

360° virtual tour • Trail-blazing teams • Inspiring supporter stories • Exciting volunteer roles

SUMMER/AUTUMN 2019

Keech Matters

The magazine of Keech Hospice Care

Cerys, 4,
goes from
strength to
strength

NEW
Wellbeing
Centre
*SET TO
OPEN!*

FIRST
CANCER,
then motor
neurone
disease

How we're
giving Yvonne
a voice.

YOUR
CHRISTMAS
**EVENTS
GUIDE**
INSIDE!

 **Keech**
hospice care

Letter from Liz

Since the last edition of *Keech Matters*, Keech Hospice Care, as always, has been very busy!



But before going further, I'd like to share with you the sad news of the death of Iris White, one of our founders. I was privileged to go to her funeral, where her daughter read extracts from her diary recalling her experiences of being a nurse during the war. As a nurse myself, I was very moved by these stories and it brought home to me how excellent nursing care is at the very heart of our hospice.

Over the years, though, the way we care for and support people has changed. There's now a much bigger emphasis on empowering people to be independent and live well with their illness. So we're very excited to be soon launching our Wellbeing Centre, where our specialist team of care professionals all come together in one place, really putting patients at the centre of everything we do. Find out more on page 5.

Talking about empowering our patients, on page 11, you can read about our wonderful volunteers who are helping patients with neurological conditions record their voices. This means that one day, when they lose their voice forever, they'll be able to 'speak' through equipment which - as much as possible - sounds like their actual voice.

If you think you can help us by volunteering a little of your time, we have all sorts of roles to choose from. More details on page 8.

We really couldn't do without your amazing support. Thank you so much.

Best wishes,

Liz Searle, CEO

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If you have any questions or would like to find out more about getting involved, email us at:
letmehelp@keech.org.uk



Visit our website
www.keech.org.uk

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NEWS IN BRIEF

What's been happening at Keech Hospice Care.



Your local hospice charity leads the way

In *Keech Matters* Winter/Spring 2019, we told you our children's community care team had won Luton's Best Care in the Community Award 2018. Well, they've done it again! In May, they were named **Nurse/Care Worker of the Year 2019** at the Comet Community Awards in Stevenage, Hertfordshire. We're so proud of the team!

As a local charity, we're committed to giving our best to our patients and their families, our supporters and volunteers, and our staff, most of whom live locally. So we were very proud to learn we'd entered the **Top 20** Best Not-for-Profit Organisations to work for in *The Sunday Times'* prestigious 100 list. The list, which measures employee satisfaction, saw us climb from 71st place two years ago to 18th place in 2019.

A tribute to Iris White

In May, we were saddened to learn of the death of Iris White. Iris - along with her husband, Dr Wink White - was one of the founding members of our adult hospice service. We owe her a tremendous debt of gratitude for her dedication to turning the dream of a hospice into a much-needed reality. Go to www.keech.org.uk/news to read more about Iris' inspirational story.



Creating movie moments that matter

In June, Keech Hospice Care played host to some jungle VIPs for Children's Hospice Week when the children and their families "ba-lou" us away with their sing-along to *The Jungle Book* classic, *Bare Necessities*. We invited the world into the hospice to see it with a Facebook Live. We also created an inspiring film, *#MomentsThatMatter*, which got 7,500 views on Facebook and Twitter across the Week and was even retweeted by a famous follower, *Bake Off's* Nadiya Hussein.



Our volunteers rewarded with hotel breaks

In June, we found out two of our wonderful volunteers are going on amazing short breaks as a reward for their commitment to Keech Hospice Care. Dirk, a Hospice at Home and voice banking volunteer, and Yvonne (pictured below centre), an adult care volunteer, have been awarded a relaxing hotel break by the charity Room to Reward. Well done and thank you!





Thank you, Ross and Jake!

In April, at the FA Cup semi-final, TV presenter Jake Humphrey gave Keech Hospice Care a great fundraising boost! Jake spotted a Go Fund Me website address on a football supporter's jumper and tweeted his 900,000 followers, asking them to make a donation.

