

2022

Spring

Connections



Phyllis[®]
Tuckwell
Hospice Care
...because every
day is precious



New In-Patient Unit rooms.
Living Well programmes.
Patient stories.

Welcome

Welcome to the spring 2022 edition of our Connections magazine.

Over the last six months we have seen many changes, and it's great to be able to give you an update on what's been happening.

As the Covid situation has changed, we've continued to adapt to the latest government guidance, keeping our patients, visitors, staff and volunteers as safe as possible. Now that we are able to open our doors a bit more, it's wonderful to see more patients and visitors returning, and to feel as though things are starting to get back to normal.

We're thrilled to have been able to **extend our In-Patient Unit (IPU) visiting hours**, enabling more family members and friends to spend precious time with their loved ones. All those visiting the Hospice or Beacon Centre are asked to take a lateral flow test, and we thank all the staff and volunteers who have helped manage this testing. You can read more about this on page 4.

I'm also delighted to tell you about the **two new rooms which we have created on our IPU**. After having to reduce our two 4-bed bays to one bed each, because of Covid restrictions, our Estates team have been hard at work renovating one of the bays into two new spacious single en-suite rooms, and converting the other bay to accommodate two beds. You can read more about this on page 5.

As well as welcoming more patients and visitors back to our IPU, we've also been able to **resume our Living Well groups** at the Hospice and Beacon Centre, and the smiles on the faces of our staff and patients have been so wonderful to see! Our two new Living Well programmes are designed to help patients as they live their everyday life, and you can read all about them on pages 6-7.



Raising money to pay for all this care keeps our Fundraising team busy, and with our shops open and our events now returning, albeit on a smaller scale than before the pandemic, it's lovely to see our wide array of virtual fundraising supplemented by activities which allow people to meet up in person again.

As ever, our patients remain at the heart of all we do, and you can read about how we have continued to care for them throughout the pandemic, as Tina tells you her story on page 8, and Robert tells his on page 10. You can also find out more about the role of our Occupational Therapists, as you hear about Catherine's 'Day in the Life of...' on page 9.

Throughout all of the challenges that the pandemic has brought, we have been overwhelmed by the support that our local community has continued to show us. You really have kept us going, and we are so proud to be there for those in the community who need our help. In the words of one of our Corporates, whose amazing support you can read about on page 18 – *Together We Can!*

Sarah Church

Sarah Church (Chief Executive)

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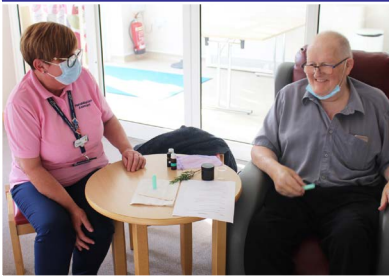


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Coronavirus Update

As the Covid situation continues to change, we are following the latest government guidance to stay as safe as possible.

We've been delighted to be able to welcome more patients back to the Hospice and Beacon Centre, where they have been able to see our clinicians for outpatient appointments, and join in with our Living Well groups. During lockdown and for the few months after, we kept in touch with patients and their families and carers by phone, video calls and home visits, but as restrictions eased we were able to invite them back, initially individually just for medical appointments and therapies, and then in small groups for exercise sessions and our two new Living Well programmes. These programmes offer weekly sessions on a range of topics and we've had lots of encouraging feedback on them so far. We're thrilled that our patients are enjoying them and finding them helpful. You can read more about them on pages 6-7.

It's also been wonderful to have been able to ease our IPU visiting restrictions so that friends and families have been able to see their loved ones for longer. Spending precious time together at the end of a loved one's life is so important. Families and friends can remember happy times they spent together with their loved one, and create special memories to treasure. For our patients, these visits are also incredibly important. During the pandemic we helped as many of our patients as we could to keep in touch with loved ones by phone and video calls, and read out letters and messages from family and friends as we sat by patients' bedsides, holding their hands. **To now see more visitors able to sit at patients' bedsides themselves is really heart-warming.**

Our Community team is still caring for patients at home and in care homes, helping them to spend their last weeks and days there instead of in hospital or at the Hospice.

