well team works at the Beacon Centre in Guildford; our In-Patient Unit is located in Camberley while we finish building your new Hospice in Farnham; and our Hospice at Home team visits patients across our whole catchment area. We also work closely with other local healthcare providers, including GPs, hospitals, district nurses and care homes, helping to provide the best care possible to patients at the end of life.

Being part of the community really defines us – it is why we are here. It is the people we serve and the people who support us. I recently attended our volunteer long-service awards, which celebrated the inspiring contribution of those who have been with us for the milestones of 5, 10, 20 and 50 years. In total, **we have an incredible 653 volunteers**, who support many of our teams. They also help at our fundraising events, such as the fantastic Walk for the Wards and Music in the Park. These events, and the many more that both our Fundraising team and our amazing supporters organise, help raise the vital money we need to fund our care.

We are present in many of our local towns, with 18 shops located across our catchment area, including a large Retail Centre in Farnborough, where we hold a range of sales, including kilo sales and prom events.



These shops are hubs for the local community, and our volunteers there get to know the many regular customers who pop in for a browse and a chat. As well as raising money, they are important places where people can buy low-cost quality items, including clothes and shoes, which they may not otherwise be able to afford.

We are also fortunate to work with many generous businesses in the local area, who support us through donations, corporate fundraising and volunteer days, and local solicitors who offer their services for free through our Make a Will campaign.

Our community is full of such inspiring, courageous, generous, kind-hearted people, and we feel so lucky to be part of it, and so proud to be able to care for those in it who need our support.

With warmest wishes,

A handwritten signature in black ink that reads "Sarah Church".

Sarah Church (chief executive)

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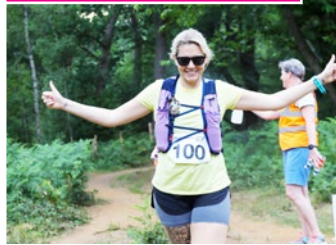


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Your New Hospice Update

Last year, we launched an appeal to raise £6 million to build a new Hospice on our existing site in Farnham.

One year on, thanks to the generosity of our incredible local community, there is now less than £400,000 left to raise!

Once finished, your new Hospice will enable us to offer our specialist care to many more people in Surrey and Hampshire who need our help.

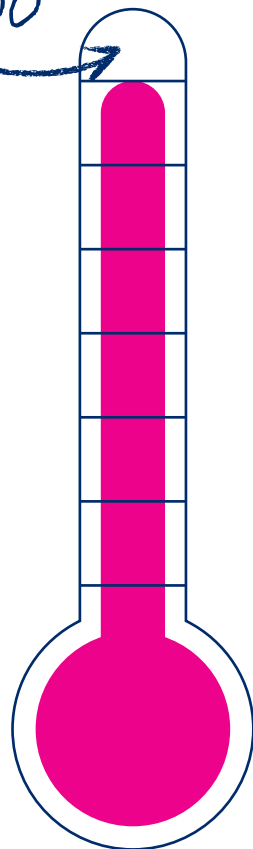
It will include an 18-bed In-Patient Unit (IPU) for patients who need symptom management or are in their last days of life; a Living Well suite where support programmes, art therapy sessions and carers groups will be held; therapy suites where patients can learn techniques to manage symptoms such as breathlessness and anxiety; and private spaces for counselling sessions.

It will also act as a base for our community teams, whose specialist doctors, nurses, health care assistants and therapists visit patients at home, throughout their illness and in their last days.

The flat roof areas on the two-storey section of the building, including the IPU, are now complete, and ready for us to install the facilities that will house our renewable technologies, such as solar panels and air source heat pumps, so that your new Hospice can be as sustainable as possible.

The building is highly insulated, which will help enormously in controlling overheating in the summer and reducing heat loss in the colder months. This will help us avoid increased utility costs and will mean that we don't need to use natural gas on the site at all!

*less than
£400,000
to go*





IPU roof and courtyard garden



IPU roof and office spaces

The final area of brickwork, by the main entrance, is now being completed, and inside the floors are being finished, the walls plastered, and the electrics, plumbing and ventilation ducting are being installed. It's wonderful to be able to walk around the space and get a sense of how the different areas will be used. Over the next six months, the focus will be on finishing the interior of the building and starting to landscape the area outside. Here we'll create beautiful accessible gardens, including individual private spaces for our in-patient rooms, and a larger communal area for families and groups to enjoy.

It's so important that your new Hospice feels like home for patients and families, and it's the little touches that will make it special.

Fridges for our In-Patient Unit rooms, where favourite drinks and snacks can be stored for patients at the end of life; sofa beds so that relatives can stay overnight with their loved ones; plants for the garden; easels and paint brushes for art therapy sessions; and a TV and games for the family room, where relatives and friends can take some time out.