The jumper belonged to Keech fundraiser, Ross Coniam (pictured left), who's taking on #Nine4Norah in 2019. He's raising money in memory of his daughter Norah, who sadly died last year at just nine hours old, and Keech is one of four charities to benefit, as we were caring for Ross' nephew Kieran when he died in 2014.

Since Jake's tweet and national press coverage, Ross' fundraising has soared from £3,000 to around £52,000!

Hospice given 'buffer' in local plan

Over the last year, we have been involved in discussions about plans to build 4,000 houses north of Luton, surrounding the hospice buildings, and a new M1-A6 link road which will pass close by. We've been concerned about the impact on our peaceful hospice setting as well as the confidentiality and dignity of our patients and families.

In April, we found out our concerns had been heard and the plans amended to show a 'buffer' zone around the hospice to 'protect its function and setting and maintain separation from existing and proposed residential development'. We're not yet at the end of this process and we're continuing to raise our concerns.



Thank you to all our fantastic supporters who've got involved in our events so far this year - we really couldn't continue making the difference when it matters the most without you!

In March, we welcomed 260 guests to our first-ever **Biggest Afternoon Tea** in Pulloxhill, Bedfordshire, where everyone enjoyed an elegant tea party with live entertainment, raffle and auction. It was a great success, raising over £10,000. Book up for next year's Afternoon Tea now at www.keech.org.uk/afternoontea.

June saw lots of frothy fun with our big **Bubble Rush** event at Cranfield University near Bedford, where over 700 'bubblers' braved the foam for Keech Hospice Care, raising around **£30,000**.

In July, the summer fun continued with Keech's **Open-air Cinema** in Hitchin, Hertfordshire. Supporters relaxed in front of the big screen, with classic films, *The Jungle Book* and *Grease*. Rama-lama-ding-dong!



Keech raises awareness in BBC film

Did you know Black, Asian and minority ethnic (BAME) patients nationally use hospice services 20% less than their white counterparts? A new study cites differences in culture, religious practices and language barriers as reasons why.

In June, we worked with the BBC to raise awareness of this important issue, which aired on BBC Breakfast, the BBC News channel and the BBC's online services. Dalbagh, one of our adult patients, talked on film about how much Keech Hospice Care has made his life "a lot more comfortable". The study results will now be used nationally to help improve access for BAME patients.

Dalbagh talks more about the support we've given him on page 5.

VISIT US ANYTIME, ANYWHERE



We love to welcome visitors, which is why we run regular tours of our buildings and gardens. Now we've opened the doors of our hospice even wider, with an amazing new virtual tour.

Did you know celebrity gardeners, Adam Frost and Alan Titchmarsh, designed two of our gardens? Or that our hydrotherapy pool is one of the largest in the country?

If you'd find it difficult to come and visit us, you can now explore our amazing pool, beautiful, restful gardens, and children's and adults' facilities from the comfort of your own home - or even when you're out and about. All you need is your mobile phone.

With our **360° virtual tour**, you guide yourself around the hospice at your own speed, stopping to read pop-up posts about us along the way. Simply go to www.keech.org.uk/virtual-tour and follow the quick and easy instructions. Welcome to our world!



BOOK A TOUR TODAY

At Keech Hospice Care, we welcome supporters, volunteers and new patients, their family and friends, community groups, schools and local businesses - in fact, anyone who wants to see how we're making the difference when it matters the most. **Tours take place regularly, on a Wednesday, with two tours per day at 10.30am and 2pm.**

Tour dates coming up:

16 October 2019 13 November 2019

12 February 2020 11 March 2020

To book your tour, go to:

www.keech.org.uk/tours

letmehelp@keech.org.uk

01582 707940
(Mon-Fri, 9am-5pm)

DOORS SET TO OPEN AT OUR NEW WELLBEING CENTRE

Putting you at the
centre of everything
we do

We're just putting the finishing touches to a unique local service which brings a team of care professionals together with a shared goal: to support adult patients with life-limiting illnesses to live well and be independent. Welcome to our new Wellbeing Centre.

Nowadays, hospice care is about so much more than a comfortable chair, a cuppa and a chat. It's about working with patients and carers to understand their needs then putting in place a personalised package of care and support services to help them achieve their goals.