As at the Hospice and Beacon Centre, they are also maintaining strict PPE measures to

keep everyone as safe as possible. **Our Home Support volunteers have also been able to resume visits to those patients who would like some additional support and company during the week.** These volunteers are each paired with a patient and visit them for three hours, once a week, sitting and having a chat with them at home or taking them to medical appointments or out shopping, for example. When home visits weren't possible, they moved to phone calls too, but are delighted to be back helping patients face-to-face now.

With the emergence of the Omicron variant, we have increased working from home for some of our office staff where possible, and of course are continuing to maintain strict PPE and lateral flow testing measures for everyone, keeping patients, visitors, staff and volunteers as safe as we can. We'll continue to follow the government's guidance on visiting, and of course will keep our patients and visitors updated as and when things change.



In-Patient Unit New Rooms

Our wonderful Estates team has been hard at work on our Hospice In-Patient Unit (IPU), and we're very pleased to announce that we have been able to increase our capacity to 14 beds, where we can care for patients who need symptom management or end of life care.



Before the pandemic, our 18-bed In-Patient Unit (IPU) comprised ten individual rooms and two four-bed bays. However, during the pandemic, to minimise infection risk, we were unable to accommodate multiple patients in the same room, and so were only able to use one of the beds in each of the four-bed bays. To increase the number of patients we could care for, and utilise this otherwise lost space, we have been working on redesigning these two bays. We have now completely renovated one bay, to create two spacious single en-suite rooms, and have converted the

other bay to accommodate two beds, separated by curtains, giving much more space around each bed for patients and visitors. This has not only improved patients' privacy, but also minimises infection risk.

We are really pleased to now be able to care for up to 14 patients on our IPU, and are looking at ways to increase this even further, back up to the 18 beds which our IPU held before the pandemic. We hope you enjoy seeing some photos of how we redesigned these rooms.





Living Well in Everyday Life

As we restart our Living Well face-to-face meetings and groups at the Hospice and Beacon Centre, and welcome back our patients and families in person, we look at how the Covid pandemic has changed the way in which we provide our care.

As the pandemic progressed, we adapted our services to make sure we could continue providing the best possible care to all of our patients and families, and **we're now looking ahead to ensure that this care remains accessible for all**, in these new times we're all living in.

We now have a more multi-disciplinary team approach in our community, helping patients and families live well at home and through outpatient appointments, so our Living Well service now includes much of what we used to call Care at Home.

Our Living Well services are designed to help patients who need support in managing their everyday lives. This support could be physical, emotional, spiritual or practical, and could be provided by any of our holistic team of Doctors, Nurses, Health Care Assistants, Therapists, Dietitians, Counsellors, Patient & Family Advisors and Chaplains.

Through regular phone and video calls, as well as home visits, our team is able to monitor patients' symptoms, keep track of how they are managing with their illness, and assess them to see if they need any

additional medical, nursing, therapeutic or pastoral care. Visiting patients at home can help us to fully understand each individual's needs and provide the most tailored care possible.



Some patients need equipment to help them to get around the house, shower or take a bath, or cook and eat their meals. By visiting them at home, our Occupational Therapists can see first-hand what equipment they need to help them maintain their independence for as long as possible. The support which our Physiotherapists offer can also help patients to remain independent. Breathing and relaxation techniques, for example, can

help them to manage their symptoms and feel more in control of their illness, while gentle exercises can help strengthen muscles and enable them to remain active, boosting their emotional as well as their physical wellbeing. Our Dietitians, Counsellors, Patient & Family Advisors and Chaplains are also available to visit patients at home or meet with them in the Hospice or Beacon Centre, offering tailored care to suit each patients' individual needs, and helping them with any specific problems they might be having.

