


# getinvolved!

... and make a difference

Autumn 2018



Read inside to find a wide range of uplifting events for everyone to get involved in - from adrenaline-fuelled activities to relaxing treatments and everything in between! The money you raise will help provide vital care for local patients diagnosed with cancer and other life-limiting illnesses and support for their families.

The HERTS 10K is our flagship fundraising event, attracting thousands of runners and walkers every year and raising valuable funds to support our services. Take part in a beautiful multi-terrain course through the Hertfordshire countryside, starting and finishing at Rothamsted Research, Harpenden. The event returns on Sunday 14 October 2018 and promises to be as popular as ever! Sign up online at [www.herts10k.com](http://www.herts10k.com)

What's on

# JINGLE BELL JOG & FUN RUN

Our annual festive fundraiser the JINGLE BELL JOG & FUN RUN will take place on SUNDAY 2 DECEMBER, with hundreds of local residents filling the streets of St Albans, starting at Waterend Barn. This year we're asking runners to wear their most Christmassy attire, so dig out your best festive jumper and your running shoes! Santa hats will still be provided to all 5k runners and the fun runners will receive antlers with the option of a festive face paint. The fabulous 1.5k Fun Run begins at 11am and is open to all ages and the more challenging 5k Jingle Bell Jog, starting at 11:30am, is open to over 10s. Enjoy the fantastic atmosphere with the best Christmas music and face painting for the kids, all in the knowledge that you will be helping keep local families together at Christmas. To find out more visit [www.renniegrove.org/jinglebelljog](http://www.renniegrove.org/jinglebelljog)

# What's on



## Take part in the biggest event on our calendar

Challenge yourself to set your personal best, get back to exercising after the summer, or run further than you've ever run before. If running isn't your thing, you can also walk the Herts 10K at a pace that suits you. Join thousands of others in supporting Rennie Grove this autumn at the Herts 10K. Sign up and start training now!



## Herts 10K Junior Division

### Looking for a challenge for parents and older children?

Our Junior Division for ages 12 – 16 years at the Herts 10K on Sunday 14 October means that younger members of the family can run or walk alongside mum and dad. Medals will be awarded to all participants, with the 1st, 2nd and 3rd placed junior runners being identified by the chip in their bib as they cross the line. Everyone from age 12 and up is welcome either to run or walk this scenic route that will prove challenging and fun for the family! If your kids are full of energy and have a taste for cross-country running, this is a great event for them to run safely and enjoy taking part in.

Sign up online at [www.herts10k.com](http://www.herts10k.com)

Step out under the light of the full moon on Saturday 15 September. Bring friends and family together to take on a 10 mile route around St Albans in memory or just for fun at the **MOONLIGHT WALK**. Setting off from Westminster Lodge after an energising warm-up, you'll then take in the sights of the city including the Abbey, as well as the grounds of Grove House, where you can place a heart-shaped lock on our memory gate for a loved one.

Head over to [www.renniegrove.org/moonlightwalk](http://www.renniegrove.org/moonlightwalk) to sign up with your walking buddies today!



# How you can help

## Make Your Will in February

Our generous, supporting local Solicitors will be giving up their time during February 2019 as part of **MAKE YOUR WILL MONTH** in return for your donation to Rennie Grove.

Look out for further details at [www.renniegrove.org/makeyourwill](http://www.renniegrove.org/makeyourwill) or call 01442 507344 to find out more. To help you prepare to write or update your Will, dates of our legal advice clinics taking place in 2019 will be announced on our website.



## Run one of the biggest races in the world for Rennie Grove

We have just 10 golden bond places for the **VIRGIN GIVING LONDON MARATHON** in April 2019. To be in with a chance of securing a place, head to [www.renniegrove.org/londonmarathon](http://www.renniegrove.org/londonmarathon) then complete and return the application form by the deadline of Friday 28 September.



## The Hospice Lottery

When we, together with two other local hospices, founded **THE HOSPICE LOTTERY PARTNERSHIP** in 1997, we had no idea it would grow to the incredible success that it is today with 40,000 weekly players, supporting five local hospices and funding over £1 million of hospice care every year.

The weekly lottery has 114 cash prizes, as well as a rollover prize which can reach up to £10,000! A celebratory 20th Anniversary Bonus Draw was held in May, and not only raised a total of £67,606 but also made long-time supporter Mr Evans, from Beaconsfield, very happy when he scooped the top prize of £2,500. Mr Evans is looking forward to spoiling his family over the next few months and has also very generously donated £250 of his winnings back to The Hospice Lottery, to help the partner hospices even more.