"Patients now are living longer with often complex conditions. We're also seeing more young patients make the move from child to adult care," explains Elaine Tolliday, Keech Hospice Care's Clinical Director. "These patients want to be

independent, stay at home and live well for as long as possible. Keech Hospice Care's Wellbeing Centre - which takes patients from 18 years old and can accommodate up to 30 patients a day - is there to support them to do that.

"We had already been offering patients emotional and physical support, with wellbeing groups and use of the hydrotherapy pool. But with the opening of the Wellbeing Centre, our specialist team of care professionals is able to come together in one place to really put patients at the centre of everything we do."

An exciting addition to our services is the Wellbeing Centre's brand-new, specially adapted gym where patients follow exercise programmes to fit their needs. Patients can also benefit from another new service - aquatic therapy - in our pool.

"There's nothing else like this locally," says Elaine. "Now we're making sure GPs and other community health services know what the Wellbeing Centre can offer their patients because, after diagnosis, the sooner patients with life-limiting illnesses come to the Wellbeing Centre, the more we can do for them."

"Keech Hospice Care's Move, Music and Mind group helped me dance again."



"In January 2017, I was told I had stage-four lung cancer and had two weeks to live," said Dalbagh, 64. "I had 12 sessions of chemotherapy but it caused terrible side effects. My skin started to burn and even removing a plaster would take the skin off.

Now, I get out of breath very easily and it's only through sheer willpower that I'm not in a wheelchair. I have crutches but try to use them as little as possible.

On my first visit to Keech Hospice Care, Vimla, one of the nurses, explained what the Wellbeing Centre does. It was great not to have any language problems as

we both speak English and the Indian languages fluently. She helped me make an appointment with one of Keech's doctors to get my pain under control and this has made my life much more comfortable. Before, I was in so much pain, I would nearly pass out.

I've always enjoyed dancing - I'm first on the dance floor at a party! But my illness, and the state my legs were in, stopped me dancing. Every week now, I dance at the Wellbeing Centre's Move, Music and Mind group, and I've been to tai chi sessions, too, which are good for body and mind.

It's given me the confidence to have a go, even if I'm a bit wobbly! Next time I'm at a party, I'll be my old self again.

Everyone at Keech is so friendly and helpful, and going there means I'm able to meet people in similar situations to myself and share what we're going through.

Keech is an amazing place. I believe life is to be enjoyed and you have to make the best of it. That's where Keech comes in - the hospice has changed my life."

"I've always enjoyed dancing - I'm first on the dance floor at a party! But my illness stopped me from dancing."

Patients and carers attending Keech Hospice Care's Wellbeing Centre benefit from having all the services and expertise they need to live well independently in one welcoming place.

- An expert team made up of specialist nurses, doctors and health care assistants; a range of therapists including a physiotherapist, occupational therapist and aquatic therapist; social workers; and bereavement and spiritual support.
- Private rooms for treatments (like transfusions and blood tests) and assessments.
- Quiet, private rooms for a range of complementary therapies.
- A specially adapted gym.
- A fully equipped hydrotherapy pool.
- Wellbeing groups geared towards improving patients' stamina, movement and independence, like the Move, Music and Mind, circuit training and walking groups patients Dalbagh and Paul talk about on pages 6 and 7.
- A regular carers' drop-in, supported by our social-work team.

Our Wellbeing Centre
brings everything
together for you.



"Keech Hospice Care came into my life after breast cancer had spread to my bones and I broke my leg," remembered Pauline. "I needed some extra support because I'd always been a very active person and the limitations of having a broken leg were hard to deal with.

I've really benefitted from swimming in the hydrotherapy pool and having sessions with Charlotte, Keech's aquatic therapist. When I had an assessment after six weeks of sessions, I had improved by a third in my performance, which is just incredible. I'm so pleased with

the difference in my balance and strength, and it's done a lot for me in making me happier and healthier.

I love the hydrotherapy pool because it's much warmer than normal pools and you've also got someone looking after you who has experience in helping people with serious conditions. Now I'm carrying on using the pool on my own because the benefits are so great!"