The cleaned and restored Dove Wing

Home is the feeling of support, of relief, of being heard and knowing that you matter – and this is what we want your new Hospice to offer. We'd like to thank our wonderful local community for the incredible support you've given us in helping to fund it so far. We're so close to reaching our target now.

Any amount you could give to help us finish and furnish this amazing new building, and really make it feel like home for our patients and their loved ones, would be so gratefully received. If you would like to make a donation, please visit www.pth.org.uk/givetoday



The Dove Lounge with concertina doors opening out onto the garden

For more information,
scan the QR code or
visit [www.pth.org.uk/
new-hospice](http://www.pth.org.uk/new-hospice)



Underfloor heating being laid in the IPU

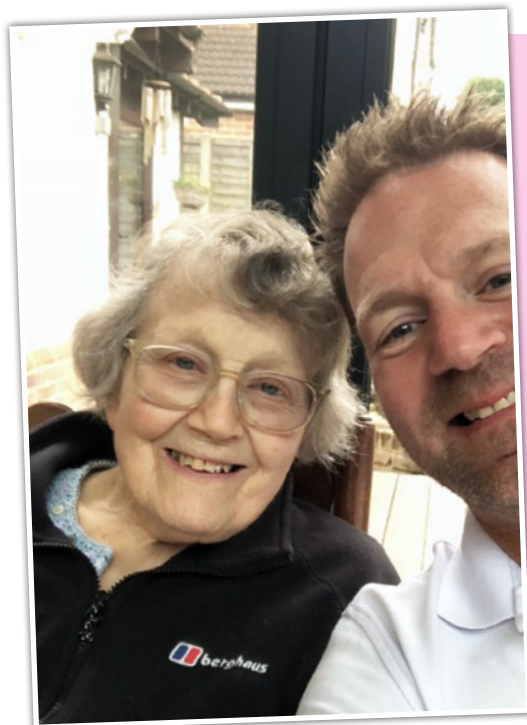
Mark and Ann's Story

When Marks' mum, Ann, was referred to Phyllis Tuckwell, our Hospice at Home team visited her to provide medical, nursing, therapeutic and practical support at home.

"Ann was diagnosed with cancer in October 2024," said Mark. "As the illness got worse, we started to struggle to care for her at home, and in the end we just couldn't cope. Once Phyllis Tuckwell came into our lives, everything became a great deal easier. Dr Jack suggested some different medication to control her pain. Various doctors and nurses came out to see her quite regularly, and we could phone them if there were any problems, too. It made a great deal of difference."

Our Hospice at Home team includes doctors, nurses, health care assistants and therapists. For some patients, being able to access this care in their own homes, rather than having to travel to our Beacon Centre or to their own GP or local hospital, makes life much easier. Ann had dementia and was also in a wheelchair, so being able to stay at home was important to her and her family.

*"Ann was confused and ill, and keeping her routine and familiarity was key. **Having Phyllis Tuckwell's doctors and nurses visit her at home made life much easier.**"*





Our Hospice at Home team decided that Ann needed to be admitted to our In-Patient Unit (IPU), which provides 24-hour care for patients who need symptom management or are at the end of life.

*"It was like a load being lifted off our shoulders. **We were able to get back to being her family, as opposed to just being her carers.** At first, we thought she was just going in to make her comfortable in her last days, but actually she was there for a month. **The peace of mind that it gave us was invaluable.** She was looked after fantastically."*

Families and friends can visit patients on our IPU at any time of day or night, and can stay with their loved one overnight too, on one of our fully reclining chairs. Having family around them can calm patients who are anxious or unsettled, and we can push the chairs next to the bed so they can hold hands.

*"I have three sisters, and one of us would visit every day. **Visiting was open any hour of the day, so we could come and go as we wanted.** It was all very relaxed; the nursing staff were really friendly. Ann was very ill, but she was comfortable. Her room was enormous and we were able to cover it in photos of her family, her dog, her home, to bring that familiarity to her. We had music playing, a choice of TV channels, open windows when we wanted them, and green trees outside the window. **She was as happy as she possibly could be.**"*

"Once Phyllis Tuckwell came into our lives, everything became a great deal easier," said Mark.

*"We visited Ann on Christmas Day and took a few gifts in. We believed that she could hear and understand us, and so we were able to say happy Christmas. We took her dog, Maggie, in as well. We were amazed that you could bring your dog into the IPU. **It was really nice that Maggie was able to see Ann, and Ann was conscious that her dog was there and was able to put a hand over the side of the bed and touch her, which was a lovely moment.**"*

Our staff talked to Mark and the family about Ann's final days, to ensure that they were prepared and knew what to expect.

