



# From the heart

## Your 2025 update

### ♥ The difference you made this year

The impact of your support on people in need of our services

### ♥ Supporting people together

The latest from our caring community of staff, volunteers and fundraisers

### ♥ Other ways to show you care

Go Orange, put on your dancing shoes, or make a gift in your Will

The difference you've made this year for people with an illness that can't be cured or treated and their loved ones

"There are no words to describe the effect the hospice had on my brother. His stays there brought him peace with his illness. Saint Francis Hospice really is a special place."



"Saint Francis Hospice is a place that means more to me than words can truly express. My dad's final weeks, though incredibly difficult, were made so much more bearable because of the incredible care and kindness of the hospice team."



"The hospice cared for my husband before he died 22 years ago. He was only on the ward for a short time, but it made such a difference. That's why I volunteer."

"Saint Francis Hospice is a place I'll be eternally grateful for. The duty of care they give to people and families is exceptional."

"The hospice demonstrated a strong focus on providing consistent, person-centred care with processes to allow continuous improvement."  
- Care and Quality Commission (CQC) 2024 report



The kindness of people like you has made all this and more possible. **Thank you.**



# Your caring community

## Spotlight on... support groups

This year, people at any stage of their illness have received care and support from our healthcare teams and volunteers through supports groups.

In April, our dementia group was joined by Nyree Evers from Alzheimer's Society to take a nostalgic journey through London, sparking wonderful memories and conversations.

Participants shared personal stories of growing up in the city, recalling the changes they've seen and reminiscing about royal celebrations and street parties. We also heard fond memories of London's theatre scene with attendees recalling West End shows they had seen over the years.

Taking a multi-sensory approach, the participants enjoyed traditional London food and smelled fragrances like lavender, geranium and rose to evoke the flower markets.

We ended with a singalong to 'Maybe it's because I'm a Londoner', followed by a seated Lambeth Walk choreographed by our physiotherapist Julie.



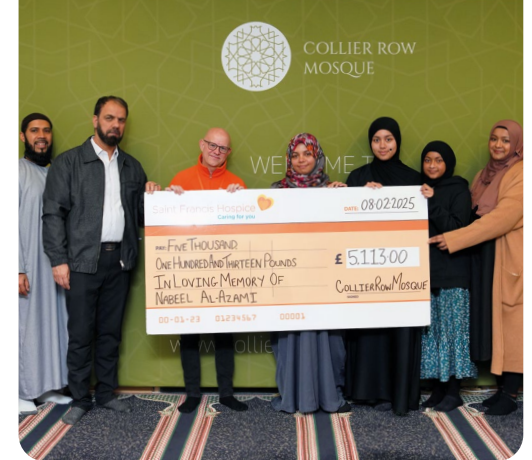
**"Group activities provide an opportunity for people with an illness that can't be cured or treated to try something new and socialise with others sharing similar experiences. Thank you for supporting people through groups like this, which make a world of difference."**

- Chloe Williams



## Fundraising in memory of Nabeel

Collier Row Mosque community has raised an incredible £5,138 for local people in need of palliative or end-of-life care and their loved ones. This big-hearted effort is in memory of Nabeel Al-Azami, a resident of Havering, who was cared for by Saint Francis Hospice.



**Andy from our Community team collects a cheque generously raised by Collier Row Mosque**

Nabeel's wife Nasreen says, **"Within minutes of arriving at the hospice, he had five people dotting on him. Before any treatment had even started, you could see he was brighter just by being here. The hospice is such a beautiful place."**

Thank you to everyone who donated to make a difference for more people like Nabeel and his family.

## Giving back through volunteering

Our volunteers continue to be a vital part of our caring team, helping to support people with palliative and end-of-life care needs and their loved ones.

Laura Cornish started volunteering after her mum Anne was cared for on the ward.

