



Iain Rennie
HOSPICE AT HOME

25
Years of
Patient Care

DOORSTEP

AUTUMN 2011

incorporating Getting Involved



Iain Rennie Hospice at Home merged with Grove House on 1st April 2011. Together we can support more families coping with life-threatening illness.



Welcome to our very first supporters' magazine as Iain Rennie Grove House Hospice Care. Everything we do is about caring for people in our local community and giving them a choice. It's your support that enables us to make the choice to stay at home a reality for an increasing number of patients year on year. You'll see that the front cover reflects the fact that Iain Rennie Hospice at Home and Grove House are rooted in and reliant on their local community and your support for over 85% of the costs of providing this care and choice; less than 15% of our funding comes from the NHS. This magazine illustrates the benefits that merger has already brought to local families, thanks to your continued support.

As many of you will know, Grove House already enabled patients with any life-limiting illness to stay at home through comprehensive care at the day hospice and at home. Integrating patient services with Iain Rennie meant Grove House nurses could offer 24/7 hospice at home nursing too. Our collaboration means we have already given 200 more families access to the 24/7 call-out care for which IRHH is nationally renowned.

Before merging, Iain Rennie nurses were seeing an increase in patients being referred early on in their illness, and then discharged from our care following successful treatment. Alongside this, we continued to provide end of life care to patients, supporting them to die at home if that is what they wished.

Merging to form IRGH puts us in a stronger position to meet the increasing demand for this range of patients' needs. It would be fair to say that IRGH offers one of the most comprehensive models of day hospice and hospice at home care in the country for people with any life-limiting illness.

The range of care at Grove House, in a lovely building close to St Albans City Hospital, includes:

- information and support right from diagnosis
- day hospice Tuesday to Friday
- individual consultations at Grove House or at home with our team of specialists: nurses, doctors, physiotherapists, occupational and complementary therapists, spiritual care lead or counsellors.

This care is supplemented by all-important family and bereavement support and an eight-week programme for patients with primary cancer called Cancer: The Next Step. Available across Bucks too, several Iain Rennie patients have already taken advantage of this service: we'll tell you more about one patient's experience in the next issue.

We plan to roll out some aspects of this care, such as spiritual support, occupational therapy, home-sitters (read our interview on page 6) and counselling so that all families across our combined catchment can access the full range of services. We continue to work in partnership with many and local hospices, GPs and district nurses to provide coordinated care for patients and families.

Our five adult hospice at home teams are responding to more patients and families - we've already seen a 13% increase in patients this year. We also plan to develop our children's hospice at home team to help more children - all thanks to your support.

ROBERT BREAKWELL
Chief Executive

Tring Office

52a Western Road, Tring, Hertfordshire HP23 4BB,
Telephone: 01442 890222 Fax:01442 891276 Email: info@irhh.org

South Bucks Office

Gillian King House, Hodgemoor View Three Households,
Chalfont St Giles, Buckinghamshire HP8 4LS
Telephone: 01494 877200 Fax: 01494 875820 Email: gkhouse@irhh.org

St Albans Office

Grove House, Waverley Road, St Albans, Herts AL3 5QX
Telephone: 01727 731000

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Acknowledgements

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www.irgh.org.uk
Reg. Charity No. 1140386



Working nationally to improve hospice care locally

The Iain Rennie model of hospice at home care has been recognised nationally and rolled out by other regional hospices for many years. We are proud that IRGH remains at the forefront of national healthcare debates, playing a part in driving change nationally to benefit patients locally.



Sue Varvel, Director of Nursing, writes “The hospice movement really took off in the UK in the early 1950s - but the ‘at home’ element has rather lagged behind. I was lucky enough to be one of the first cohort of graduates in a brand new masters degree in Hospice Leadership, graduating last December, and spoke about my dissertation findings on a ‘model for Hospice at Home’ at the IRHH annual conference last year, the 15th of its kind attended by medical professionals from all over the UK.

“During the last decade I am proud that IRHH has become acknowledged nationally as a beacon of best practice in hospice care at home. As Chair of the National Association for Hospice at Home, I am frequently asked about our model of care by hospices wishing to set up hospice at home services, and those looking to develop an existing at home service. As IRHH supporters will know, what sets us apart is our unique combination of hands-on care and specialist 24/7 support.

“I’m delighted that through our merger with Grove House, we have been able to extend this model further into Hertfordshire and give an additional 200 patients access to 24/7 call-out care in their own homes, meaning they can choose to stay at home without feeling a burden on their family.

“We have always worked closely with other local hospices, ensuring our patients can access day hospice facilities and in-patient units whenever necessary for additional symptom control and support. We don’t work in isolation: we rely on GPs, District Nurse colleagues and other hospice



professionals to offer the widest possible choice to patients.

“Our new partnership means that as Iain Rennie Grove House Hospice Care, we can give more patients and families access to a wider choice and range of services, striving to eliminate all unnecessary hospital admissions for our patients.”

Fighting for equality of funding

IRGH Deputy Chief Executive Mark Lister attended an event marking 20 years of the National Council for Palliative Care (NCPC), where he took the opportunity to question the Health Minister Andrew Lansley about funding for palliative care in the UK.

Mark says: “Most patients wish to be at home and hospice care at home is cheaper than hospital care. However hospitals get much more NHS funding. IRGH nurses enable over 60% of local patients to spend their final days at home, compared with just 20% nationally. We are part of the national drive to keep those people out of hospital, who have no medical reason or wish to be there. We are fortunate to have this service in our area, but IRGH currently only gets 15% NHS funding which does not reflect the wishes of patients or the fact that hospice at home actually saves the NHS money.”

New proposals for more care at home

On 1st July, the national Palliative Care Funding Review was published, attracting much media interest. The review highlights the fact that patients are dying in hospital when they have no medical need or wish to be there. To address this problem, the review recommends:

- more 24/7 community care services
- funding which follows the patient

Read more about this at www.irhh.org/npcfr



Left to right: Robert Breakwell, Sue Varvel and Mark Lister

IRGH AGM

When: Wednesday 23rd November, 7.30pm

Where: Ashlyn’s School, Berkhamsted, HP4 3AH

Who: Open to all! Call Chris Young on 01442 890222 if you’d like to attend

Pilot scheme proves successful

Prior to the merger, IRHH had been trialling a new shift pattern to meet the increased demand for our service, whilst maintaining the vital 24/7 element of our care. Deputy Director of Nursing Jane Westall is part of the project team managing the trial. She reports on the difference it has made to our service.

“As patient numbers constantly grew, it was becoming increasingly difficult to manage our on-call service; support existing patients and meet the demand for first visits to new patients, who were being referred on a daily basis in some parts of our patch.

“We were having to manage a waiting list in some areas. As nurses, this was a heartbreaking situation for us. We knew we had to look at a new way of working in order to help everyone who needed us.

“Round-the-clock care has always been a central part of our service. Although we couldn’t plan for overnight visits, as these were always made on a responsive basis, we found we couldn’t plan properly for the following day’s visits either: because if we ended up working more than three hours overnight when on-call - we couldn’t work the next day.

“Trialling a different night shift, so a nurse and Healthcare Assistant worked in tandem overnight, and introducing an evening shift so we could schedule patient visits until 9pm, meant we could reach more patients as soon as they were referred.

“The trial eliminated the waiting list and enabled us to respond to new patients straight away, as soon as they needed us.

“We’re still evaluating all aspects of the pilot - but it’s clear we need a dedicated night team to meet the demand for our service. This year, we’ve already seen patient numbers increase by 13% - if it hadn’t been for the pilot scheme, we wouldn’t have been able to help them all.