In addition to providing this care to patients in their own homes, our Living Well team has launched two eight-week programmes at the Hospice and Beacon Centre – our **Living Well with Illness** and **Creative** programmes. These offer weekly two-hour sessions, with an hour-long talk and discussion on that week's topic, and 30 minutes before and after this main session for patients to see our Doctors, Nurses, Therapists and Pastoral Care team, socialise with other patients and have some refreshments. The sessions are held on a rolling basis and up to ten patients currently attend each session. The **Living Well with Illness** programme includes sessions on topics such as Remaining Active, Food & Nutrition, and Managing Your Mood, while the **Creative** programme includes Aromatherapy, Culinary Therapy, and Reminiscence. They are both supplemented by exercise & movement sessions, breathlessness, guided relaxation, and art therapy groups. Patients who would benefit from either of these programmes are invited to join, and all follow the rolling programme, so they are able to chat to and get to know each other over the course of the eight weeks.



The sessions all link with each other to form a comprehensive basis for supporting patients as they live every day with their illness. **They give patients the opportunity to meet others, share tips and advice, and make new friends**, while the regular contact they offer with our clinicians ensures that patients get all the help they need.

At the end of each of the programmes, patients are invited to attend one of our Wellbeing Days, where they can see our Doctors, Nurses, Therapists, Counsellors and Advisors as an outpatient, and receive any help and advice they need. They may be referred on for more specific care, or supported at home until they need additional help. As their illness progresses, they can then be referred on to our Hospice Care at Home or In-Patient Unit for end of life care.





Tina's Story

“When I got my diagnosis, I was in bits. Phyllis Tuckwell have been a God-send. Without them, I don't know what I would have done.”

Tina was diagnosed with Motor Neurone Disease (MND) in May 2021, and was referred to us shortly afterwards. She was assessed by our Advice & Referral Team (ART) and was visited by Catherine, one of our Occupational Therapists.

*“Catherine's been absolutely amazing. She came to my house to see what I was struggling with, and organised getting some equipment for me. She got me a toilet seat, and she's helped me to get a stair lift and bath lift installed too. **It's made life so much easier.** I've got a wheelchair and a walker now too, so I can get around more easily and I'm not so tired. She also phoned the council and arranged for them to put up some handrails outside my front door, so now I can manage the steps on my own. **She doesn't just look at what I need at the time, she looks at what I'll need in the future, and gets it in place so it's ready for me.**”*

“I've been to the Hospice too, and seen Ali, one of their Physiotherapists, and a Complementary Therapist called Alison.

*Alison asked me what massage I'd like, and I said my legs and my feet, and **she gave me the most amazing, relaxing massage.**”*

*“Catherine thought I might benefit from some counselling; she could see I was in denial about my diagnosis. She asked if I wanted to talk to someone and I said yes, so she arranged for Claire, one of their Counsellors, to come and see me. I sat and talked to her, and just let everything out. **It was so nice having someone to listen; I told her how I was feeling and she understood.** I spoke to her for quite a long time, and she said I can see her again anytime, I just need to ring up and arrange it.”*

“I never realised when you get something like this disease, the amount of support that is there for you. I'm so glad they put me under Phyllis Tuckwell; I don't know what I would have done without them.”

A Day in the Life of... an Occupational Therapist

Catherine, one of our Occupational Therapists, works in the community, covering the North-East Hampshire and Farnham part of our catchment area.

I start the day checking my emails and voicemail messages, and reading the latest notes on the patients I'm due to see that day, so I'm up to speed with their situation. I usually have two or three appointments each day, one of which may be a new referral and others which could be reviews of patients I'm already working with. Our referrals come from colleagues within Phyllis Tuckwell, Occupational Therapists in local hospitals and community teams, and from patients or carers themselves.



day-to-day life. As well as considering their current needs, I also plan ahead to ensure equipment is provided in a timely way as their illness progresses.

Once I have finished my visits, I return to the office to write up my notes and order any equipment that my patients need. Standard equipment is relatively quick and easy to order, but other items, such as hoists or bath lifts, are more complex. I sometimes also refer patients to other teams within Phyllis Tuckwell or to specialist external services, such as Wheelchair Services.

