



The View

"To us, you're a person, not a patient."

Meet Becky, our occupational therapist.

"Our time is finite, we're here to enjoy it!"

June and Pete's inspirational take on life after diagnosis.

Ready for an adventure?

Trek Iceland with Longfield and help us provide hospice care across Gloucestershire.



Play our
Autumn raffle for
a chance to win
£200!

Welcome

Hello and welcome to The View, your magazine from Longfield Community Hospice. This edition is full of inspiring stories about the difference you're making to people whose lives have been turned upside down after a devastating diagnosis. Thanks to your donations, fundraising, volunteering, and shopping (in a Longfield shop, of course!), we're caring for more families across Gloucestershire than ever before.

It's time for me to say a heartfelt thank you and a sad goodbye to Longfield's wonderful and caring staff, volunteers, and supporters as I'm shortly to retire. I've thoroughly enjoyed my four years as CEO with the charity, despite the challenges of Covid, and am confident it will go from strength to strength under my successor.

Warmest wishes, Simon Bernstein, CEO



Caring
for Life

A royal treat

In June, we were invited to tour Highgrove Gardens, the private residence of our patron, HM King Charles. Our special guests were a group of people caring for their loved ones. Thank you to His Majesty and the Highgrove team for making us so welcome.



If you're caring for someone in Gloucestershire with a life-limiting condition, we're here for you. Call us on **01453 886868** to find out about our free wellbeing support.



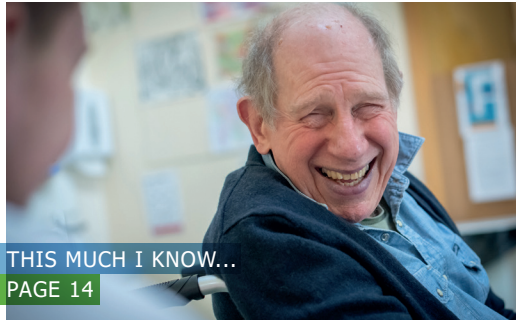
"LONGFIELD HELPED US KEEP OUR PROMISE."

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"WE CONSIDER OURSELVES LUCKY."

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THIS MUCH I KNOW...

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Miles more care

Donate to our Big Give Challenge from 28 November to 5 December and your donations will be doubled! We want to raise £10,000 to fund 22,000 miles of Hospice at Home travel across Gloucestershire. More information soon!

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“Longfield helped us keep our promise to Gill.”

How Jo, Jonquil and Yvonne honoured their friend's last wish.



Gill

Gill was a teacher with a passion for history and dance. Stylish and academic, she lived with her husband Terry - a deep sea diver - and they travelled the world with his job.

In her early 30s, Gill developed rheumatoid arthritis. Over the years, as her condition worsened, Gill had numerous operations. “She hated being in hospital,” remembers Jo.

Jo, her sister Jonquil, and their friend, Yvonne, live in Painswick and were Gill's neighbours. Always close, they formed a stronger bond after Terry died in 2001. “We became a bit like family to Gill,” says Jonquil.

Sadly, in 2011, Gill was diagnosed with Lewy Body Dementia and Parkinson's disease. She now needed 24-hour support from a live-in carer. Jo, Jonquil and Yvonne began a weekly rota of visits “to remind Gill she was still loved and valued,” says Yvonne.

Last year, Gill's health declined further, and she was admitted to hospital. Although stable after a day or two, the hospital would not discharge Gill until additional support was in place.



Jo, Yvonne and Jonquil

The friends spent hours calling care agencies, social services, anyone who would listen. But three weeks on, Gill was still in hospital. "She was increasingly distressed," says Jonquil. "Gill wanted to die at home - she'd always been clear about that - and we'd promised to honour that wish. But we couldn't find a way to get her home."

Then some good news. The hospital referred Gill to Longfield's Hospice at Home service. Our specialist nurses responded quickly with an assessment before offering to care for Gill. "She was discharged the next day," says Jonquil.

For the last ten days of her life, Longfield helped care for Gill in the comfort of her own home. We also supported Gill's live-in carer, sharing our expert knowledge and skills to ensure she felt confident in her role.

"Those last days were a blessing," says Jo. "Gill was treated with such dignity and respect. Her pain was managed, and she was calm and peaceful."

Jonquil nods in agreement. "We kept our promise to Gill, thanks to Longfield. You might be a small charity, but the impact you have is immense."



With our support, Gill came home.

For more on our Hospice at Home service, visit [longfield.org.uk/hospice-services/information-for-patients/hospice-at-home](https://www.longfield.org.uk/hospice-services/information-for-patients/hospice-at-home).

Ready for an adventure?

Northern Lights Trek

7 – 12 November 2024



Come with us on a magnificent adventure.