“There is a cost implication: we need to recruit night nurses and we need an office base overnight. But what we’ll be able to achieve - more patients having the choice to stay at home - will be so valuable.”

- **The cost of funding our dedicated overnight team across our combined area works out at £2,000 per week**



Conference explores partnership working in palliative care

DATE: Wednesday, 12th October 2011

VENUE: Green Park Training and Conference Centre, Aston Clinton

DETAILS: 5 CPD credits awarded

Our 16th annual conference has a programme packed full of information and insights from some of the country’s leading specialists in end of life care, such as Professor Ilora Finlay from Cardiff University and Consultant Haematologist Dr Mary Clark from Portsmouth Hospital. Colleagues closer to home include St Albans GP and Macmillan facilitator Dr Phil Sawyer and HM Coroner for Bucks Richard Hulett. Consultant Nurse at King’s College Hospital Vicky Robinson will chair this expert panel of speakers as they explore partnership working in palliative care.

Call **01442 890222**, email nursing-education@irhh.org or visit www.irhh.org/conference



patients & families

Pepper patients pass-the-parcel

As part of its 25th anniversary celebrations, the Make-A-Wish Foundation undertook a World Record attempt for the largest ever pass-the-parcel event this June.

The enormous parcel, wrapped as a gigantic present, measured 1.55 metres in length and breadth and 4.00 metres in depth and began its journey in London on 7th June. Waved off by celebrity supporters Rachel Stevens and Kate Garraway, the parcel visited the IRGH Tring office at the end of its first day; the third of 25 wish-granting stops in the UK.

Three Pepper children's patients helped to unwrap a layer, revealing our special gift of a hamper of toys for children of all ages.



Brothers and sisters of Pepper patients enjoyed an evening out at the annual Pepper Show as part of the Sibling Support Group run by IRGH.

Day hospice helps patients stay out of hospital

Clinical care, peer support and positive activities are all part of the Day Hospice ethos at Grove House. Nursing Services Manager, Joan Follett, explains: "Our skilled team of professionals help with pain and symptom management, emotional support and coping strategies so that patients can continue to live independently. In this way, Day Hospice care can eliminate the distress of unnecessary hospital admissions for our patients."



Merger means more support for families

As patient numbers increase, so do referrals to our Family Support team. Head of Family Support Services Sue Grace explains: "Our team and range of services has expanded since we merged: now we have nearly 40 bereavement support volunteers offering one-to-one support to family members - and a team of volunteer counsellors based at Grove House. As IRGH we can provide support tailored even more specifically to an individual's needs, and we work with families right from a patient's diagnosis, not just post-bereavement."

Patients and carers share their feedback on our Family Support service:

"It is so good to be able to talk to someone outside the family and be myself."

"Seeing you has encouraged me to talk to my husband and tell him honestly how I am feeling!"



PATIENT STORY

My name is Amanda Findlow and I have been involved with both Pepper and Iain Rennie Hospice at Home (IRHH) for 17 years now as a volunteer and supporter.



I have been in many of the Pepper summer Rock Shows taking on the roles of cast, crew and Vocal Director for Pepper Youth. I have also been a singer with Mr Kite's Benefit Band for the same amount of time. Mr Kite's Benefit Band is 20 years old this September. The band gives all proceeds to IRHH and The Pepper Foundation if requested.

Last October my life changed when I was diagnosed with malignant cancer in the liver. I never thought I would be a patient receiving the care of the IRHH nurses ... none of us do.

I want to take this opportunity to thank the IRHH nurses for the incredible care they give my husband Stuart and I at a very challenging time in our lives. I have had many health concerns throughout my life but this is the toughest yet.

The IRHH and Pepper children's nurses take on worries and get to know you better than you know yourself at times! The communication between the team is second to none and they are always at the end of a phone, anytime day or night.

Please continue to support both of these fantastic charities. I am at the receiving end of the type of care they offer to their patients - young and old - and I am eternally grateful.

At the moment, my prognosis is uncertain, but I always have hope. Fortunately with the guidance of the IRHH nurses, the months ahead will appear less daunting.

Here's to fighting all the way.

A MINI miracle

IRHH and the Pepper Foundation worked with Children's Hospices UK and Heart Radio as part of a national initiative named 'Have a Heart'. Regional Heart radio stations teamed up with local hospices to raise awareness of hospice at home and the funds to buy each hospice a MINI for making patient visits.



Thanks to Heart and the generosity of their listeners, our very own MINI will be on the road this autumn.

• Our nurses travel nearly 300,000 miles to visit patients each year.

volunteering

Name: JANE FOLWELL

Age: 51

Lives: St Albans

Volunteers as: Home Sitter

How long have you been volunteering for Grove House?

I have been volunteering in this role for just over a year. Before that, I was a volunteer receptionist at Grove House.

Why did you decide to volunteer?

I worked as a hospital nurse for 17 years, before leaving to have a family, and I felt the role of home sitter suited my personality. I enjoy talking to people and building a relationship with them. Volunteering doesn't take up too much of your time. The hours involved allow me to do other things. My children are teenagers now, and I'm thinking of looking for paid work around my volunteering; I would always find time to carry on with my voluntary work, whatever my other commitments. I get just as much out of it as I hope my patients do.

What does your volunteering role involve?

I support carers who are looking after patients who are terminally ill or have long term conditions. I go to their home to sit with the patient to allow the carer to take a break. They might want to go shopping, or have their hair done. They can go out knowing that their loved one is not at home on their own.

Each patient has different needs. You might read the newspaper to them, or have a cup of tea and a chat. If a patient is in bed, and not well enough to chat, you are there to be with them and in case you are needed. A home sitter is a fresh face for a patient to talk to and that's our role. We are not there to carry out any nursing or medical tasks.

And what do you enjoy most?

Getting to know people and building a relationship with them. I feel it is a privilege to be able to share these times with patients. They can reminisce with me, tell me stories that those close to them already know. You can always find common ground.

• We hope to build on Grove House's success with home sitters to offer all the families we support this additional respite service.



IRGH is seeking to recruit new Vice Presidents: supporters who commit financially for a period of time and help us raise vital funds and awareness by encouraging high profile contacts to attend or host IRGH events. If you can help, or know someone who can, please contact Alli on 01727 731010 or Alli.Harmer@Grove-House.org.uk

VOLUNTEERS' PARTIES

On 8th June around 200 IRHH volunteers enjoyed a special lunch with sandwiches courtesy of Cuisine Excellence, scones from Lees Bakery and cakes baked by staff members, in a beautiful semi-permanent marquee set in the grounds of Micklefield Hall. Thanks to Anna and Jamie Rankin for kindly donating the use of the marquee; to Vintage Brass for entertaining guests and to staff for waiting on volunteers as part of our official, annual thank you for their hours of dedication to the cause.

A second party took place at on 20th July, this time an evening reception for over 100 Grove House volunteers, who enjoyed Pimms and canapés at our St. Albans day hospice. Several Grove House and Iain Rennie volunteers received their 10 years service awards. Congratulations to you all.



IRGH Chairman Steve Cuthbert congratulates two of the volunteers receiving their long service award at the Grove House volunteers' party

volunteering

Name: ROZ WOOLVEN
AGE: 58
Lives: Holmer Green
Volunteers as: Van Driver

How long have you been volunteering with us?

I started volunteering over a year ago, and I work on Mondays from 10am until 3pm or later depending on when the shops and warehouse close.