*"We had many discussions with the staff about what would happen when the moment came. Ann died in the early hours of Boxing Day. **We had all had every opportunity to visit her at any time, and we were all able to say our goodbyes.** After she died, we were able to spend time there together to mourn as a family. The sympathy the staff gave us was incredible."*

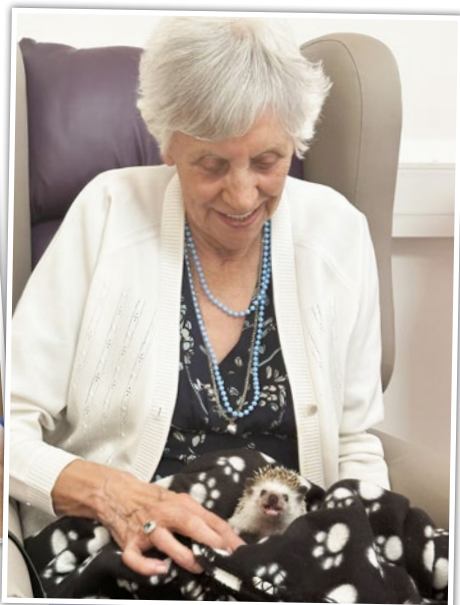
Latest News

Wild about Britain

We were delighted to welcome Connie from Wild About Britain to one of our recent Living Well sessions. Wild About Britain is a local organisation which promotes the conservation of British wildlife through educational animal encounters. Connie and her team visit schools, care homes, clubs, fetes and country shows, to talk to people about the UK's native wildlife and offer them the chance to meet and hold some of the animals who live here.

Our Living Well patients and staff met a very cute African pygmy hedgehog called Snowdrop, Freddie who is a beautiful tawny owl, Conker the inquisitive toad, and a smooth snake which our Living Well sister Rachel was a little fearful of holding!

"It was fantastic for our patients to be able to meet such an array of British creatures, who reveal the wonders of our native wildlife," said Rachel. "I'm so pleased that I conquered my fear and held a snake! Experiences like this are so beneficial for our patients, enabling them to engage with activities and conversations that aren't connected to their illness, encounter and learn about new things, share their own knowledge, and interact with others."



Keeping Moving

We've introduced a new exercise group to help our Living Well patients feel more confident in keeping mobile. Our Move with Confidence group meets every Thursday and is led by our physiotherapists, who assess each patient individually and can adapt the exercises to their specific needs or abilities.

As a result of their illness, and sometimes treatment, patients can become more fatigued and sedentary. This leads to muscle weakness and frequently a loss of confidence in their abilities. By coming to our physio-led sessions, they can feel assured that they are building their activity levels safely. Each patient who takes part in the group sessions can have the exercises tailored to their specific needs, taking into account symptoms such as pain or breathlessness.

By taking a supportive and positive approach to helping them build and maintain strength, mobility and stamina, we can empower people to enjoy living life as fully as they can, for as long as possible.



Mangar Eagle Lifting Cushion



Thanks to a generous donation of £2,000 from South East Water's Community Chest Fund, we have been able to purchase another Mangar Eagle lifting cushion, to use with patients at the Beacon Centre and in our new Hospice in Farnham, when it opens.

The Mangar Eagle is an inflatable machine which enables us to help a patient quickly and safely up off the floor if they've fallen. It inflates in stages, to lift patients from the floor to a sitting position, from which they can then stand up or transfer to a chair or bed. It's portable, can be used in small spaces, and allows our clinical staff to assist patients in a way that preserves their dignity. It's also often used by emergency service paramedics.

By having our own machines, we can help patients up off the floor straight away, rather than needing to call the emergency services for help.

Colin and Nicky's Story

Colin started coming to our Living Well sessions after an early referral from his consultant. Initially, he and his daughter Nicky thought the referral meant that he was nearing the end of life, but Bev, one of our nurses, explained that our Living Well service was about helping him to manage living everyday life.

“Getting an early referral was important because it allowed us to see the care they offered in a different light,” said Nicky. *“To find out that there was this Living Well programme that would nurture him and support him to do some practical things every week, and meet new people, was a relief. It’s enabled him to enjoy the time he has without it looking like it’s the end.”*

Bev told Colin and Nicky about our two Living Well programmes – Living Well with Illness and the Creative programme. Both offer a two-hour weekly session over eight weeks, at our Beacon Centre in Guildford. Each session focusses on a different aspect of living with an advanced or terminal illness. Colin has been to our Moments in a Bottle session, where patients bring in photographs of significant or happy memories, and stick them onto an outline drawing of a bottle, to remind them of these times from their past. He also made stuffed peppers and chocolate ginger at our Confidence through Cooking session, and a planter in our Therapy through Nature session. He took the planter home, and it now sits on the table in his living room. ***“Being able to go to these sessions, and to have that freedom of meeting other people and taking part in activities, but not having to be guided by a family member, gives him some independence back,”*** said Nicky.