Hike miles across snow-covered Icelandic landscapes and mountain passes. Chase the elusive Aurora Borealis. Explore the fault line between Europe and America. Relax in a gently bubbling geothermal pool. This is a truly unmissable bucket list challenge.

You'll stay in a local hotel, and your accommodation, flights and meals are included in the £350 registration fee.

You can raise a set fundraising amount, self-fund the trip, or ask us about our flexi-options. Our expert team will support you every step of the way to ensure you hit - and exceed - your target.

Unlike other charity treks to Iceland, Longfield's bespoke trip includes a day excursion for you to enjoy everything Iceland has to offer.

For more information, contact us on **01453 886868** or **events@longfield.org.uk**

We run events throughout the year, keep an eye on our website for the latest listings **Longfield.org.uk/events**

The surprising benefits of volunteering

Volunteering allows you to connect to your community and make it a better place. But did you know it was good for you, too?



Volunteering makes you happier!

We are hardwired to help others. The more we give, the happier we feel. By measuring brain activity, scientists discovered that helping others releases feel-good hormones such as oxytocin.

It's good for your health

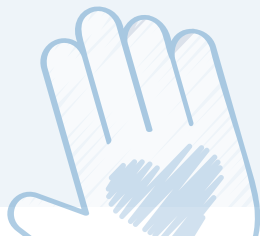
Research shows that volunteering reduces stress, encourages physical activity, combats depression, raises your self-esteem and provides a sense of purpose.

Volunteers feel less lonely

In the UK, 1 in 3 of us feel lonely from time to time. For people who have lost a partner, that number rises. Volunteering reduces social isolation and helps you create meaningful connections with like-minded folk.

Anyone can do it!

At Longfield, we have volunteering roles to suit everyone. Check out longfield.org.uk/jobs-volunteering/volunteering for our latest opportunities. You can also contact us on 01453 886868 or email volunteering@longfield.org.uk and we will find something just right for you.



“Honestly, we consider ourselves lucky.”

Longfield’s Sarah Davison talks to June and Pete from Churchdown about finding new meaning in life after a terminal diagnosis.

It’s hard not to smile when June’s around. If she’s tired or in pain, you probably won’t know it. Brimming with fun and lively conversation, June is a much-loved member of the Longfield family and a regular visitor to our Wellbeing Centre in Minchinhampton, near Stroud. “She’s like the furniture around here!” quips Pete, ducking to avoid a comedy clip around the ears from the wife he adores.



June with daughter, Ruth

June and Pete met at a TV studio in 1981, then again at a party months later. This time, June wrote her phone number on the back of a bus ticket and put it in Pete’s front pocket. The rest, as they say, is history. For over 40 years, the couple has been inseparable. It’s no surprise they’re coping with June’s lung cancer together. “It’s our diagnosis, our fight,” Pete explains.

June’s diagnosis in November 2021 hit hard. She remembers Pete gasping when the oncologist quoted an average life expectancy of 12 months. “It was a massive shock and we had some dark days. But I’m not an ‘average’ sort of lady so I put that number aside and focused on living instead.”

"The staff are wonderful, they really listen. Coming here is like walking into a big warm hug." Pete



Where does this incredible spirit come from? "I look at what's good. I've had great medical care. I've got an amazing family. Cancer has brought Pete and I even closer." She takes his hand. "Our time together is finite and we're here to enjoy ourselves."

Like many of our visitors, June and Pete didn't know what to expect when they first walked through Longfield's doors. Pete describes an 'oasis of calm.' "The staff are wonderful, they really listen. Coming here is like walking into a big warm hug."

June nods in agreement. She likes the fact that Longfield concentrates on the person - not their condition.

"Plus, you're here for husbands, wives, anyone who is caring for that person too," she says. "That's what makes Longfield so special."

The couple agree that taking part in wellbeing activities, including our Creative Space group, complementary therapies and counselling, have kept them focused on enjoying life.



June and Pete at our Wellbeing Centre

"Each activity is designed to help you cope and lift your spirits," says June. "Longfield's kept us smiling when things have felt heavy and difficult."



With daughter, Ruth and son-in-law, Brian.

Ruth, June and Pete's daughter, has noticed a difference in her parents since their first visit to our Wellbeing Centre. "They've made new friends, had new experiences, and discovered this wonderful network of support," she says. "Their social life is buzzing!"

Ruth tells me about June's 'not-bucket list.' "Mum doesn't see the point in ticking off a list of adrenaline-fuelled activities," she explains. "Instead, she finds meaning in simple pleasures: lunch in the garden, the sun on her face, the joy of connection."

"I've always been a positive person, although that positivity has been tested recently," says June. "The trick is to shift your mindset. Ask yourself what you want from the life you have, not the one you imagined. Surround yourself with good people, have a giggle, have a cry, and celebrate each day."