Why did you decide to volunteer?

I think it kind of crept up on me in a way! I have had cancer myself and have also worked in the past as a therapist with others suffering from cancer. I heard that the old bakery in Holmer Green was to be turned into a charity shop so I went along to investigate. I ended up discussing the renovation and then getting totally immersed in the whole project! When the shop was finished I was still keen to stay involved. So this led to the van driving and now a year later I feel totally part of the IRGH team.

What does your role involve?

Well, I'm a bit of a Postman Pat I suppose! I drive one of the smaller vans taking lighter items and distributing our lovely stock between the retail outlets and to and from the main warehouse.

Sometimes I bring some of the more valuable pieces from the shops to the warehouse where our eBay listers work. It's amazing to see that some of the special items donated by our supporters can bring in quite large sums on eBay, bringing in more funds than we would have achieved by selling them in the shops. The Tring warehouse has become a bit of an Aladdin's cave!

I start each Monday from the shop in Holmer Green picking up anything that needs taking to other shops along the way. The round trip takes in the shops at Flackwell Heath, High Wycombe, Downley and Princess Risborough and can take up most of the day ending up at the Tring warehouse for a welcome cup of tea!

And what do you enjoy most?

I find my Mondays really fulfilling and after my own experience with illness I am so glad to be giving something back. And as well as loving the drive through some of our most beautiful countryside I get to have a really good nose around in our shops!

Read more from Roz at www.irhh.org/van_driver



We are always on the lookout for more good quality furniture to sell in our shops and can even arrange collection. Call 01442 827699 for more details

We're also seeking more volunteer van drivers like Roz. Call 01494 877200 if you can help.



90 years young!

Congratulations to Tring shop volunteer, Mollie Gosling, who celebrated her 90th birthday in May.

Volunteer vacancies

We are currently seeking:

- A Furniture Coordinator for Retail & Trading
- Van Drivers for Retail & Trading
- South Bucks based event organiser for our Rhyme & Reason Fundraising Group

For more details on all our volunteer vacancies, please visit www.irhh.org/volunteering

IRGH volunteers save us more than £1million each year!

fundraising reports

MIDNIGHT WALKERS GO THE EXTRA MILE

Over 700 women (and a good few men!) donned pink tutus, fairy wings and bunny ears to walk the 5 or 10 mile routes around St Albans in Grove House's fifth Midnight Walk. Started by Radio 2's Janey-Lee Grace, the event and the cause achieved a mention on national radio.

In June over 100 walkers joined Fern Britton at the last Iain Rennie Goodnight Walk in Amersham. Fern led walkers in a lively warm up routine before stepping out on the walk herself at midnight. She commented: The highlight for me was the sight of Rennie Bear, the charity's mascot, sashaying up the road in a true '70's boogie! Thank you to everyone who gave up their time to do the walk. Every penny raised will be a real help to local families."

Combined income from the two events looks set to top £70,000. Look out for details of a brand new walking challenge for IRGH next summer.



*£150 funds
24 hours of
nursing care.
Thanks to your
support these
fundraising
initiatives will
fund more than
100 days of
patient care.*



MARATHON ACHIEVEMENT



More than 20 local residents ran the London Marathon on 17th April in aid of IRHH, raising over £50,000 between them.

Charity mascot Rennie Bear took a trip into town to congratulate the runners, joining IRHH staff and volunteers at the 18-mile mark, where he received 'high-fives' and even a hug from one friendly runner!

The cheering squad watched out for Iain Rennie runners, all of whom wore white IRHH running vests - a new-look for the charity - kindly sponsored by Coffee Nation. You might remember David Forber, sales director of the coffee company, from our 'Meet the team' feature in our March issue. David has raised over £6,000 in memory of his late wife, Jane, whom IRHH nursed ten years ago.

We already have more than 40 people keen to run for us in the 2012 London Marathon. Call **01442 890222** if you'd like to be part of the IRGH team in this exciting year for UK sport.

CYCLING SUCCESS



Our first foray into a new fundraiser proved a great success thanks to the enthusiasm and support of cyclists from the Chilterns and beyond! On Sunday 27th March, more than 400 people saddled up for our first ever Chilterns Cycle Challenge, including two generations of the Rennie family.

First back from the ultimate 75-mile challenge was Lee Goward of Beaconsfield who completed the challenging course in just over 4½ hours. Hundreds more cyclists conquered the 35-mile route, including Alistair Rennie, son of the charity's founding patient Iain.

The rest of the Rennie family, who had travelled down from Scotland especially, joined local families and Fern Britton in the 10-mile route. Fern joined in the party atmosphere before the cyclists set off - even trying out the BMX bikes belonging to the break-dancers - who gave an impressive display later in the day.

The event looks set to have raised £40,000 in sponsorship, meeting our target for this brand new event. Thank you to everyone who made it such a success - and do join us next year! Sunday 25th March 2012.

fundraising reports

CELEBRITY SPORTSMEN HOST FUNDRAISING FEAST

Sporting panellists, including Gareth Southgate and Phil Vickery, answered guests' questions at this annual event at Pendley Manor, which has raised over £140,000 in total. A live auction and silent auction contributed to the £20,000 raised this year.



LIONS AMONG THE BLUEBELLS

For the 8th year St Albans Lions hosted a successful Bluebell Walk taking in the scenic woodlands, footpaths and bridle paths of Hertfordshire and the first sight of the season's beautiful bluebells. Walkers could choose from four routes, ranging from 3 to 18 miles. With several hundred walkers this year, we hope the total might top last year's £6,000.

PICNIC BRINGS IN THE POUNDS

Live entertainment specialists The Dark Blues - led by Nigel Tully, successful businessman, professional musician and founder of the eponymous band - hosted the 20th Dark Blues Picnic at the end



Revellers have raised around £18,000 for Grove House from these annual picnics

of May. Making use of the marquees from the Herts County Show, the Dark Blues band entertained over 600 picnickers, raising nearly £5,000 for Grove House. The band formed at Oxford University as undergraduates nearly three decades ago, and play regularly at gigs in the UK and abroad. Their annual picnic is a popular event, combining the chance to eat and drink with friends, great live music and a little healthy competition with the 'best-dressed' theme. *Find out more at www.darkblues.co.uk*

Former Cancer The Next Step patient NICKY JEBSON skied down the Alps in nothing but black PVC and fish net stockings to raise sponsorship for her Himalayan challenge!



SPONSORSHIP STORIES

CAROL KITCHENER had her shoulder length brunette barnet shaved to raise money in memory of her sister.



Carol says "If I can raise enough money for IRGH to help another family, the way I look at it is, it's my way of saying thank you."

Siblings CARLY and LIAM SHUTES swam the Great British Swim.



Carly says "My dad taught me to swim and July marks the anniversary of his death, so it seems a fitting way to honour his memory. Last year we raised funds for Grove House, where my dad went every Friday during the last four months of his life. Iain Rennie nurses helped him at home too, so we're delighted the two charities have merged and hope to raise lots of sponsorship to help more families."

Triathletes' feat: several doctors from GP surgeries took on the Steelman challenge; IRGH deputy director of fundraising Paul Parrish did a 'Double Ironman Challenge': 4.8 mile swim, 230 mile bike, 52 mile run back-to-back, no breaks. The Hall Practice manager Lorene Butcher says: "As a practice we work closely with the Iain Rennie nurses: the doctors value them as an important part of the primary care team. They are always available, always listen and are always ready to help".



fundraising in the community

PUB CHALLENGE UPDATE

Grove House and Iain Rennie have been well supported by local pubs, who have hosted 24-hour darts marathons, quizzes and music festivals for us. Now IRGH is pitting pubs against each other in a 'pub league table' where pubs go 'head to head' in a FUNdraising challenge! For more details contact Liz Hizli on 01727 731008 or Liz.Hizli@Grove-House.org.uk Don't forget The Robin Hood Pub Bike Ride on Sunday 25th September. See diary dates for details.