Another of our creative sessions is called Tracks of your Years. Patients are invited to pick a song that means something to them and listen to it with the group. If they would like to, they can tell the group what memories it brings back and why it is important to them.

“It enabled him to enjoy the time he has without it looking like it’s the end,”
said Nicky.





Colin chose the song Danny Boy. "It was sung to me in hospital when I had appendicitis," he said. "The nurse was called Nurse Murray. She sung it to me to get me to sleep. I was 11." "The interesting thing is that I always knew Danny Boy was Colin's favourite song, but I never knew why," said Nicky. "I never knew he had his appendix out. He's never mentioned that in my entire life. And that therapy session helped that story to come out."

When Colin arrived home after the session, he phoned our Living Well team to tell them that today was the best day he has had.

Sometimes patients have difficulty getting to our sessions, because they often don't drive, and their family and friends aren't always available to take them each week. We have a team of volunteer drivers who kindly give up their time to collect patients from home and take them to the sessions, then drop them home again afterwards. For families like Colin's, this service is really important. "I work full time and so does my husband," said Nicky. "Without the volunteer drivers, Colin wouldn't be able to get to Phyllis Tuckwell at all. I'm trying to balance family life with making sure that Colin's OK and that he's getting out, because being stuck indoors all the time is not good for him mentally. **Knowing that he's going to Phyllis Tuckwell, that he's got a friendly face to greet him, he's going to do something that gets his mind working, and they'll make sure he's OK, is a real lifeline.** It's also the reassurance that he's seeing a nursing team who will be able to monitor him, and if they see something, it's picked up. I can't thank Phyllis Tuckwell enough. That referral anchored our support network to them and they're now our first port of call. **They know Colin, they understand his situation, they're monitoring him, and having that support has been hugely beneficial.**"



Scan the QR code to read Colin and Nicky's full story



Education and Training

Our Education team offers courses and bespoke teaching to local health and social care providers, supporting them to gain knowledge and skills in palliative and end of life care.

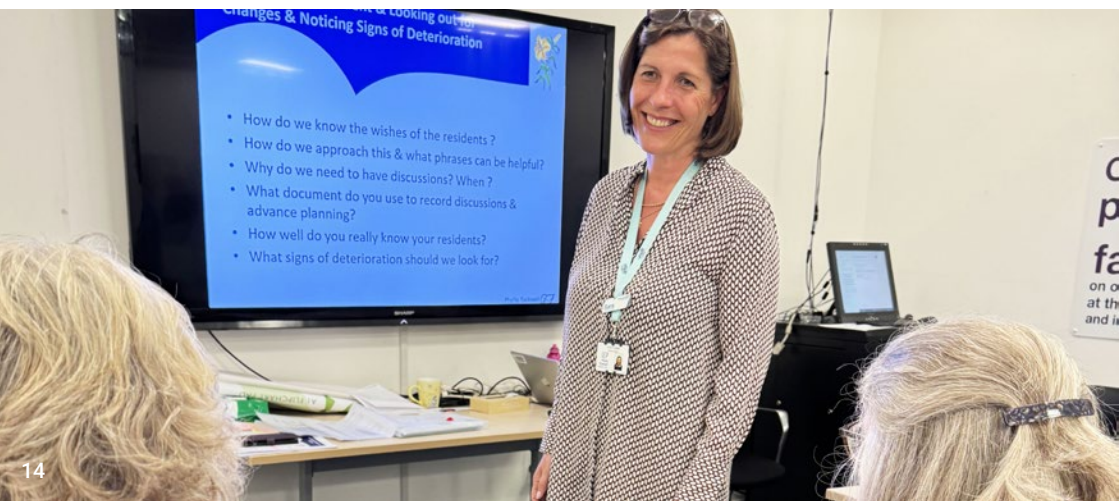
We offer these free of charge to those in our catchment area of West Surrey and North-East Hampshire, including to nursing and residential care homes. We have recently delivered an education project specifically to support these homes, in collaboration with the Senior Manager for Quality for the Frimley care homes.

Each home was offered a focus group, where staff could explore what the home did well in the delivery of end of life care, and what was more challenging. Challenges included difficulties in establishing when the last year of life was approaching, and support with sensitive conversations and advance planning. Our clinical educator presented national models to help address the challenges, and further skills training sessions were provided to the homes that requested them, with staff also being encouraged to book onto our

advertised education programmes at our Headway House office in Farnham.