I am also involved in running our Living Well groups. These sessions are designed to help people manage symptoms such as fatigue, anxiety and breathlessness, and enable them to take part in activities such as Culinary Therapy and Therapies through Nature. **It's really rewarding seeing how our support can help people to manage their symptoms and get the most out of life.**

As Occupational Therapists, **we support patients to maintain their daily activities despite a change in their health**, so during my visit I discuss and assess their ability to manage everyday tasks, and agree a plan to address the issues that are most important to them. **This may include prescribing specialist equipment, finding a different way of doing things, or advising on coping strategies to help them manage symptoms, such as fatigue, that may impact their**



Wendy & Robert's Story

“Wendy was gorgeous, funny and kind, and she made my world sing,” said Robert.

Robert's wife, Wendy, was 62 when she started having stomach problems. An operation revealed a tumour, and she was referred to Phyllis Tuckwell.

Emma, one of our Clinical Nurse Specialists (CNSs), went to see Wendy and Robert, and talked them through Wendy's options. Our CNSs assess each individual's needs and the needs of their families, and can refer them on to other services, such as therapies or counselling. Emma put Wendy in touch with Karen, one of our Counsellors, and Wendy started seeing her once a fortnight.

*“Wendy and I have four children, Ozzy, Luke, Kelly and Tallulah, and Wendy was very close to her sister, Ava, so there were lots of us here for her, but talking to Karen was different because she wasn't personally connected. **Wendy found it a relief to talk openly to somebody and not worry about how they themselves were feeling.**”*

Tori, one of our Occupational Therapists, also got in touch with Wendy. *“She used video call because of Covid, and assessed Wendy remotely. She ordered us some equipment, including a perching stool for the shower, which enabled Wendy to keep her independence that bit longer.”*

*“**What was impressive was the speed with which Phyllis Tuckwell were able to ramp up their support,** as Wendy's illness progressed quite quickly. Emma visited again and we discussed Wendy's options for end of life care. We had thought Wendy would spend her final days in the Hospice, but Covid changed things. We decided that she would stay at home and that I would care for her, with the support of Phyllis Tuckwell.”*

Wendy was visited by one of our Doctors, Dr Sarah, to help manage her symptoms, and our Hospice Care at Home (HCAH) team also started visiting.

*“The pandemic meant that everyone was wearing PPE, but it didn't make any difference. The Doctors and Nursing teams still provided all the support they usually would. The HCAH team were compassionate, warm and empathetic, and always able to make Wendy smile. They were very professional too, and never in a hurry. **It was always a positive experience whenever they came; you felt like you were in safe hands. I can't imagine what those last few weeks would have been like without Phyllis Tuckwell's support.** They were coming to the house at a time when everyone was vulnerable, and they made the whole situation easier for us. We could also call them at any time of day or night and someone there would help us. That was one of the most important aspects of the support they gave us.”*

*“As Wendy's condition started to deteriorate further, Phyllis Tuckwell arranged for us to have a hospital bed delivered, and also a pressure mattress and a commode. They were brilliant at seeing ahead to what Wendy would need and making sure we had it in place ready. **I didn't have to worry about organising getting all this stuff - they did it for me. That took a lot of the pressure off.**”*

“When Wendy died we were all with her, around her bed. It was the hardest time of my life, that last 24 hours. We were so glad that she had been able to spend her last days at home, surrounded by the people she loved, and Phyllis Tuckwell was so important in enabling her to have that.”



“We were so glad that she had been able to spend her last days at home, surrounded by the people she loved, and Phyllis Tuckwell was so important in enabling her to have that.”

Fundraising News

Thank you for all your support over the festive season and into 2022. It was lovely to be able to see some of you at our events, and we hope that you enjoyed celebrating Christmas and remembering loved ones with us.

Remembering Loved Ones

Around 600 people attended our **Light up a Life service in December**, which was held around our Christmas tree in the Hospice grounds, and livestreamed so that those who couldn't be there in person could join in at home. A light display of stars was projected onto the Hospice, and during the service the lights on the Christmas tree were switched on, to represent the lives of those being remembered.