CHILTERN'S BIG BREW



As you can see, our Chilterns Big Brew appeals to supporters of all ages! But it's not just a fair weather fundraiser - why not consider a more warming brew for the winter months? Mulled wine anyone? Contact Jenny or Louise on 01442 890222 for your Big Brew fundraising pack.

Bag a bargain and you could win £1,000!

Don't forget your Hospice Lottery ticket next time you visit one of our shops. All our retail outlets sell tickets for the weekly draw where you could win £1,000 or one of 84 other cash prizes every Friday. So while you browse for a bargain, don't forget your lucky ticket for just £1!

WRAPPED WITH LOVE

We have had a fantastic response to our Wrapped with Love campaign. Featured in the international Let's Knit magazine, the initiative sparked interest across the world and over 250 wraps have been lovingly created and generously donated by supporters across our nursing catchment and as far afield as Canada and Germany.



Many of the beautiful blankets have been donated to patients, such as mother-of-five, Maisie, pictured here with her Iain Rennie nurse, Teresa, who said: "Maisie was feeling pretty low when we arrived with the wrap. But it was so lovely to see the look on her face when she realised that someone had spent hours making the wrap just for her."

Two of our paediatric patients also received wraps knitted by a former carer, whose husband we supported to stay at home.

We will raffle off many of the quilts (enter our Christmas raffle for the chance to win one) raising vital funds to support more families. If you'd like to get involved, contact Jenny on 01442 890222 or jmoloney@irhh.org and visit www.irhh.org/wrappedwithlove for inspiration.

COME DINE AT MINE

Following the success of a fundraising initiative, based on the Channel 4 show, hosted by some dedicated supporters in memory of a former patient, we are launching our own culinary challenge. Call 01442 890222 to request a fundraising pack with suggestions and receive a voucher for a free recipe book donated by our supporters.

LOTTERY THANK YOU

We would like to thank all the IRGH supporters who continue to give Peter Tarbox (HLP membership promoter) such a warm welcome whenever they see him fundraising at the various events and retail outlets in the area.

In the first half of this year he has signed up over a thousand new IRGH lottery members from these visits. This will generate an annual income to us of just under £55,000 - an incredible achievement.

Dennis Chapple, our door-to-door fundraiser, has also been doing a great job calling on homes in the area as well as attending local events.

Both Peter and Dennis work hard to spread the word about HLP and how, through membership, the money that IRGH receives on an annual basis helps to fund our vital services.

Once again, huge thanks and when you see Peter or Dennis out and about again, why not treat a friend to the chance of winning some great cash prizes or take out an extra number for yourself?



fundraising in the community

SOME OF OUR FABULOUS FUNDRAISING GROUPS



Rhyme & Reason Fundraising Group

Copies of their A5 desk diary 'Time', kindly sponsored by Austyn James Wealth Management, Beaconsfield, featuring winning entries from their writing competition, are available for £5 from our online

shop and Christmas catalogue. Visit www.irhh.org/onlineshop from October to place your order online.

Beaconsfield Fundraising Group

Recent events included an Irish Night, which raised a staggering £17,228; a sell-out Film Night featuring the classic *Some Like it Hot*; and an Open Gardens event featuring seven local gardens over two weekends. The group raised an impressive £40,000 during the last financial year. You can find out more about their forthcoming events on pages 18 to 20. Future Highlights include a Whisky Tasting Evening on 16th November; Christmas Fair on 12th November and a Burns Night on 21st January 2012.

Amersham & High Wycombe Fundraising Group

Raising more than £16,500 this year in total, the group's events included quiz nights, concerts and street collections amongst others. Their autumn calendar promises some seasonal highlights such as a wildlife evening in Coleshill; a bridge evening in Amersham; Christmas card sale in Little Chalfont and Light Up A Life service in High Wycombe. For full details of all future events see pages 18 to 20 or visit www.irhh.org/whatson

In addition, our **Speen Supporters Group** generated £1,000 from a series of events throughout the year and **For Pure Pleasure Social Group** raised £1,600 from a Big Band Concert.

M&M's Community Group

Comprising long-term supporters Margaret and Mary, who received their 10-year service award at the Grove House volunteers' party in July (see page 6), this group is well known throughout St Albans and Harpenden and with their successful tombolas, raffles and car boot sales.

STAGE SCHOOL SUPPORT

A huge thank you to Jackie, Marylyn and Chris of the Jackie Palmer Stage School, who have added to their previous generous donations with a fantastic contribution of nearly £2,000 from their week of shows at the Wycombe Swan. A very special event during this week was the Gala evening, when Jackie Palmer's career was highlighted and current pupils were joined in song and dance by past students, many of whom are West End performers.

Marylyn's mum Jackie launched the internationally acclaimed stage school 40 years ago and sadly we have cared for several parents of pupils and even some of the original students themselves over the last 26 years.

STREET COLLECTIONS

- Saturday 10 September
PRESTWOOD
- Wed 14 & Thurs 15 September
TESCO, PRINCES RISBOROUGH
- Saturday 17 September
GERRARDS CROSS
- Saturday 24 September
BEACONSFIELD
- Saturday 24 September
FARNHAM COMMON
- Saturday 1 October
FLACKWELL HEATH
- Saturday 08 October
LITTLE CHALFONT
- Wed 19 & Thurs 21 October
TESCO, LOUDWATER

We usually collect between 9am and 1pm. If you can help spread awareness of IRHH while raising much needed funds please call Jenny Moloney or Sandra Preston on 01442 890222. Thank you.

HOLIDAY HOMES FOR HIRE

If you'd like to get away from it all but still support your local hospice, this is a win-win solution! Several supporters are very kindly offering readers the chance to rent luxury holiday homes, and will donate your rental fee to IRGH. We have holiday homes for hire in Ripertoli, Tuscany; on the Archipelago of the Azores; in Portugal and near the beautiful Norfolk broads.

Contact Emma on 01727 731022 or Emma.Taylor@Grove-House.org.uk



BOOK A TALK



IRGH has several volunteer ambassadors, confident public speakers with an in-depth knowledge of the charity, who can provide talks to clubs, societies and organisations. If you have a diary slot to fill and think members would like to hear about this service in the heart of our community, or if your company or club is considering a Charity of the Year relationship, then our ambassadors can provide an introductory talk to help your members or colleagues make an informed decision. Call us on 01442 890222 or book a slot online at www.irhh.org

GOLF DAYS have raised thousands for Iain Rennie and Grove House this year. Thank you to all the clubs and golfers who have supported us. Mike Hodge's annual event at Aldwickbury Park Golf Club in Harpenden has raised nearly £50,000 over the seven years he has supported Grove House. Catch Mike busking in Harpenden on 28th August!

fundraising and events

Chilterns 3 Peaks Challenge



We're challenging you once again to 'walk the chalk' by scaling the three peaks of the Chilterns on Sunday 18th September.

The full route is 18 miles long and last year the majority of walkers rose to this challenge. There will also be a 5 mile option taking in the two peaks of Whiteleaf Cross and Coombe Hill and a 9 mile option which allows walkers to climb Ivinghoe Beacon too. This option includes a bus ride, kindly provided by Arriva.