**"Mum wasn't under the care of Saint Francis Hospice for long, but it made such a difference. She was able to pass away peacefully."**

**"I wanted to give back, so I got in touch with the hospice. I work part time and live nearby so I'm always happy to come in when I'm needed, which can sometimes be up to four times a week."**

**"I like talking to people. If I can make them smile, I feel I have done a good job. It can be emotional, but volunteering makes me appreciate life and doing something positive has helped me with my grief journey."**

Volunteer for us: [sfh.org.uk/volunteer](https://sfh.org.uk/volunteer)



# Ways to show your support

## Make a gift that goes on caring

Did you know gifts in Wills support one in five of the people we care for?

Pledging to leave a gift in your Will is so special because it lets your kindness live on. Because of your compassion and generosity, we can continue to make sure people with an illness that can't be cured or treated don't face the end of their life alone. It ensures their loved ones will be supported through their grief.

If you would like to find out more about how to leave a gift in your Will, visit [sfh.org.uk/legacy](https://sfh.org.uk/legacy) or speak to Susan Spencer, Legacy Manager, by emailing [wills@sfh.org.uk](mailto:wills@sfh.org.uk) or calling 01708 753319 (ext. 2325).

Michael was so touched by the care he and his wife Mary received that he pledged to leave a gift in his Will. When he died in 2022, the hospice received £99,000 from his estate to fund professional care for more people and their loved ones.



**"We had been told that the hospice is a good place. Our experience is that it is not just good, it is excellent. We have nothing but praise for the staff and all the volunteers. They are all doing a first-class job. Long may they continue to do so."** – Michael's pledge to leave a gift in his Will

## Memory Walk

Later in the year, on 7 September, you're welcome to join others walking in memory of a loved one at Raphael Park, Romford.

Registration is now open at [sfh.org.uk/memory-walk](https://sfh.org.uk/memory-walk). Follow us on social media to receive updates closer to the time.



## Are you ready to Go Orange?

In July, you can join our big-hearted community organising all sorts of orange-themed fundraising events. It could be a coffee morning with friends, a brighter than usual workday or virtual meeting, or a zesty bake-off. Whatever you decide on, make sure it's orange and ask anyone who gets involved to donate.



## Strictly Saint Francis

Tickets are now on sale for the first ever Strictly Saint Francis at the Brentwood Centre on Friday 24 October! Members of the public with new-found dance skills and professional dancers will entertain you in a bid to be crowned champions. It's going to be fab-u-lous! £22.50 per person. Buy online at [sfh.org.uk/strictlysaintfrancis](https://sfh.org.uk/strictlysaintfrancis)

## Fundraise for us

There are many ways to raise funds and support local people in need of palliative or end-of-life care and their loved ones. Whether you choose to run a marathon or organise a coffee morning, you'll be making hospice support possible.



**Daniel Forrester will fulfil a promise he made to his fiancée Caroline before she died when he walks 5,000 miles from Saint Francis Hospice to her home in Kumasi, Ghana, with her ashes. Daniel says, "I want the world to know how amazing Caroline was and to keep her memory alive while raising as much money and awareness as I can for the hospice."**

Donate at [gofundme.com/f/london-to-ghana-5k-mile-walk](https://gofundme.com/f/london-to-ghana-5k-mile-walk)

## In 2024/25

**17,647** people and organisations showed their support

**3,250** people helped to raise funds in their communities

**800** people took part in an event





## Thank you for making all this possible

### ♥ **Specialist community and crisis support**

Around the clock care for people during their illness.

### ♥ **The hospice ward**

A professional care environment to feel safe and secure in.

### ♥ **Hospice at Home**

Providing the same standard of care people receive at the hospice, whenever someone needs it.

### ♥ **Therapies**

Helping people manage pain and symptoms and gain more independence.

### ♥ **Counselling**

Providing space to share thoughts and feelings without judgement.

### ♥ **Support groups**

An opportunity for people to try something new and socialise with others.

### ♥ **Family & Individual Support team**

Our Family & Individual Support team helps people through the most difficult time.

### ♥ **OrangeLine**

Confidential telephone support offering people guidance and information.

To give now, please use the enclosed form, call  
01708 753319 or donate online at [sfh.org.uk/impact](https://sfh.org.uk/impact).