Scan to see
Watch June and
Pete's film here.



How can we help?

To discover how our Wellbeing Centre can help you live well after a life-limiting diagnosis, visit longfield.org.uk/hospice-services/whats-on or call our friendly team on **01453 733706**.

#LoveLongfield

We sell hundreds of thousands of donated items in our charity shops every year. They've all got a past, but what about their future? Our new campaign, #LoveLongfield, celebrates the next chapter for these pre-loved treasures.

Melanie



"These shoes just screamed 'party!' at me when I saw them in the Tetbury shop. When an unexpected chance to wear them on stage came along, they added an extra sparkle to my pantomime fairy costume."

Jo



Jo got married this summer. She bought this dress from our Dursley shop for her granddaughter to wear at the wedding.

"Charlotte loved twirling in it," she says.

Janet



"When I saw the plinth arrive in the Nailsworth shop, I thought, 'I have to have that!'"

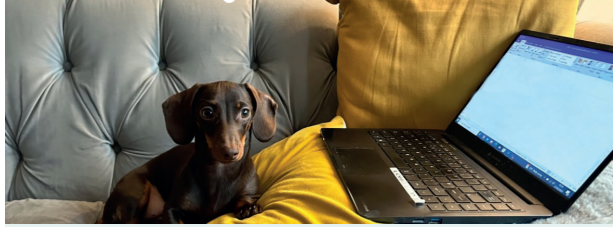
I painted it and now it takes pride of place in the garden - my happy place."

Denise



Denise purchased this mobility scooter for her husband Pete, the day after it arrived at our donation hub in Thrupp. "It's given Pete a bit of independence, as he can't drive currently. You can't put a price on freedom, can you?"

Darcey the Dachshund



"My mum, Laura, had been after a grey chesterfield-style sofa for a while, so when she saw this in Longfield's Stroud shop, she couldn't resist. No one loves it as much as I do. It's the perfect place to relax and catch up on my emails."

Gisele



"I bought these tired old stools from the Cheltenham Bath Road shop. I wanted some bar stools but couldn't afford new ones. Some cheap paint, a few bargain shop supplies, and a couple of YouTube videos later, and they look great in my kitchen. I love them!"

Have you transformed an item bought in a Longfield shop? We'd love to see it! Use the hashtag #LoveLongfield in your social posts. We have 19 shops across Gloucestershire. To find your nearest one, visit [longfield.org.uk/shops/find-our-shops](https://www.longfield.org.uk/shops/find-our-shops)

This much I know...

Ranth: "Let's be honest, we're not artists! We're here to enjoy our time, do something positive and have a laugh."

"I've got Parkinson's disease and a plethora of other ailments. I could list them, but have you got all day?"

I joined Longfield's Creative Space group. It's a way of doing something artistic but without any pressure. Nobody is judging. These sessions are about you: your thoughts, your ideas.

It's about expressing something that's inside, a feeling you might not notice but one that has become a weight around your shoulders.

This is a chance to offload that weight – to fill the time with art and laughter instead of stress and worries.

If my partner is busy, I use one of Longfield's wonderful volunteer drivers. John, who drove me here today, is a great chap."

To find out about our other wellbeing sessions, visit longfield.org.uk/hospice-services/whats-on



You make the difference

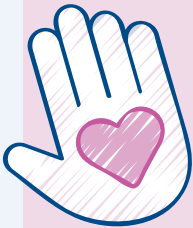
Our community fundraisers, supporters and customers help us raise 85% of our income every year. Thank you!

Fundraising ideas



If you have an idea for a fundraising activity – anything from a coffee morning or cake sale to a grand sporting challenge, we'd love to hear about it! We can supply you with banners, balloons, forms and advice on promoting your event.

Become an event volunteer



If taking on a whole fundraising challenge isn't for you, could you spare a few hours? Our volunteers help our events run smoothly and you can get involved in marshalling cars, greeting participants, selling raffle tickets, running stalls and generally providing extra pairs of hands where they're most needed. Email us at **events@longfield.org.uk** or call 01453 886868 for more information.

Join the 35 Club



If you want to boost staff engagement and motivation, and make a real impact in your local community, you could ask your employer to join our 35 Club. To celebrate the hospice's 35th anniversary, we're inviting 35 local businesses to join the 35 Club and to raise at least £1,000 to help us continue to provide end-of-life support. For more information, email: **louise.cook@longfield.org.uk** or call **01453 886868**.



“We see people not ‘patients.’”



**Becky,
occupational
therapist**

Tell us about occupational therapy

“Occupational therapy helps you overcome challenges and live the best life possible. Occupational therapists see beyond diagnoses and limitations to hopes and aspirations. That holistic approach is something we embrace at Longfield’s Wellbeing Centre.”