"You've got someone looking after you who has experience in helping people with serious conditions."

"Aquatic therapy has made an incredible difference to my balance and strength."



“Keech’s walking group and circuit training push me in a good way. I feel supported.”



“I found out I had a brain tumour in January 2015,” said Paul, 37. “I was devastated but thought ‘I can fight this’. I had radiotherapy every day for six weeks, which wasn’t very nice, and I’ve had the maximum amount I can have now.”

In September 2017, I had a massive seizure and I’ve been having chemo once a month since. I will keep having it until it doesn’t work or my body can’t take any more.

It was around this time that I first visited Keech Hospice Care. I didn’t know what to think. I’d never met anyone with a brain tumour before.

My first day at the **Wellbeing Centre** was brilliant. Nothing is too much trouble for the staff and volunteers, and they understand your needs. For instance, the lights were making my head hurt so they turned them off for me and we sat in semi-darkness!

I enjoy taking part in the Wellbeing Centre’s **walking group** and **circuit training**. Keech’s physiotherapist and occupational therapist are great because they know I’m a bit more capable but don’t have the energy levels I used to have. They make the sessions harder to suit me but watch me, so I feel supported.

I’ve had **reflexology** and **massage** to relieve my aches and pains, as well as music therapy. I’ve also had a lot of help from Louise, one of Keech’s social work team, with accessing benefits - I don’t know where I’d be without her.

Keech Hospice Care is full of hope and optimism. It’s made such a big difference to my life.”

“Nothing is too much trouble. For instance, the lights were making my head hurt so they turned them off.”

Join me!

Can you spare a few hours a week to volunteer for Keech Hospice Care?



Our wonderful volunteers find the time they give to Keech Hospice Care so rewarding. Why don’t you join us? We’re sure to have a volunteer role to suit you!

We have so many exciting volunteer roles, from drivers, health care assistants and lifeguards to being part of the team at one of our 32 shops across Bedfordshire, Hertfordshire and Milton Keynes.

By volunteering for just a couple of hours a week, you’re helping us continue making the difference when it matters the most for seriously ill adults and children, and their families.

You don’t need qualifications or experience - just a few spare hours and enthusiasm. We’ll provide everything else, including training.

In return, volunteering at Keech Hospice Care gives you:

- training and experience in your role
- a way to put existing skills to good use
- a friendly community or team to be part of
- a sense of purpose
- the satisfaction of ‘giving something back’.

To find out more about our volunteer opportunities, visit www.keech.org.uk/volunteer, email volunteering@keech.org.uk or call **01582 497829** (Mon-Fri, 9am-5pm).

We have immediate volunteer vacancies for drivers, events and shop assistants. Go to www.keech.org.uk/volunteer and sign up!

“I absolutely love coming here. I feel very fulfilled. We just need more volunteers willing to give up a little of their time!”
Samir, poolside assistant



“I like to get involved in things and being a driver for Keech allows me to do that. I also meet such interesting and friendly people.”
Phil, volunteer driver

“By volunteering at one of Keech’s charity shops, I’m gaining really valuable retail experience.”
Rabiyah, shop volunteer



Helping our patients get on with living



Being cared for at **Keech Hospice Care’s Wellbeing Centre** can make an amazing difference to patients’ lives, and that of their families, both physically and emotionally.

As a charity, around 70% of the £6 million we need every year for our care services comes from our local community and supporters. Keech Hospice Care’s Living Appeal raises funds to provide our excellent specialist care for patients of the Wellbeing Centre as well as support for their carers and families.

If you’d like to fundraise for the Living Appeal or make a donation, please contact letmehelp@keech.org.uk, call **01582 707940** (Mon-Fri, 9am-5pm) or visit www.keech.org.uk/donate.

Keech takes the pressure off



Cerys, 4, was born with fluid on the brain and her doctors said she wouldn't make her first birthday. But, with Keech Hospice Care supporting the family, Cerys has gone from strength to strength.