Donations given raised over £40,000! The event was recorded and can be viewed at www.pth.org.uk/lual2021



Sparkly Lights!

31 twinkling houses took part in our Christmas Lights Tour in December, raising just under £6,000! Locals could download a map showing some of the best home Christmas light displays in the area, and go from house to house to see wonderful dancing fairy lights, shining stars and sparkling snowmen.

Festive Runners

Over 200 Santas took part in our festive Fun Run in December, raising over £14,000! Most came along to our Fun Run event in Farnborough, while a few took part virtually, running at their own chosen location over the same weekend. Thank you to all who took part and everyone who sponsored them!

Santa's Little Helpers

44 schools took part in our Reindeer Runs in December, raising over £80,000! Over 10,400 schoolchildren took part. They wore festive reindeer antlers or elf hats with ears, and were sponsored by friends and families to run laps of their playground or playing fields. They had a fantastic time and raised an amazing amount of money to help fund our care. Thank you to you all!



Put the Zing into 2022!

Do you fancy a skydive on Saturday 26th March, Sunday 26th June or Saturday 17th September? Experience freefall speeds of over 120mph, before deploying the parachute for a gentle descent. **Or how about a Wing Walk on Thursday 30th June?** Strapped to the top of a biplane, you'll reach speeds of up to 130mph! **Or get hands on with the Spinnaker Tower Abseil on Sunday 18th September.** Enjoy breath-taking views across Portsmouth Harbour before abseiling 100 metres to the ground.



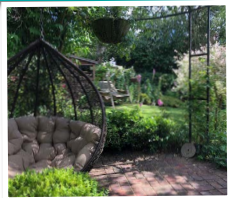
A Breath of Fresh Air



Our annual Walk for the Wards event will return to Tilford again this year, on Sunday 17th July. Come and join us for a ramble around Surrey's beautiful countryside, and help raise vital funds for our care. Walk with family, friends or workmates, and you can even bring your four-legged friend along to join in the fun! You may like to walk in memory of a loved one. Registration is free, but we hope you will get sponsored and/or make a donation.

Green-fingered Fundraising

Come and enjoy some of the most beautiful, relaxing and interesting local gardens in the area, at this year's Open Gardens event. From



small cottage gardens with pots bursting with blooms, to larger spaces with rolling lawns, trees and ponds, these varied and unique gardens will be opening their gates during May, June and July to raise funds for us. You might spot a few ideas to incorporate in your own garden too! For more information, visit www.pth.org.uk/open-gardens-2022

The Big Jubilee Lunch

We're inviting our supporters to come



together for The Big Jubilee Lunch as part of the official celebrations for HM The Queen's Platinum Jubilee! Whether it's sharing a cuppa with a neighbour on the doorstep or a bigger bash in the street, join millions of people across the UK to share friendship, food and fun with The Big Jubilee Lunch and raise funds for Phyllis Tuckwell at the same time. For your fundraising pack email fundraising@pth.org.uk

To sign up for any of our forthcoming events, please visit www.pth.org.uk/events, email fundraising@pth.org.uk or call 01252 729446.

Events Diary

APRIL

Make a Will Month

A chance to make or review your Will.
www.pth.org.uk/makeawillmonth

Monthly Plant Sales

1st Sunday of the month

April-October

Phyllis Tuckwell Hospice, 10am – 1pm
Hundreds of plants at bargain prices.

Classic & Vintage Car Show

Sunday 10th

*Central Car Park, Farnham,
10am - 4pm*

A wide range of classic and vintage cars, motorcycles and ex-Army vehicles will be on display, as well as an autojumble and refreshments. Free entry, donations welcome.

Virtual Easter Balloon Race

Sunday 17th

Midday, Jerusalem Old City
£3 per balloon, prizes for the top 3 balloons that fly the furthest.

MAY

Open Gardens

Throughout May, June and July

Keep an eye out for our online brochure at www.pth.org.uk/open-gardens-2022 or request a printed copy. Potter around some stunning gardens and pick up tips from local green-fingered residents.