It's easy to play by Direct Debit; visit [hospicelottery.org.uk](http://hospicelottery.org.uk) to find out more and join today. Tickets are also available to purchase at your local hospice shop.

Over  
£3.2 million  
received from  
lottery  
fundraising



# How you can help

## Question of Sport Charity Dinner



The 6th annual **QUESTION OF SPORT CHARITY DINNER** returns to **Sopwell House Hotel** on **Wednesday 13 March 2019**.

Hosted by Sky Premier League reporter **Geoff Shreeves**, this fantastic evening sees tables of colleagues and friends show off their sporting knowledge in an interactive quiz covering every sport from rugby to rounders, hockey to handball. With a drinks reception, three course dinner and fundraising activities this is a night you don't want to miss. The 2018 Question of Sport raised a wonderful £47,000 for Rennie Grove, something we are hoping to match (if not exceed) in 2019.

For more information and booking please contact [corporate@renniegrove.org](mailto:corporate@renniegrove.org).

## Cassidy & Tate

St Albans-based estate agency **CASSIDY & TATE** is supporting Rennie Grove by pledging to donate 50% of its completed sale fee to us when an existing supporter of the charity uses its services to sell their house.

Cassidy and Tate's first completed sale under the new scheme is the Scott family. Richard Scott said: "We are delighted to be the first family to have 50% of our seller's fee donated to Rennie Grove by Cassidy and Tate. The team at Cassidy and Tate have been excellent agents to work with and to know that half of their fee is going to such an important local charity is just great."

Read more about the scheme at [www.renniegrove.org/cassidyandtate](http://www.renniegrove.org/cassidyandtate)



## Reasons to Smile

**Amazon Smile** is an easy way for anyone to support Rennie Grove. Every time you shop with Amazon, they will donate a percentage of that purchase to us, at no cost to you.

Shopping on Amazon Smile is identical to shopping on [amazon.co.uk](http://amazon.co.uk), with the added bonus that they'll be donating toward our services every time you buy. To shop at Amazon Smile simply go to [smile.amazon.co.uk](http://smile.amazon.co.uk). On your first visit, select Rennie Grove as the charity to receive donations, so that every eligible purchase you make will result in a donation.

You can also help support Rennie Grove when you buy online through **Give as you Live**.

Go to the **Give as you Live** website where each retailer will donate a percentage of your purchase to Rennie Grove Hospice Care on your behalf without cost to you.

Happy shopping!

# festive fundraising

## Make your own wreath

Do you usually put a wreath on your door over December? Why not make your own? Try your hand at creating a beautiful



Christmas wreath that will last throughout the festive season. Join in a class where you'll follow a step-by-step guide to creating the perfect decoration. The session costs £25 per person and includes all foliage. Choose from one of two dates, Monday 3 December or Monday 10 December. Both classes take place at Grove House in St Albans.

**Demand for wreath making last year was overwhelming, so please book in advance by calling the fundraising team on 01727 731010.**

## The Big Give

We were absolutely delighted with the success of our 2017 Big Give Appeal, which did even better than in 2016. With your



generous support we received donations of £16,665 and achieved our goal of funding one of our adult nursing teams and our children's services throughout the twelve days of Christmas.

This year our focus is on raising enough funds to pay for 85 days of care for a Children's Hospice at Home nurse, making it possible for babies and children at the end of life to spend precious time at home surrounded by their families. The Big Give is the UK's biggest online matched funding platform and this year the Christmas Challenge will open for seven days from 12 noon on 27 November - 12 noon on 4 December.

**You can double your donations whilst funds last by going to [www.thebiggive.org.uk/christmas-challenge](http://www.thebiggive.org.uk/christmas-challenge) and searching for Rennie Grove.**

## Singing Christmas



*Help spread the Christmas cheer by getting involved with one of a variety of activities over the festive period!*

**Our annual Santa float will be spreading joy to the streets of Tring and surrounding areas once more this Christmas. Keep an eye out on [www.renniegrove.org/whatson](http://www.renniegrove.org/whatson) from November to find out which streets Santa and his team of elves will be visiting and when!**

If you'd like to be a voluntary little helper and assist Santa on his journey, then get in touch with our community team via [community@renniegrove.org](mailto:community@renniegrove.org)

## Santa



# festive fundraising

## Christmas cheer



We will be bringing tidings of comfort and joy to shoppers and commuters at local and London train stations during December. Last year we raised £10,000 with our army of bands, musicians, choirs and bucket shakers belting out the festive tunes. If you would like to add your talents to this year's festivities, get in touch.