The choice of routes makes it ideal for families (including the dog!) and the addition of a brand new Treasure Hunt this year will help keep younger walkers entertained.

Last year the walk raised a fantastic £100,000 and this year we are aiming to beat this total. We encourage all walkers to raise £150 sponsorship, which funds a hospice at home nurse for 24 hours.

Visit www.c3peaks.com



HERTS 10K

Founded by Lawrence Levy of Levy Associates in 2006, and now firmly established in the race calendar, the 6th annual Herts 10K will take place on Sunday 9th October. Attracting around 3,000 runners each year, the route around Harpenden offers a challenging mix of road and cross-country. Participants raise more than £100,000 every year in sponsorship to help local people coping with cancer and other life-threatening illness. Entry is £17 and includes t-shirt, medal, running chip, water and bananas. We'll also have bacon rolls, a bouncy castle and Audis on display (courtesy of co-sponsors M25 Audi) so spectators will have plenty to keep them busy too! To register visit www.herts10k.com or call Sinead on 01727 731002.



SEQUEL TO TREK SUCCESS

This year we joined forces with three other local hospices for our first-ever major fundraising collaboration. 39 intrepid trekkers have been fundraising hard to raise sponsorship for 10 days hiking in the Himalayas and a chance to volunteer at a hospice in Delhi. IRGH supporters have already pledged over £20,000; our Director of Nursing Sue Varvel is among them: "I'm really pleased that local hospices are teaming up to raise funds together. It reflects the partnership working that exists between us - ensuring patients have a wide range of options and a care plan tailored to their individual needs."

The adventurers set off in October, but we are already planning another overseas hospice challenge for 2012. The destination is yet to be confirmed, but wherever the journey takes us, it will offer a dozen people the once-in-a-lifetime chance to help shape hospice care at home and overseas. For more details contact Sinead on 01727 731002 or sinead.grimes@grove-house.org.uk

SWIMMING, CYCLING AND RUNNING

Some supporters are not content with one type of challenge: they want to combine all three gruelling disciplines in one continuous marathon of effort on our behalf!

A team from RAF Halton, long-term supporters of IRHH, joined thousands of other triathletes in the London Triathlon at the end of July. The same team then hosted a triathlon back at base - for 50 RAF personnel and one civilian: Paul 'Double Ironman' Parrish. Read about Paul's challenge at www.irhh.org/ironman.

If these stories have inspired you - but swimming's not your thing - then why not try the Bison Hill Duathlon across the Dunstable Downs on Saturday 8th October? IRGH is the chosen charity for this event, which comprises a cycle, run, then second cycle ride. Google 'Bison Hill Challenge' to find out more - but don't be put off by the 'UK's toughest duathlon' strapline!



Look out for our brand new ball in November!

fundraising and events

FESTIVE FUNDRAISERS FOR ALL THE FAMILY

LETTER FROM FATHER CHRISTMAS

Your chance to order a personalised letter for the little ones in your life. With three letter designs for a range of ages, why not surprise your son, niece, godson or granddaughter with a special letter from Father Christmas? Visit www.irhh.org/xmasletter to see sample designs and to place your order for the chance to win a fantastic Panasonic digital camera.



CHRISTMAS RAFFLE

This year's raffle offers exciting prizes such as a Samsung 32" LCD TV and Kodak digital camera. If you have opted to receive tickets, yours should be enclosed here. Please return ticket stubs and payment in the freepost envelope by 9th December to ensure entry into the draw. We'll announce the lucky winners on 9th December. Good luck!

VIRTUAL GIFTS

Following a successful launch in 2010, we have extended our range of virtual gifts to give you even more choice when shopping for that person who has everything.

Choose from nursing, family support, complementary therapies, day hospice - and we'll send you a card including the value of your gift, plus an example of how it will help, for you to pass on to the recipient. Shop online at www.irhh.org/shop or call 01442 890222.

SANTA DASH

Saturday 3rd December, The Rye, High Wycombe

Join our fourth annual fancy dress fundraiser and get into the Christmas spirit as advent starts! Last year, around 200 Santas were sponsored to walk,

jog or run a 1km or 5km route around The Rye, raising more than £10,000 along with fellow Santas from our Chesham event.

This year we're hosting just the one event - in Wycombe - but with a difference: we're inviting participants to wear any festive fancy dress they choose! You can buy your Santa suit from us, or create your own Christmas-inspired outfit. We hope to see snowmen, mince pies, reindeer, elves and Christmas trees! Visit www.irhh.org/santadash or ring 01442 890222 for more details.



Christmas cards

Once again, we're offering a stunning range of festive cards and gifts. Please support us by purchasing from our catalogue (enclosed) or our online shop.

A big thank you to the local firms who have sponsored Christmas cards this year:

- John Lewis, High Wycombe
- Tring Brewery
- Tring Market Auctions
- Ashby's Accountants
- Bridgeson & Co Accountants
- Soothersoft Ltd - personal cooling co.

Do you know anyone who would like to sponsor a card in 2012? Please contact the Retail team on 01442 827699

As usual our cards will be on sale at Christmas fairs across the area, including the annual Court House Christmas card sales in Berkhamsted on 29th October, 12th November and 26th November.

JINGLE BELL JOG

Sunday 11th December, St Albans

Celebrating its fourth year, our festive fundraiser in St Albans builds on the growing success of Grove House's Jingle Bell Jog. Moving to the city centre from Clarence Park in 2010, the event doubled its numbers and saw 500 Santas dashing through the streets on a 5km route. We can ward off cold weather with registration in the cosy Water End Barn, where we'll give out your Santa suits and reindeer antlers for the youngsters taking part in the 1.5km Reindeer Run. Visit www.grove-house.org.uk where you can register for £15.



For more details on either of our festive fun runs, contact Clair or Jo on 01442 890222



working together

Trust support

We are delighted to have the continued support of The Childwick Trust, an organisation set up in 1985 to fund good causes. The Trust, based near St Albans, has donated more than £100,000 to Grove House over the last five years, plus a further £33,000 to Iain Rennie Hospice at Home since 2008. This year they have generously donated £30,000 to IRGH in recognition that the merged charity will help more than 2,000 families in 2011 alone. This ongoing contribution reflects the fact that although merging means we can provide a wider choice to even more patients - we are more reliant than ever on the generosity of our local communities.



A group of young interns who worked for AON HEWITT during the summer have fundraised for us, looked at the way we use social networking sites and also spent a day working in the gardens at Grove House. Well done and thank you for your support!



A team from Natwest volunteered their time to repaint our office!

Apprentice-inspired Accumulator Challenge

We're teaming up with local schools and businesses to launch a brand new fundraising idea: the Accumulator Challenge. Linda Petrons, corporate fundraiser for IRGH, explains: "The teams taking part will use a loan of £50 to start a small business, investing the money to accumulate funds over a four-month period. They might start by buying ingredients to make cakes to sell and then use the proceeds to organise a bigger event such as a car wash or a fashion show."



J&J team t-shirts were designed by staff and students at Bucks New Uni

Sponsors of the initiative, and long-term supporters of IRHH, Buckinghamshire Building Society, will supply each team with £50. The aim is to turn that £50 into £1,000 for the Iain Rennie Grove House nursing service.

Johnson & Johnson is supporting the scheme by entering a team, and the schools taking part are Cressex Community School and Sir William Ramsay School from High Wycombe.