What is the Wellbeing Centre?

“Our Wellbeing Centre is open five days a week. Here, people can enjoy sessions designed to support their emotional and physical wellbeing. For example, counselling, guided relaxation, therapeutic gardening, or gentle T’ai chi.”

How do I get this support?

“If you have a life-limiting condition, or someone you love has, simply pick up the phone or email us. You can also attend our Friday morning drop-in session to have a look around and talk to one of the team – we have two nurses and a physiotherapist as well as me.”



Who decides the right wellbeing support for me?

“We do it together. Our first discussion is centered on what you want to achieve. For example, we might see someone with a neurological condition who wants advice and techniques to manage fatigue. We make a plan based on which wellbeing service will help you reach your goals.”

What do you want people to know about Longfield?

“We’re here to ensure you feel listened to, understood and supported. Many people find a session with us makes a welcome change from medical appointments. I am passionate in providing a space where people are not defined by their diagnosis, but empowered by their experiences.”

I thought you cared for people who were dying?

“Here at the Wellbeing Centre we support people from diagnosis, helping them adapt to the way life is changing. Our wonderful Hospice at Home team cares for people in the last days to weeks of life, in the comfort of their own homes.”

What do you love about your job?

“So much! Here’s an example: I run a creative art group which is all about self-expression. The group participants have formed incredible, supportive friendships. It’s beautiful to watch and immensely rewarding.”



To discover our range of wellbeing services, go to [longfield.org.uk/hospice-services/whats-on](https://www.longfield.org.uk/hospice-services/whats-on) or call **01453 733706** or email wellbeing@longfield.org.uk

You are amazing!

A big thank you to all our amazing volunteers, event goers and fundraisers. Every hour donated and pound raised provides vital hospice care.

Frampton on Severn Open Gardens

Thank you to everyone in Frampton for letting hundreds of gardeners and classic car enthusiasts roam around your village, and to Severn Vale Rotary for organising the event in May. It raised a sizzling £5,000!



£5,000 raised

Pedal Power

Ed and Matt raised £1,075 from the Ride London Essex event at the end of May. Not only did they cycle 100 miles, they did it in five and a half hours!



£1,075 raised

Sunrise Trekkers

In April, our group of trekkers, led by Elite Adventures, walked through the night to reach the summit of Pen Y Fan. The group raised over £4,000 and enjoyed an incredible sunrise!



£4,000 raised

Bottle Green Drinks

Bottle Green has been raising money for us since 2018. By holding barbecues, raffles and cake sales, and by braving skydives and wing walks, they've raised nearly £6,000. Thank you!



£6,000 raised

*Figures show gross amount of funds raised per event.

Donate now

We need your help to ensure patients in Gloucestershire get the best possible care.



Donating online is easy and saves administration costs. If you are eligible to claim Gift Aid, we can maximise your donation by 25%. To make a single donation, or to set up a monthly gift, visit longfield.org.uk/donate



By CAF or Cheque, payable to 'Longfield' at Longfield Hospice, Burleigh Lane, Minchinhampton, Glos. GL5 2PQ. Don't forget to include your name and address.



Call us on **01453 886868** and we'll be delighted to help.

To organise our end-of-life care in the home, you need a referral from a healthcare professional, such as a district nurse or GP.



Caring for life

All our services are free of charge, thanks to the generous donations of our supporters.




Keep in touch

Get our latest news straight to your inbox. Sign up at longfield.org.uk/e-newsletter

To let us know how you want us to contact you (by post, email or telephone) email supporter.admin@longfield.org.uk or call **01453 886868**

Find a list of email contacts by visiting longfield.org.uk/contact-us

Follow us on social media

-  @LongfieldHospice
-  @longfieldcare
-  @longfield_care

Play our raffle and support our hospice at home care in Gloucestershire



Say hello to Kayley, Tracey, Bev and Kathy (left to right) from our Hospice at Home team. Our specialist nurses and healthcare assistants travel to homes across Gloucestershire, to care for people in their last days and weeks of life.

This is urgent work. Without us, many families would feel isolated and alone as they care for a loved one who is dying. As a charity, we need your help to reach everyone who needs us. Longfield's Autumn Raffle is a fun and easy way to support our hospice care. Each ticket costs £1 and you could win £200 cash! To play, visit longfield.org.uk/autumn-raffle by Saturday 25 November.



Registered with
**FUNDRAISING
REGULATOR**

Longfield Community Hospice, Burleigh Lane,
Minchinhampton, Gloucestershire, GL5 2PQ
✉ longfield.org.uk ☎ 01453 886868



LONGFIELD
Community Hospice

Registered Charity No. 298627

Patron: HM King Charles III, KG, KT, GCB, OM, AK, QSO, CC, PC, ADC.