"At the 12-week pregnancy scan, doctors told us our precious baby might have hydrocephalus (fluid on the brain) but it wasn't confirmed until 20 weeks," said dad Ian. "So, the pregnancy was a frightening time. Then Cheryl went into labour five weeks early and had to have an emergency caesarean. Cerys was rushed to the neonatal intensive-care unit immediately after she was born.

"For the first six weeks of Cerys' life, we lived at the hospital with Cerys hooked up to a machine to help her breathe. She was so small - 4lb 8oz.

First major surgery

"She eventually moved to a different unit but it wasn't long before the doctors realised they needed to stop Cerys' head expanding. So they fitted a 'reservoir' in her head to drain the fluid. She'd barely begun life yet was undergoing major surgery.

"A week later, the reservoir failed and Cerys was in hospital for another six weeks. We finally got home in time for her first Christmas but, in January 2015, we were back in hospital to have a feeding tube fitted."

This set a pattern of hospital stays, infections and operations that lasted for the first two years of Cerys' life.

"By the time she was one year old, she'd had four major brain surgeries," explained Ian, "and, by the time she was two, she'd suffered around 15 viral infections because her immune system was struggling.

Devastating news

"Just before Christmas 2015, we were dealt another crushing blow - Cerys was almost blind. Where her head had expanded, the pressure of a shunt, put in to drain fluids away, had cut into the optical nerve. We were absolutely devastated."

"Keech takes the weight off your shoulders. It makes such a difference to talk to someone who understands."

Cheryl, Cerys' mum

"We've been supported by **Keech Hospice Care** since Cerys was about a year old," said mum Cheryl. "The thought of a hospice was scary but one of Keech's amazing support workers, Donna, visited us at home first.

"Donna has been incredible. She regularly checks how we're doing, especially when I've been struggling with anxiety and depression. Without Donna, I'd have fallen apart years ago.

"Initially, we went in to the hospice's Tots 'n' Toys group every week. We didn't have a car so one of the day support nurses came and got us. It's a small gesture but it meant the world."

Moments that matter

"We now have a car, thanks to Lisa, Keech's children's social worker, who got us one through a special scheme," said Ian. "Lisa has also helped us apply for benefits - she did the running around which took a huge pressure off and gave us time to care for Cerys."

"We've made so many happy memories at Keech," Cheryl remembered, "everything from farm visits to meeting



"Keech has helped us navigate a world we were new to."
Ian, Cerys' dad

Father Christmas! Cerys also finds the sensory room very soothing and loves the pool - now we go swimming as a family.

"One of Cerys' favourite things is a Tots 'n' Toys sing-along. She can't see but she loves listening to Keech's music therapist Nathan singing."

"For me sometimes it's the little things," Ian said, "like having a couple of hours at Keech to sit and paint with Cerys or visiting places we wouldn't be able to get to otherwise. I don't really get that quality time with her because I'm usually at work."

"When we were finding things harder, Donna organised overnight stays at the hospice. It gave us breathing room as a couple," Cheryl explained, "and Cerys gets used to us not being there. I stayed the first time but now I leave her at Keech, knowing she's completely safe.

"It's incredible how far she's come with Keech's support. Before she couldn't move at all. Now she's much more social and active, rolling around and smiling."

"It's been quite a journey," Ian admitted, "and Keech has made such a difference. In so many ways, it's saved us."

Care 24/7: making the difference when it matters the most

Our children's services support families who have children with life-limiting conditions, and that support is available during the day and through the night, 24 hours a day, seven days a week.

Our award-winning community team go out to the family home, hospital or school - wherever they are needed across Bedfordshire, Hertfordshire and Milton Keynes.

Our free 24/7 phonenumber on 0800 035 6497 means families can get advice and support at any time.

Last year, we supported **374** children and **213** of their relatives.

Our children's community team made **2,093** visits and **1,291** phone calls.

164 children attended day support.

We cared for **90** children as in-patients for a total of **598** days.



If you'd like to make a donation to support our children's services, please email letmehelp@keech.org.uk, phone 01582 707940 (Mon-Fri, 9am-5pm) or go to www.keech.org.uk/donate.