We were delighted that **80% of the nursing homes and 63% of the residential homes in the Frimley area engaged with the project**, including homes that had not previously accessed our education sessions, and afterwards booked other staff onto our programmes. **In total, the training was delivered to 250 nursing home staff and 150 residential home staff. In addition to this, 25 bespoke education sessions were delivered to a further 160 staff in Frimley care homes**, and we saw an increase in bookings onto our courses from care home staff, with an increase of 80% in the uptake of our palliative and end of life care education programme.

We are now planning to offer this same opportunity to the nursing and residential homes in the Guildford and Waverley area.



A Day in the Life of... a Lead Physiotherapist

Ruth is the team lead for our physiotherapists, who support patients to remain as mobile, active and independent as they can, throughout their illness.

Physiotherapists work alongside patients, supporting them with their movement and strength, and enabling them to continue doing the things that are important to them, for as long as possible. I really enjoy meeting and talking to our patients. By finding out what they want to be able to do in their everyday lives, I can help them to achieve their goals.

One of the things physiotherapists look at are the barriers that patients are facing, such as weakness, pain or breathlessness. We then work with the patient, and with other staff at Phyllis Tuckwell, to manage these symptoms, enabling patients to move around better and participate in things that they enjoy doing. Most of my clinical work involves visiting patients in their own homes, but our team also sees patients on the In-Patient Unit and at the Beacon Centre. We run group sessions on managing breathlessness, exercise and movement groups such as Adapted Tai Chi, and more recently a 'Move with Confidence' group.

Our team works closely with the Occupational Therapy and Complementary Therapy teams here at Phyllis Tuckwell, as well as with our clinical nurse specialists, doctors and Living Well team. Our patients are often



also supported by healthcare professionals outside of Phyllis Tuckwell, such as community therapy teams and hospital therapists, whom we liaise with regularly to make sure that the care we are providing is joined up. **It's a real privilege to work with so many other skilled professionals and to see how the care we all provide benefits our patients.**

As team lead, it's important to find out what aspects of their job the rest of the team feel passionately about. They have a wide range of skills and interests, and it's great to see these being recognised and utilised, and staff progressing and feeling fulfilled at work. As well as helping build a happy team, this also results in patients getting high-quality care from us.

What I really love about working at Phyllis Tuckwell is that patients are always kept at the centre of decisions, and are empowered to make their own choices about their care. It's so important for them to enjoy a good quality of life and participate in the things that bring them joy, and I feel very privileged to be able to help them do this.



Fundraising News

We couldn't provide our care without the help of our wonderful supporters, who give so much time and energy to help us raise the money we need.

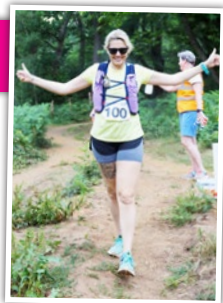
A Walk to Remember Someone Special

160 walkers came along to our first ever Walk for the Wards at Sunset, raising just under £15,000!

Held on Saturday 21st June, the longest day of the year, at the stunning Hampton Estate near Seale, the walk took participants along a 5-mile route which they walked with family and friends, many walking in memory of someone special to them. Many carried small battery-operated tea light lanterns as a special symbol of their loved one who was being remembered.

Our volunteer marshals did a great job of offering walkers refreshing sprays of water along the route, to cool them down in the hot weather. Participants finished the walk as the sun set over the beautiful Surrey countryside, and were each given a drink and a bag of tasty treats.

Our thanks go to the owners of the Hampton Estate for hosting the event, the Rapid Relief Team for their support towards providing the tasty treats for participants, volunteers from Blackwater Valley Runners who kindly put up and took down all the signage for the route, and NTT Data and Savills for their support of the event.



Music in the Park Rocks Farnborough!

Over 3,500 people came along to Music in the Park 2025, which was held on 12th and 13th July at King George V Playing Fields in Farnborough – and the 30-degree heat didn't stop the dancing!

Organised by the Rotary Club of Farnborough, this fantastic event was a hit with participants of all ages. Saturday saw tribute acts New Jovi, The UB40 Experience and Tony Lewis as Robbie Williams wow the crowds with their incredible performances, while on Sunday Lost in Music took us all on a journey straight to the heart of disco. VIP attendees in the King George Enclosure enjoyed a three-course dinner, and a firework finale completed both evenings for everyone who came along.