Linda said: "We are really excited by the potential of this idea. We hope pupils will gain valuable insight from the exercise and enjoy raising funds to help people in their local community."

Corporate Social Responsibility

Nationally, one in 3 people benefit from hospice care. So by backing a local charity, you'll not only be supporting the local community, you'll also be engaging with your customers and valuing your employees.

Please consider supporting IRGH. In return for your commitment we can help you to raise your profile, enhance your reputation and motivate your staff! Although our portfolio of corporate support is continuing to grow, we would very much welcome the opportunity to work with more local businesses.

How businesses have been supporting us:

- Through the Help the Hospices Partnership with the Football League we are delighted to be working with WYCOMBE WANDERERS again this season. Look out for us on Match Days!
- Staff from Wycombe based business OPTIMA cleared out their cupboards at home and donated clothes, shoes, toys and bric-a-brac to be sold in our shops.
- RED CARPET HAIRDRESSING in Wendover held an amazing Fashion Show & Model Night, raising nearly £800. This will cover the cost of five days' nursing care.
- E. & J. GALLO WINERY EUROPE BAREFOOT BRAND sponsored the Grove House team taking on the Deloitte Ride Across Britain: nearly 1,000 miles from John O'Groats to Lands End, covering all the costs associated with such a feat. Grove House fundraiser Liz Hizli was among the cyclists: read about her experience at www.irhh.org/cycle.

For more information about how we can help you to help us, please contact Corporate Fundraiser Linda Petrons on 01442 820721.

Bikers in Burgundy

A group of supporters will be cycling through eastern France in September, aiming to fund a hospice at home nurse for a whole year. Sponsor them at justgiving.com/bikersinburgundy/



IRGH is taking part in a national Help the Hospices initiative which gives anybody who has lost a loved one the chance to dedicate a light in their honour.

Former carer, and now partnership fundraiser for IRGH, Linda Petrons explains: "Light up a Life is a lovely way to remember someone special. You make a small contribution to dedicate a light, and you can choose to attend one of several ceremonies across Herts and Bucks. Your donation will help support other families in future, giving them access to 24/7 care and support in their own home." Full details are in the enclosed leaflet and on our website at www.irhh.org/lual



Our Memorial Woodlands

We are hosting a series of dedication events at some of our Memorial Woodlands. Keep an eye on www.irhh.org/woodlands for details. Geoffrey Palmer presided over our most recent event at our youngest woodland in Amersham. One supporter who lost her mum last year explains why these woodlands are so special:

"I am so pleased I finally have somewhere to remember my dad, who died when I was eight and donated his body to medical science. Unfortunately his ashes were scattered a fair way from our home due to NHS red tape. He was a man of the countryside (born in Middlesex in 1915, when it was still countryside!) and the twenty years with my mum was often spent in the great outdoors, so very fitting 'their place' is a woodland."

Read this supporter's full story at www.irhh.org/woodlands

"Please find enclosed a donation from my brother and I to say thank you for the amazing care you gave our mother. We will be eternally grateful for the care, both emotional and practical, that you gave us all. It was very important for Mum to be able to remain in her home until the end. Without your Hospice at Home service it would not have happened. Your nurses are truly wonderful. They gave us such reassurance at a time that can be so frightening. Their care and compassion ensured the dignified passing that Mum deserved." A Grove House carer

Make a Will Month

We are teaming up with local solicitors during November to promote the importance of making a Will. Our partner solicitor firms have agreed to waive their usual fee, but provide the same basic will-writing service and legal advice in return for a donation to IRGH. So although you won't be getting a free service as such, by joining our campaign you can rest assured you'll be providing for your own family and supporting other families locally.

First solicitor to sign up, Matthew Waite, says: "We should all have a Will. If you die without one in place, then the government will decide who gets what in terms of your money and property. Make a Will Month is a great opportunity to get everything arranged so you don't have to worry. It takes the pressure off your family: without a Will, the loved ones you leave behind could face a lengthy legal process. The bonus in November is that you can help us support a vital service in our community at the same time as putting plans in place."

This offer is limited, so please call Madeleine as soon as you can if you'd like to take up the opportunity: **01442 890222**

John Humble

John was an active supporter of IRHH since the death of his wife Edna who was cared for by the South Bucks team in 2002. He has supported the organisation in many ways both financially and by participating in our Community Consultation Group, which helps develop and support the service from a user perspective. He was keen to contribute in any way that would ensure the continuity of the service into the future. He remained in regular contact with us, contributing thoughts and ideas until the onset of his recent illness. Our thoughts and good wishes go to his family.





WINNING WINDOWS

During June you may have seen your local IRHH charity shop window transformed into a 1970s tribute. Managers and their teams hunted high and low for 70s paraphernalia to help promote our Goodnight Walk, which this year had a 70s fancy dress theme.

From psychedelic fabrics, to rainbow platforms, chopper bikes, flowing full-length dresses and fantastic flares, the shops did a great job of raising

awareness, helped by calls to action from celebrity supporter Bill Turnbull of BBC Breakfast.

An independent judging panel, including representatives from the Bucks Free Press and the visual merchandising department at John Lewis, were impressed with all the window displays, but finally selected Downley as the winner, saying: "We chose the Downley shop window as the winner because the use of colour was so successful. By grouping the models together it helped bring the window to life and the publicity posters framed the display very well. The branding was well balanced and the message to 'come in and sign up' was prominent. It's not the biggest of windows but we felt a lot was achieved in a small space."

The Retail & Trading team are planning ahead to support future fundraisers - so look out for walking-themed windows in the run up to our Chilterns Three Peaks Challenge on Sunday 18th September!

- John Lewis is continuing their kind support of our charity shops. The visual merchandising team has dressed the Downley shop window as part of their prize. Another colleague has been seconded to our retail team for six months to help develop our Retail Academy.

THE GIVING MACHINE

This great online idea enables you, the shopper, to decide which big brand will support your favourite charity! When you shop online at your favourite store, you can choose to support IRHH and Grove House, and a percentage of your purchase will help fund our nursing service. Simply create a 'giver account' on The Giving Machine's website at www.thegivingmachine.org.uk and then access your favourite online store.

For future donations to be deducted automatically, simply login to your account on The Giving Machine and start shopping! The beauty of this scheme is that the donation comes from the retailer, rather than your pocket. It costs you nothing but an extra click - but your purchase will help a family in need.



FIRST BIRTHDAY CELEBRATIONS

Fern Britton returned to our Holmer Green store in Pond Approach on Saturday 14th May, having officially declared the shop open a year ago alongside IRHH President Moira Rennie.

To celebrate a successful 12 months, staff and volunteers at the shop invited customers and local residents to 'pop in for a cuppa' during the shop's opening hours of 9am till 4:30pm, to take advantage of special offers. All clothes were just £1, and Fern drew winning tickets from a raffle.

As particularly large premises, the Holmer Green shop has proved perfect for selling furniture. IRGH Head of Retail & Trading Lesley Blencowe explains: "We can sell sofas, wardrobes, chests of drawers, chairs, tables, pretty much any item of furniture apart from beds. We're constantly on the lookout for more good quality items to sell and can even arrange collections. Please call us on 01442 827699 if you can help."

NEW SHOP IN GROVEHILL, HEMEL

On Friday 6th May, we opened the 12th Iain Rennie shop. The latest branch of our growing chain is in Henry Wells Square, Grovehill, Hemel. Charity mascot Rennie Bear was guest of honour alongside Chief Executive Robert Breakwell, cutting the ribbon and declaring the new store officially open for business.