“Keech has given me a voice”

“When I walked into Keech Hospice Care that first day, it was as if a great weight had been lifted.”

Yvonne first came to Keech Hospice Care in 2018 after a seven-year fight with cancer. Then, just when she was seeing light at the end of the tunnel, she got devastating news.

“I was first diagnosed with cancer in 2011 – a malignant melanoma on my arm. The following year, I found out the cancer had spread to my underarm lymph nodes so I had them removed. Then, in 2013, the doctors told me the cancer was in my brain and I had a tumour removed. We really thought that was it for me.

For two years, I had radiotherapy treatment and, even though the school I was teaching at was incredibly supportive, I had to retire because I had so many appointments and couldn't cope with the stress.

In 2015, they found another brain tumour and I prepared myself to have surgery once again but they didn't operate because it hadn't grown. The following year, the same thing happened again. The two tumours are still there but they aren't doing anything so now I'm just having scans to check on them every six months.

That first day, when I walked into **Keech Hospice Care**, I was almost overwhelmed by the care and empathy. I'd been struggling with all the hospital and GP appointments but, when I came to Keech, I could get things like blood tests done there instead, which was so much better.

A great weight lifted

I began the walking group, art therapy, reiki, massage, hydrotherapy, Hospice at Home...all wonderful! It was as if a great weight had been lifted from my being.

But just when it seemed there was light at the end of the tunnel with cancer, I was diagnosed with motor neurone disease.

I had started having troubles with one of my feet in 2016. They thought that perhaps the pain and problems with movement were caused by the brain tumours or damage from the treatments. But the problem got worse until I was twitching.

Support from the start

The first time I talked to anyone about the possibility of having motor neurone disease (MND) was when I was at Keech. Sinead, one of the nurses, put me in touch with Liz, the hospice's specialist neurological co-ordinator. Around the same time, I was referred to a specialist and, although I was fairly sure I had MND, it still took a little while to confirm it.

“With voice banking, we aim to capture every intonation so it will sound like my normal voice.”

I found out for sure just before Christmas 2018. It was the most miserable and emotional Christmas I've ever had. I had to break the news to my family while we were all up in Yorkshire for the break and they were obviously very shocked. It was a very difficult time.

Getting help from Keech's neurological team has really helped and the

support from Liz was there from the start. She came to my house and we spent a long time talking. It's a great comfort to know the team is there.

At some stage, it's possible I will lose my voice. When Liz told me about Keech's new voice-banking service, I decided I would like to record mine so it would be there to help me communicate with my family and friends later on. Fortunately, the quality of my voice is still quite clear so I was able to record it in one session with the volunteer, Dirk.

Giving me a voice

Voice banking is so simple. It involves a laptop, headphones and me reading out select sentences. Some of the sentences are quite funny and make me laugh while others make me think a bit more. A lot of them are simple things like 'I've got to wash the dishes'. The aim is to capture every intonation so, if I do need it, it will sound like my normal voice.

Coming to Keech has really supported me on my journey with the utmost kindness and thoughtfulness. I am so grateful.”

Yvonne's voice banker is Dirk (pictured above), who started volunteering for the hospice in 2013 after his mother was cared for by us at the end of her life.

“I first got involved with the charity by helping with a group for teenage boys with conditions like Duchenne's and muscular dystrophy. I've also volunteered for Keech's Hospice at Home service for around five years, spending time with patients who need extra support at home.

When Liz from the neurological team told me about voice banking, it piqued my interest because I have a background in computing and, when she explained it was to help people with MND, I signed up straightaway.

It's so easy to operate and can even be controlled with your eyes. Knowing voice banking will help someone keep their voice should they ever lose it means a lot to me – it's so rewarding. You really do get back from volunteering as much as you put in.”

If you would like to find out more about volunteering as a voice banker, please contact our Volunteering team on **01582 497829** or email volunteering@keech.org.uk.



THE GIFT THAT GOES ON GIVING

Carole's husband Derek was cared for by our hospice charity at the end of his life. After his death, Carole took the thoughtful step of including us in her Will.

"Derek, my husband of 41 years, was diagnosed with a brain tumour in 2005," Carole said, "and, in 2007, he spent the last two weeks of his life at Keech Hospice Care.