Our retail Pop-Up shop raised £5,200 through sales of pre-loved clothing, picnic sets, vinyl, guitars and other music-related items, so thank you to everyone who came and browsed through the items on sale. We'd also like to thank Farnborough Airport, Herrington Carmichael, RM Carpets, Rio Homes, Farnborough International Exhibition & Conference Centre, The British Motor Show, Branston Adams, and Davies, Blunden & Evans who all sponsored the event, and of course the fabulous Rotary Club of Farnborough who organise Music in the Park and make it such a success! We look forward to announcing the final total raised in the coming weeks.



Light up a Life 2025

We will be holding our annual Light up a Life service of remembrance at 7.45pm on Sunday 7th December, at Guildford Cathedral.

As the event coincided with Storm Darragh last year, we were kindly invited to hold the service inside the Cathedral. We received such positive feedback from all who attended that we are delighted to be holding it inside again this year. Thank you so much to all at Guildford Cathedral for enabling this and making us feel so welcome.

Everyone is welcome to attend or watch online, whether your loved one was cared for by Phyllis Tuckwell or not, and you are invited to make a dedication in your loved one's



name, if you would like to. Dedications will be printed in the Order of Service, and projected onto the Cathedral when the service ends, at approximately 8.30pm, until 10pm that evening. Seasons restaurant at the Cathedral will be open before and after the service, selling hot and cold drinks and a range of snacks.

We would like to thank Guildford Cathedral for hosting this special event.

Santa Fun Run

new location!

Our festive fun run is moving to Fleet - and going greener!

SANTA FUN RUN

In partnership with the Rotary Club of Hart, and with the support of Elvetham Heath parish council, we'll be holding this Christmas fundraising event in Elvetham Heath this year! There will be a 5k route, plus a 2k option which will be accessible for wheelchairs and pushchairs. **The run will be held on Sunday 14th December**, and will be started by Santa himself, who will be arriving on his sleigh to cheer on our fantastic runners!

Instead of the usual Santa suits, this year all participants over the age of 4 will be given a Santa t-shirt to wear, which looks like a suit but is easier to run in and can be re-worn when participants come back next year, making it much more environmentally friendly. They'll also be given a Santa hat.

We'd like to thank the Rotary Club of Hart and Elvetham Heath parish council for supporting us, and NTT Data and Vale Furnishers for sponsoring the event.

Sign up, get sponsored, and join us for a new location, new route and new outfit! Early bird prices will be available from mid September: www.pth.org.uk/santa-fun-run

Could you host a Bake and Brew event?

We've launched a brew-tiful new way to host your own fundraising event.

Bake & Brew asks you to pop the kettle on, bake a cake and invite others to join you! Whether it's with friends, family, neighbours, colleagues or your whole community, this is an event which brings people together - while raising vital funds for Hospice Care.

Simply pick a time and date in October to host your event, get in your tea, coffee and cakes, and ask guests to make a donation to Phyllis Tuckwell. For further information, resource pack, and to sign up to host your event, visit www.pth.org.uk/bake-and-brew



Events Diary

SEPTEMBER

September Walkies Challenge Throughout September

Challenge yourself (and your four-legged friend!) and take on 100km.

Sign up at www.pth.org.uk/walkies

Art & Music in the Garden at Greenhills Estate

1pm-5.30pm, Saturday 6th

Tilford Road, Farnham

Bring your picnic and spend an afternoon in these beautiful gardens enjoying amazing artwork and live music.

Tickets £50, including a welcome drink and summer berries with ice cream.

www.pth.org.uk/greenhills-estate

Farnham Pilgrim Half & Full Marathon**

Sunday 7th

A challenging multi-terrain marathon, mainly off-road, in the Surrey Hills. Secure your place: www.farnhampilgrim.org.uk and raise sponsorship for Phyllis Tuckwell.

Twilight Runway Challenge** Saturday 20th

Run, walk, cycle, scoot or skateboard your way around Blackbushe Airport (3km/5km/10km).

Sign up at www.twilightchallenge.co.uk and raise sponsorship for Phyllis Tuckwell.

Hankley Common Golf Day 8am, Wednesday 24th

Hankley Common Golf Club, Tilford

4 Ball – Shotgun start - £700 a team.

Sponsor a hole – opportunities available.

Skydive

Saturday 27th

Netheravon, Salisbury

Registration £50, minimum sponsorship £450.

OCTOBER

Bake & Brew

Throughout October and beyond!

Host your own event by popping the kettle on, baking a cake and inviting others to join you for a bake & brew.

Sign up to request a Bake & Brew pack at www.pth.org.uk/bake-and-brew

Spinnaker Tower Abseil

From 1pm, Saturday 4th

Spinnaker Tower,
Portsmouth

Enjoy incredible views from the top of the tower, before abseiling 100m down the side.