In its first week of trading, the shop took more than £2,000. Kim Ramdial joins the team as Grovehill Manager. She'd love to hear from anyone who could help out in the store as a volunteer for just half a day a week. Call 01442 769246 to find out more.



We're opening our new shop on Chalfont St Giles High Street on Friday 2nd September!

rags to riches

As you know, we recycle everything we can to raise more money for our nursing service! Any damaged clothes or textiles that can't be sold in our shops can be recycled as rags. Just mark up your bag with the word 'rags' and drop it into one of our shops or our warehouse in Tring.

Although we can no longer recycle videos, printer toners or mobiles, we can make money from your unwanted CDs and DVDs! Rather than letting them gather dust or taking them to the dump, why not dispose of them in an environmentally friendly way and raise funds for IRGH.

Any donations of CDs and DVDs are held for sale in our shops for a limited period and then sent in bulk to a specialist recycling company who make a donation for each item received.

- Recycling initiatives like this raised over £65,000 last year. Call 01442 827699 for more information

Beware bogus clothing collections

The Charity Retail Association (CRA), of which IRGH is a member, has created an online reporting tool aimed at reducing bogus collections of clothes and other items destined for sale in charity shops like ours.

Anyone can sign up to use the tool to report a suspicious circumstance around a collection. This could be that someone has stolen legitimate collection sacks from outside your home - or fake companies and charities masquerading as a genuine charity.

You can use the tool anonymously, or choose to provide your contact details. The CRA will collate the information and forward it to the police, who will use it to establish any pattern in the thefts and gather evidence for prosecutions.

Retail Assistant Tim Wilson urges people to take part: "People are abusing our supporters' trust by stealing items carefully put aside to support of local charities."

Access the tool at www.charityretail.org.uk and type 'bogus thefts' in the search box at the top of the page. If you want to ensure that your donations reach us, please take them to one of our shops. See www.irhh.org/shops for locations.

Our autumn collection

To show you what can be achieved with a few pounds and a visit to one of our shops, three models showcase the Iain Rennie 'Autumn Collection' - an example of the type of outfits to suit all ages that can be purchased at any of our shops.



Lauren (16), volunteer at Flackwell Heath



Sarah (77), assistant manager at Tring



Claire (47), assistant manager at Holmer Green

Lauren wears (top picture) Zara jacket £7.50, brand new wellies £3.50, jeans £2, vintage shirt £1.00. (bottom picture): Gap jacket £3.50
Claire wears (top picture) Wallis trousers £3.50, top £3.50, M&S Footglove shoes £3.50. (bottom picture): Top £3.50, necklace £1.50, bracelet £2.00, bag £3.00
Sarah wears (top picture) Per Una coat £9.50, silk scarf £2.50. (bottom picture): Topshop top £2.50, necklace £3.00, belt £2.50

diary dates

Thank you to all our dedicated supporters who have devoted so much time and effort to arranging this fantastic series of fundraising events. All funds raised will go towards supporting patients and families locally; by taking part in any of these events you'll be ensuring more local people have the choice to be cared for at home.

Saturday 17 September
9am – 5pm

50th BIRTHDAY CELEBRATIONS

The Quadrant, St Albans

Join Wrights the Jewellers to celebrate their 50th anniversary with refreshments, live band from 2-4pm and the chance to win prizes before 1pm.

Friday 16 – Sunday 17
September

PIRATE FUNDRAISING WEEKEND

The Full House Pub, Marlowes, Hemel Hempstead

Join in the Pirate themed fun at The Full House. Friday night: Rum Tasting & fancy dress, Saturday: Walk the Plank & do a sponsored bungee jump. Sunday: Children eat free, games & goody bags. Sunday night: Poker night! Contact Paul Ward on 01442 265512

Sunday 18 September

CHILTERN 3 PEAKS CHALLENGE

The Chilterns

Our third Chilterns 3 Peaks Challenge - choose from a 5, 9 or 18 mile route across the beautiful Ridgeway taking in Whiteleaf Cross, Coombe Hill and Ivinghoe Beacon. BBQ at Wendover and Arriva buses as free transport. Start times dependent on route option. £15 for adults, £7.50 for children (16yrs and under) INCLUDES T-SHIRT

Tuesday 20 September

VERULAM GOLF CLUB CAPTAIN'S CHARITY '4 X 4' CHALLENGE

St Albans

Teams of 4 players, open to non members, any combination of male/female/guest/members. £44 each to include bacon rolls and coffee plus 2 course meal and prizes. Contact Liz on 01727 731008

Saturday 24 - Sunday 25
September

Spectator gates open 9am hill climbs 10am - 3pm & 2pm - 5pm

KOP HILL CLIMB

Princes Risborough

350 classic vehicles attempt the hill climb, re-enacting Kop Hill's glorious past, with further vehicles on display in the paddock. Lots of other attractions. Spectator tickets: £10 for the first ticket (to include souvenir programme), £5 for each of the other adults in the group; under 12s free. www.kophillclimb.org.uk

Sunday 25 September
10.30am

THE ROBIN HOOD 5TH ANNUAL BIKE RIDE

The Robin Hood Public House, Brook Street, Tring

Join this popular fun cycle ride for it's 5th year taking in just over 16 miles of local countryside. Entry £2. Sponsor forms available from The Robin Hood Pub or contact the Fundraising Team 01442 890222 or fundraising@irrh.org

Sunday 25 September

RUN TO THE BEAT HALF MARATHON

London

ONLY 2 PLACES LEFT! This is a fun and popular half marathon which tours London to the sound of fun & funky music and ends up at the O2. Contact the Fundraising Team on 01442 890222 / fundraising@irrh.org to register for a place: £80 to enter, minimum pledged sponsorship amount is £200

Sunday 25 September,
7.15pm

REHEARSED READING OF LENI-LENI

Trestle Theatre, St. Albans

This new play by best-selling author Tom McNab about German film director Leni Riefenstahl features Jenny Lee (of 'Monarch of the Glen') as Riefenstahl and is directed by Michael Vaughn. Contact Jackie Dellar on 01727 731009

Saturday 1 October 9am - 9pm

TRINGCON BOARD GAMES CONVENTION

Marsworth Village Hall

A well established and popular one day event where the emphasis is on playing games. Tickets £10, includes buffet lunch, tea and refreshments; contact Keith on TringCon@fwtwr.com for more details.

Wednesday 5 October

COOKING DEMONSTRATION

Poggenpohl Kitchen, Victoria Street, St Albans

Two leading Good Food Guide Restaurants, D'Arcy's and Lussmans will be doing a cooking demonstration at the Poggenpohl Kitchen. Ticket only, for tickets and more information contact Liz at Liz.Hizli@grove-house.org.uk or 01727 731008

Saturday 8 October

BISON HILL CHALLENGE

Dunstable

If you like a challenge sign up for this duathlon. The Bison -11.2km run, 30km bike ride, 11.2km run or The Baby Bison - 5.6km run, 10km bike ride, 5.6km run. For a sponsor form call Clair on 01442 820717. The Bison Individual Entry £50, Team entry £60 + £5 non BTF. The Baby Bison £25 + £5 non BTF, Team entry £35 + £5 non BTF

Sunday 9 October

HERTS 10K

The Grove House HERTS

10K is the hospice's flagship event. Now in its sixth year, the event is a must for anyone who is interested in running, raising sponsorship and having fun! For more information visit our website www.herts10k.com or call 01727 731002

Friday 14 October 7 for 7.30pm

"A WORLD APART" AUSTRALIA & BORNEO WILDLIFE

Coleshill Village Hall

John Tyler is a local wild life photographer, and he will be presenting two talks, alongside his stunning photography, on 'A World Apart - Australia', and 'Borneo'. £16.00 with ploughman's supper and a cash wine bar. Tickets are available from Margaret Emery on 01494 863859 or margaretremery@gmail.com

Saturday 15 October 7:15pm for 8

'ROCKING ACROSS THE ATLANTIC'

Amersham Rock'n'Roll Club

Charlie Grace, one of the American rock and roll pioneers, will perform hits such as 'Fabulous' and 'Butterfly'. Other guests include Linda Gail Lewis (sister of Jerry Lee Lewis), John Leyton, Chas McDevitt and the Flames. A great night out! Tickets £14; available from The Record Shop, Amersham (01494 433311).