He was cared for with the utmost respect, nothing was too much trouble, which meant everything to me and our children. I truly understood what a peaceful and loving place Keech is.

It was always in my mind to support Keech Hospice Care by leaving a gift in my Will but, when I found out how the charity was funded, how little it receives from the government, it really made me realise how important it was to do something.

Leaving a gift in your Will is such a painless thing to do - after all, it doesn't impact on your life as



you're living it. I would encourage anyone, if they can, to support Keech Hospice Care in this way."

If you would like more information about leaving a gift in your Will, please get in touch at 01582 707940 (Mon-Fri, 9am-5pm) or email letmehelp@keech.org.uk.

YOUR EVENTS GUIDE CHRISTMAS 2019

Keech Christmas Market

Saturday and Sunday, 23 and 24 November
Barnfield College, Luton

Kickstart your seasonal shopping with over 40 stalls packed with gift ideas.
www.keech.org.uk/christmasmarket



Santa Run

Sunday 1 December, Bedford Embankment

Join a sea of festive red for our 5km Santa Run when hundreds of Santas run or walk along the beautiful Embankment in Bedford. Sign up today!
www.keech.org.uk/santarun



Smiley Sam

29 November-24 December

Our iconic Smiley Sam, Santa and our Sleigh take to the roads around Bedford, Luton and surrounding areas. Look out for new, exciting routes!
www.keech.org.uk/smileysam

A CHRISTMAS CAROL CONCERT

Monday 9 December, Priory Church of St Peter, Dunstable

Keech's festive favourite.
www.keech.org.uk/carols



Light Up a Life

Sunday 1 December, Keech Hospice Care

Our memorial service to remember loved ones and shine a light in their memory on Keech's Christmas tree. Open to everyone.
www.keech.org.uk/lual

A HIGH-FLYING VOLUNTEER TEAM

What motivates companies to support Keech Hospice Care? Shelagh Lafferty, Finance Workstream Lead at TUI AMOS, explains why the locally based travel company loves volunteering for us.



Why does TUI support Keech Hospice Care?

We were looking for an opportunity to give back to our local community and some of our team have had experiences with other organisations offering end-of-life care. Kate, Keech's Corporate Fundraiser, visited us in May to tell us about the invaluable work the hospice does supporting patients at the most difficult of times, and the team overwhelmingly agreed this was the charity we absolutely wanted to support.

What's your role?

I'm Lead for the Group Aviation Business Transformation and Finance Team, which is headed up by Director Christoph Todt. The team is made up of colleagues from different countries across Europe. Everyone on the team is volunteering a day of their time to Keech Hospice Care, including colleagues from abroad, who come here especially to do it.

What have you done for us recently?

In June, we spent the day in the garden at Keech Hospice Care, giving the summer house a makeover which we hope patients, visitors and Keech staff all enjoyed this summer. The day certainly raised our awareness of the vital work the charity does.



What are your plans to support Keech going forward?

One of our colleagues filmed our day and we're sharing it with our TUI colleagues on our internal website. By doing this, we hope it encourages more TUI staff to support Keech Hospice Care and also helps publicise the amazing care and support the charity gives.

YOUR EVENTS GUIDE WINTER 2020

FIREWALK

Sunday 2 February, Keech Hospice Care

Sign up for our most exhilarating challenge and show your love for Keech by walking barefoot over 20ft of coals heated to 1,112°F! It will test your mind and body, and you'll be doing something amazing.

Email letmehelp@keech.org.uk

LEGO WALK

Sunday 2 February, Keech Hospice Care

Challenge yourself, your family and friends by taking on the Legowalk to raise money for us. This event is for grown-ups, too - don't let the kids have all the fun.

Email letmehelp@keech.org.uk

Have a
CUPPA
for Keech

Why not Have a Cuppa for Keech?

There's nothing better than a get-together with friends so why not hold your own afternoon tea, coffee morning or bake off in aid of Keech Hospice Care?

Go to www.keech.org.uk/cuppaforkeech
and download our fantastic fundraising pack today!