Ride London-Essex 100

Sunday 29th

This year the ride takes on a new route cycling 100 miles on traffic-free roads from London Embankment, out through the Essex countryside, and then back to a grand finish on Tower Bridge. If you've got a ballot place why not sign up to support Phyllis Tuckwell?

JUNE

The Big Jubilee Lunch

Sunday 5th

Join millions of people across the UK to share friendship, food and fun with The Big Jubilee Lunch and raise funds for Phyllis Tuckwell at the same time.

Just Kampers Open Day*

Saturday 11th

10am onwards

Stapeley Manor, Long Lane, Hook

Join Just Kampers for their open day in the beautiful Hampshire countryside, showcasing everything VW and camping. We are the charity partner for this fantastic event, so come and see hundreds of amazing campervans, and visit our stall to browse through bargain fashion items, books, music and bric-a-brac.

Skydive

Sunday 26th

Netheravon, Salisbury

Registration £50, minimum sponsorship £450.



Wing Walk

Thursday 30th

Rendcomb Airfield,

Gloucestershire

Registration £50,
minimum sponsorship £900.



JULY

Haslemere Fringe Festival*

Friday 1st - Sunday 3rd

We are delighted to be the 2022 charity partner for this family friendly festival! With comedy, dance and music, including headliners Sophie Ellis-Bextor, The Feeling and Sleeper, you don't want to miss out on tickets for this amazing festival right on your doorstep! Buy your tickets now at www.haslemerefringe.co.uk.

Walk for the Wards

Sunday 17th

Tilford

5 or 10 mile route. Registration free, suggested minimum sponsorship/donation of £25.



SEPTEMBER

Skydive

Saturday 17th

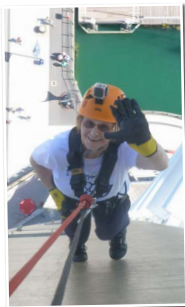
Netheravon, Salisbury

Registration £50, minimum sponsorship £450.

Spinnaker Tower Abseil

Sunday 18th

Registration £30, minimum sponsorship £250.



Hankley Common Golf Day

Wednesday 28th

FULLY BOOKED. Register your interest in the waiting list or to take part in 2023.

OCTOBER

TCS London Marathon

Sunday 2nd

If you have a ballot place, please consider running for Phyllis Tuckwell. Get in touch to receive training and fundraising support.



Virtual London Marathon

Sunday 2nd

Join our team! The Virtual Marathon will take place on the same day as the marathon in London - but you'll have a 24-hour window to complete your 26.2 miles. Every virtual runner will get an official London Marathon T-shirt and medal.



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

To register or for further information on any of these events:
www.pth.org.uk/events
01252 729446
fundraising@pth.org.uk

Sustainable Fashion

Looking good doesn't have to cost the earth. From smart workwear to comfy casuals, our shops stock great quality second-hand men's, ladies and children's clothes for a fraction of the price they'd cost new. And by stopping them from going to landfill, you'll be doing your bit to look after the planet, too.

We've put together a seven-step guide to help you reduce your clothing carbon footprint.

1

Look after the clothes you already own

Learn how to sew up tears, replace buttons and make alterations.

Use vibrant patches to cover holes, and make a statement at the same time. Many of our shops have craft sections with everything you need for simple fixes, or bargain buys that you can use for patching.

2

Shop second-hand

Make a list and stick to it.

Seek out good quality items, as they'll look better for longer.



3

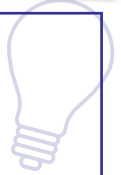
Accessorise! Accessorise! Accessorise!

A statement belt, eye-catching necklace or vibrant scarf can make an outfit, taking something ordinary and giving it the WOW factor - for less than the cost of a cup of coffee!



4

Look for creative inspiration



Keep an eye out for inspirational stylists who use sustainable and second-hand clothes to create amazing looks. Follow us @pthshops on Instagram, or look at our connections on Depop and Vinted.



5

Do I need it? Do I love it?