Sunday 16 October

PEPPER SUNRISE WALK

Hemel Hempstead

Join us for a beautiful walk on a sunny October morning through the Chiltern countryside of Hemel Hempstead, Potten End, Frithsden and Ashridge. Further details at www.peppersunrisewalk.org.uk

Sunday 16 October 12-6pm

CHILL OUT SUNDAY

Grove House, St Albans

Come to Grove House and get pampered from head to toe with everything from massage to pedicure, to hairdressing, £5 to £15 for taster treatments. £5 entry. For more info contact Liz on 01727 731008 or liz.hizli@grove-house.org.uk

Sunday 16 October 12pm-3pm

CONKER FESTIVAL

Blackbirds Moor, Hemel Hempstead

An annual Festival organised by the Box Moor Trust. Free entry - all welcome.

Friday 25 November 7pm

BRIDGE NIGHT

The Polish Club, Amersham

Bridge competition with Guest Demonstration by Sally Brook & Colin Simpson. £15.00 with a hot supper provided and cash Bar. Tickets are available from Margaret Emery on 01494 863859 or margaretremery@gmail.com

Saturday 22 October

ELIJAH BY FELIX MENDELSSOHN

St Albans and Cecilia Festival Society Concert

St Albans Cathedral

The thrilling and moving oratorio, Elijah by Felix Mendelssohn, was written for and first performed at the Birmingham Festival in 1846. The music and the scenes depicted are strongly descriptive. For tickets and further info call 01582 763113

Saturday 12 November

CHRISTMAS FAIR

Fitzwilliams Centre, Old Town Beaconsfield

Annual Festive Fair with quality items for sale, including jams and preserves, handbags and jewellery as well as our Christmas Cards. 10am-2pm Free entry - all welcome For more information please contact Sue Cuthbert 01494 678791

Wednesday 16 November 7pm

WHISKY TASTING

Fitzwilliams Centre, Beaconsfield

This evening is being given by Arthur Winning who has his own Whisky business, including talks and tasting. Tickets £20. For more information and tickets contact Ro Clarkson on, roclarkson@tiscali.co.uk

diary dates

Sunday 11 December 2pm

THE ANNUAL IAIN RENNIE SERVICE

The Union Baptist Church Easton Street

Followed by a Light up a Life Ceremony with tea, coffee and light refreshments.

Sunday 11 December

JINGLE BELL JOG

St Albans

Join hundreds of Satnas for a 5km fun run. Contact Sinead on 01727 731002 or sinead.grimes@grove-house.org.uk

Saturday 17 December

MR KITE'S BENEFIT BAND

Deans Hall, Berkhamsted School

Dance the night away at Mr Kite's 20th birthday and Christmas Extravaganza. For more information and tickets www.irhh.org

Sunday 18th December, 4pm.

MAYOR'S CAROL CONCERT,

St Albans.

Join us by the Alban Arena for carol singing with St Albans City Band and a Light Up A Life ceremony. Contact Kerri on 01442 890222 or visit www.irhh.org

Sunday 22 December 7.45pm

LIGHT UP A LIFE

The Common, Tyler's Green

Remember a loved one with us, as part of Carols on the Common. For more information www.irhh.org

Saturday 31 December 7.15 for 8pm

NEW YEARS EVE CONCERT

Amersham Rock'n'Roll Club

Featuring Chris Farlowe and Vanity Fare, and including Alan Warner, Mike Tinsley and Colin Hare. Tickets £25; available from The Record Shop, Amersham (01494 433311)

Saturday 14 January

LONDON WELSH MALE VOICE CHOIR

St Albans Abbey

In conjunction with Cherry Lodge Cancer Care. For more details Contact Liz on 01727 731008 or liz.hizli@grove-house.org.uk

Saturday 14 January

HERTS CHAMBER ORCHESTRA CONCERT

St Peter & St Paul's Church and Church Square, Tring

The wonderful sounds of the Herts Chamber Orchestra will once again grace Tring for their 8th concert in aid of the Hospice. Paul Barritt will again lead and direct the performance. For further details contact the fundraising team on 01442 890222 or fundraising@irhh.org

Saturday 14 January

PEPPER @ THE OPERA - MOZART'S THE CLOWNS

Centenary Theatre, Berkhamsted

Join us for Garden Opera Company's wonderful interpretation of The Clowns: and don't miss Pepper's famous cocktails and pre-performance champagne. For further information and tickets please check the website www.irhh.org

Sunday 25 March

CHILTERN CYCLE CHALLENGE

Aylesbury

This popular event returns for a second year. Visit www.rennieway.org

Sunday 15 April

HIGH WYCOMBE SUNRISE WALK 2012

West Wycombe Park

The 2nd High Wycombe Sunrise Walk with a choice of distances available to male and female walkers through the beautiful grounds of West Wycombe Park. Walk starts at 8.00am.

www.peppersunrisewalk.org.uk or call 0845 675 5566

Sunday 22 April

VIRGIN LONDON MARATHON

London

Join the most exciting and most popular running event in the world and run in the Iain Rennie Grove House Hospice Care London Marathon Team. We have a number of Golden Bond places in this event - to apply call 01442 890222 or email fundraising@irhh.org

Coming soon!

St Albans Band Aid will once again be playing outside Ladbrokes in St Peter's Street, St Albans with a bucket collection for IRGH. Dene Roseworn has put together another brilliant line-up featuring Elvis Smelvis, Co Jones, El Vince, and Rat Pack. Contact Liz Hizli on 01727 731008 for details.

Help us to keep caring - make a regular donation

by setting up a Direct Debit with your Bank or Building Society. Please fill in this form and send it to:

Iain Rennie Hospice at Home, 52a Western Road, Tring, Hertfordshire HP23 4BB or call 01442 890222

I would like to set up a Direct Debit of £ _____

Monthly Quarterly Half Yearly Annually

Please debit my Bank/Building Society account on

1st 8th 15th 22nd

Instruction to your Bank or Building Society to pay by Direct Debit

Please pay Iain Rennie Hospice at Home Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Iain Rennie Hospice at Home and, if so, details will be passed electronically to my Bank/Building Society.

Bank/Building Society Details

Name _____

Branch Address _____

Postcode _____

Name of Account Holder(s)

Account Number

Sort Code

Service User Number

Signature(s) _____

Date _____

Reference (official use only)

Banks and Building Societies may not accept Direct Debit Instructions for some kinds of account.

This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits.

- If there are any changes to the amount, date or frequency of your Direct Debit, Iain Rennie Hospice at Home will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Iain Rennie Hospice at Home to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit by Iain Rennie Hospice at Home or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society - if you receive a refund you are not entitled to, you must pay it back when Iain Rennie Hospice at Home asks you to.
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