No matter what your fitness level or experience, abseiling is for anyone with the courage to face their fears. £30 registration per person, £250 minimum fundraising target.

www.pth.org.uk/spinnaker-abseil

Guildford 10k**

Sunday 5th

Join us for this fantastic running event, set in the heart of Guildford. Take on the Guildford 10k or Junior 2k and make every step count for Phyllis Tuckwell! Secure your place

www.pth.org.uk/guildford-10k



Challenge yourself!

Help us raise vital funds by getting sponsored to take on a challenge. We have partnered with Run for Charity, giving us access to more places in well known challenge events. To see what events you can choose from and how to register, visit www.pth.org.uk/upcoming-events

Contact us for advice and resources to support your fundraising:

01252 729446

fundraising@pth.org.uk

Do you have a prize you could donate to our Christmas auction?
We're looking for luxury items or experiences, such as event tickets, holiday home stays, beauty treatments, afternoon tea or signed memorabilia. Email support@pth.org.uk or call 01252 729446.

NOVEMBER

Crondall Christmas Fair*

6.30pm - 8.30pm, Monday 3rd

£8 entry to include fizz and canapés

9.30am - 4pm, Tuesday 4th

£3 entry

*Crondall Village Hall, Croft Lane,
Crondall, Farnham*

A great variety of stalls, new and old favourites, plus Phyllis Tuckwell Christmas cards

Online Christmas Auction

Sunday 16th - Sunday 30th

Keep your eye out for our online auction.

We will have a very wide range of gifts available to bid on, so it's ideal if you have someone who is hard to buy for, or someone you want to buy something special for. There will be something for everyone.

www.pth.org.uk/christmas-auction



St Thomas-on-the-Bourne Christmas Market*

Saturday 29th

Farnham

Christmas gifts, decorations, cakes, handbags, homemade preserves, tombola, raffle, silent auction, toys and much more!

www.pth.org.uk/st-thomas-christmas-market

DECEMBER

Light up a Life

Sunday 7th

Guildford Cathedral

Service of Remembrance - 7.45pm

Illumination - 8.30pm to 10pm

www.pth.org.uk/lual2025

Santa Fun Run

11am, Sunday 14th

Fleet

Our Santa Fun Run is moving this year! Join us on a 5km or 2km route around Elvetham Heath.

Take advantage of our early bird prices, available from mid September!

www.pth.org.uk/santa-fun-run

SAVE THE DATE

Skydive

Saturday 28th March 2026

Netheravon, Salisbury

Registration £50, minimum sponsorship £450.

www.pth.org.uk/skydive-march-2026

TCS London Marathon**

Sunday 26th April 2026

If you have a ballot place – please join our team!

Open Gardens

Do you have a garden you're proud of? Why not open it in aid of Phyllis Tuckwell and support local Hospice Care in spring or summer 2026? We'd love to hear from you, email us at: support@pth.org.uk

Could your company sponsor one of our events?

To find out more, email corporate@pth.org.uk

*This event is kindly organised by supporters of PT supported by our Fundraising team.

**This event is not in aid of PT. Register for your place in this challenge and raise sponsorship for PT.

Our Corporates

Companies support us in so many ways, giving their time, energy and creativity to help us continue providing our vital care for those who need it.

Thank you!

Bridges Estate Agents, long term supporters of Phyllis Tuckwell, committed to raising £150,000 through staff fundraising activities and sponsorship of our Hospice at Home vehicles. In July, they reached this amazing milestone - and have committed to raising another £100,000! To kick-start their next phase of fabulous fundraising, a team of 12 Bridges staff are taking on the impressive Thames Path Ultra Challenge to walk a huge total of 550km over two days. We wish them the best of luck!



Long-term supporters Hi Speed Services, a specialist logistics company, organised their second annual corporate seven-a-side football tournament, hosted by Badshot Lea FC, on 4th May.

16 teams from local companies took part, with Owen Daniels winning the tournament and lifting the trophy. The event raised just over £8,500, which is fantastic! It is now an annual tournament, so if any local companies would like to join us on 10th May next year, please email us on corporate@pth.org.uk



Spotlight on: NTT

We are thrilled to have been chosen by IT provider NTT Data as one of their charities for 2025. Their support and passion for making a difference is inspiring. They sponsored and took part in our Walk for the Wards in the summer, and have committed to more sponsorship, fundraising and quarterly volunteering days.



Firewalk

Would you and your work colleagues walk over hot coals to fundraise for us?!

Sign up for our corporate Firewalk on Wednesday 5th November, 3-6pm, at Farnborough Business Park. It's not just about the challenge, it's about empowering yourself to do something you wouldn't normally have the confidence to do. Motivational training is provided. Find out more and register at www.pth.org.uk/firewalk or email corporate@pth.org.uk



Scan the QR code to find out more about how you or your employer can get involved.