Do you really need that new jacket, or could something you already own do the same job? Is it versatile? Do you really get that 'oooh!' feeling when you look at it? If not, don't buy it. Our shops have new stock added to them every single day, so it won't be long until the perfect item turns up.

6

De-clutter your wardrobe

Our shops exist within a beautiful circular economy. When you donate your unwanted items to us, you help others shop more sustainably and support our amazing work locally. Help us even further by Gift Aiding your donation, so we can claim an extra 25% of its value when it sells.

7

Enjoy a guilt-free bargain buzz

Soak up the compliments as you show off your impressive new outfit, bought locally, affordably and with a low-carbon footprint. You have our permission to be smug.



Have you checked out our online shopping options?



Our Corporates

We'd like to thank all of our corporate partners for sticking with us through another tough year. The pandemic has had an impact on everyone, but you've been there for us through it all. Without supporters like you, we simply wouldn't be able to provide all of our vital care for our patients and their families. We're looking forward to seeing you all in 3D this year!

Together We Did!

A huge thank you to Vale Furnishers, whose three-year campaign Together We Can has raised £100,000 to help fund our care! The campaign asked Vale customers to donate any furniture they didn't want any more, which perhaps they were replacing with new items bought from Vale, to be sold in our furniture showroom, which is on Dogflud Way in Farnham, close to Vale Furnishers' Farnham shop. It was a huge success and Vale Furnishers have pledged to raise another £100,000 over the next three years by continuing the campaign, and have generously donated £10,000 towards this target to get things started.



Mark Chandler from Vale Furnishers presents a cheque for £110,000 to our Chief Executive Sarah Church.

Legacies

Would you consider doing something which will make a difference to thousands of people in our local community, for years to come?

Leaving a gift to charity in your Will is an incredible thing to do.

Writing a Will is a very personal matter and you would, of course, want to make sure that your loved ones are provided for first. However, once you have ensured this, would you consider leaving a gift to Phyllis Tuckwell? Any amount, no matter how large or small, would make a huge difference to securing our income for the future, ensuring that we can continue providing our vital care for years to come.

One of our legacy pledgers, Tina, decided to leave us a gift in her Will after we cared for her dad.

“Because of the kindness and the care they showed my dad, and the care they showed us, I wanted them to be able to carry on for years ahead, and help other people the way they helped us. They were amazing.” – Tina.

You can hear more about Tina’s story, as well as the stories of three of our other legacy pledgers, on our legacies video, at www.pth.org.uk/wills-legacies

To find out more about leaving a legacy in your Will, or about our annual Make a Will Month, which takes place every April, **please contact our Legacies Officer, Hannah Robins, on 01252 729446 or email hannah.robins@pth.org.uk**



What do you know about **Gifts in Wills?**



Phyllis[®]
Tuckwell
Hospice Care
...because every
day is precious

In a normal year

1 in 5
of our patients
is cared for thanks to
Gifts in Wills

By leaving a
Gift in your Will
you are helping to
secure availability of
our vital care
for future generations

It pays to be
generous!

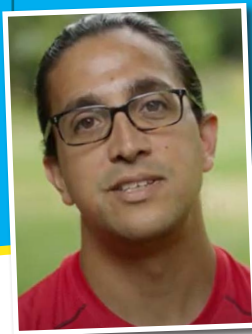
By leaving at least

10% of your
estate
to charity

you'll qualify for a
lower rate of
Inheritance Tax
on the taxable part

Leaving a Gift in your Will
is one of the most
cost-effective
ways you can support us

We run a
Make a Will Appeal
annually throughout the whole of April.
Please visit www.pth.org.uk/makeawillmonth
for further information.



"I can't imagine what Mum's last days would have been like without Phyllis Tuckwell. It was because of the amazing care they provided that I decided to leave them a gift in my Will"
Ash, a Legacy Pledger.

If you have any questions about Gifts in Wills
please contact Hannah Robins on 01252 729446.

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

Have you already
left a Gift
to us
in your Will?

If you have please do let us know