Our Shops

We have 18 shops across West Surrey and North-East Hampshire, including our Retail Centre in Farnborough, Donation Centre in Farnham, and Furniture Stores in Farnham and Guildford.

Between them, they raise an incredible £3.2 million every year! Our volunteers are vital in helping us to run these shops, and without them we simply wouldn't be able to raise these much-needed funds.

Joy volunteers in our Retail Centre in Farnborough, where we receive and sort donations, and hold sales and events.

"I've been volunteering for nearly two years now, and I love it!" she said. "I chat to and serve customers, help at our kilo sales, and help organise our craft events. I also go to events such as Weyfest and the Motor Show, where we have pop-up shops. We hold lots of events at the Retail Centre too. We've had a hat sale, a prom event, Christmas events, all sorts. I love the variety."

*"Volunteering satisfies a need I have, to be needed. I love getting involved and making a difference. **We talk about circular fashion and sustainability a lot. It's really important to stop things from going to landfill, and by giving fashion items another chance, we can do this.** There's also another side to it, and that's helping people who couldn't otherwise afford these clothes. Seeing them find just the right top, or shoes, or hat, really is heart-warming. When they come away from the kilo sales with a bagful of bargains, they're chuffed to bits!"*

Donating your preloved clothes instead of throwing them away is a great way to reduce your carbon footprint and celebrate the wonderful array of fashion which already exists.

*"Volunteering is a way of serving my local community. I'm giving my time to generate money for Phyllis Tuckwell. I get a lot of satisfaction from it. **One of the things I really like, is that my ideas are respected and my voice is heard.** I've put forward suggestions which have been listened to and implemented, and have been a success! **I really feel that my opinions are valued.**"*

If you'd like to find out about volunteering in one of our shops, visit www.pth.org.uk/volunteering



Your Phyllis Tuckwell. Your Legacy.

Some people choose to leave us a gift in their Will,
to help fund our care.

These legacies are a deeply personal way to support us, and are often made in memory of a loved one we have cared for. They enable us to plan for the future, knowing that, in years to come, our services will be funded by these generous donations. In fact, gifts in Wills pay for the care of 1 in 5 of our patients!

Victoria, whose husband Richard we cared for, has kindly included a gift to Phyllis Tuckwell in her Will.

*"They made such a difference; I don't know what I would have done without them," she said. "Richard didn't want to go into the Hospice, so he stayed at home, and I cared for him. He could look out of the window, and he had one of our dogs, Daisy, on his lap for comfort. We got to the last six weeks, but I was getting so tired, caring for him on my own. **Phyllis Tuckwell stepped in. They were absolutely marvellous; it was a great relief to have them.** They weren't just there for Richard, they were there for me, too. They were so kind, so caring, so gentle. Richard really looked forward to seeing them. He'd write down a joke and they'd laugh. They gave him a lot of self-respect. **Because of them, he was able to keep his dignity.** He died peacefully at home, which was his wish. My family know that I'm leaving a gift to Phyllis Tuckwell in my Will and they quite agree."*



Make a Will that Makes a Difference

Having an up-to-date Will is so important, ensuring that your money and possessions go to those you wish, yet many of us never get around to writing one.

Some of our incredible local solicitors and Will writers very kindly offer to write a standard Will, or update an existing one, in return for a donation to Phyllis Tuckwell.

Simply get in touch with the solicitor or Will writer of your choice from the list below and make an appointment with them.

At the appointment, you will be given a Phyllis Tuckwell donation form to complete, with a suggested donation of £250 for a single Will and £350 for mirror Wills. There is no obligation to include a gift to us in your Will, but the solicitor/Will writer will be able to advise you about the tax effectiveness of gifts in Wills, and we hope that you will consider us.

Participating Solicitors



CLIFTON INGRAM
— solicitors —

makeawill@cliftoningram.co.uk
01252 733733



SOTERIA PLANNING
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info@soteriaplanning.co.uk
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01252 550457

To find out more about Wills and legacies, scan the QR code, visit www.pth.org.uk/gifts-in-wills, call our legacy officer, Hannah Robins, on 01252 221783, or email hannah.robins@pth.org.uk



THIS IS HOSPICE CARE ♥



Phyllis®
Tuckwell
Hospice Care



By leaving a gift in your Will, you can help fund our care for years to come.

Help it live on for all, for now, forever.

Phyllis Tuckwell, Waverley Lane, Farnham, Surrey GU9 8BL
Phyllis Tuckwell Memorial Hospice Ltd.
Registered Number 1063033. Registered Charity Number 264501.



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