Visit: [www.renniegrove.org/choirs](http://www.renniegrove.org/choirs) for more details.

## Christmas is coming to town



## Get your business involved

This year we are launching our first ever Christmas campaign for our corporate supporters. The campaign is looking for support from local businesses in Herts and Bucks to help fund the Rennie Grove Night Team throughout December. The Rennie Grove night nurses are key to providing our 24/7 service, ensuring that patients and carers are able to speak to a nurse who will then come out to the patient's home if required, whatever hour of the night. It costs £500 per night to fund our Night Team and we are asking local businesses to fund a night of care (or part of a night), to help us keep families together at home this Christmas.

If your business or workplace would like to get involved in this campaign, we would love to hear from you, so please email us at [corporate@renniegrove.org](mailto:corporate@renniegrove.org)



This year's Christmas Raffle is all about travel and leisure and our fantastic top prize is a £600 Thomas Cook gift card, so why not grab some tickets and keep fingers crossed for some late winter sun or a break in the spring. There are plenty more fantastic prizes to be won! All the more reason to increase your chances and order some extra tickets by emailing [fundraising@renniegrove.org](mailto:fundraising@renniegrove.org)

## Early bird return mini draw

Return your tickets and payment to us by Monday 22 October for your chance to win a £50 Côte Brasserie voucher!

# diary dates

## Saturday 15 September

### **MOONLIGHT WALK** **St Albans**

Take part in a 10 mile walk around the streets of St Albans, under the light of the moon. Our new route will take you round some of the best sights this historic city has to offer, including the Abbey. Entrance costs just £15 per walker. Call 01727 731028 or visit [www.renniegrove.org/moonlightwalk](http://www.renniegrove.org/moonlightwalk) to enter today.

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## Friday 28 September

### **TAKE CONTROL** **South Bucks Community Hospice, High Wycombe**

If you're about to undergo cancer treatment, are living with cancer, or have recently finished treatment, then this workshop is for you. Get help with both practical and emotional skills to use on your journey, and take the opportunity to talk to others in similar situations. For more information please call Debbie Playford on 01727 731027

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## Sunday 30 September

### **CRAFT FAIR** **1st St Albans Scout Group, Wadley Hut, St Albans**

Join us from 10am-4pm at this craft and gift fair; a great late summer day out for all the family, including sand art and balloon modelling. Entry costs £1.

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## Sunday 7 October

### **FILM NIGHT** **National Film & Television School, Beaconsfield**

A screening of the 2017 romantic drama Finding your Feet. Tickets cost £15 and include a glass of wine with canapes. Contact [heatherdevelin@live.co.uk](mailto:heatherdevelin@live.co.uk) or 07980 309931 to book tickets.

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## Thursday 11 October

### **DANGEROUS CORNER** **BY J.B PRIESTLY** **Abbey Theatre, St Albans**

The play opens in darkness with a gunshot followed by a woman's scream – then the lights come on and a post-dinner party group is sitting listening to a radio play. As the plot develops, relationships are laid bare and truths best left hidden are revealed. Sound like your kind of play? Get your tickets for £15 now by calling Gemma on 01727 731028.

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## Thursday 11 October

### **GERRARDS CROSS GOLF DAY** **Gerrards Cross Golf Club**

Enjoy a day out on the green at Gerrards Cross Golf Club. There will be a shotgun start at 9am, with an entry fee of £400 per team of 4. After you've played to your heart's content there will be dinner in the Clubhouse, followed by an opportunity to grab some great prizes with an auction and raffle. Visit [www.renniegrove.org/golfdays](http://www.renniegrove.org/golfdays)

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## Sunday 14 October

### **HERTS 10K** **Rothamsted Research, Harpenden**

Join thousands to run or walk our fabulous scenic route across Harpenden in one of our most popular events in the calendar. With a junior division (12-16), this is an event that every runner in the family can enjoy. Sign up today at [www.herts10k.com](http://www.herts10k.com)

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## Tuesday 6 November

### **STYLE TALK WITH** **CAROLINE JONES** **St Michael's Manor, St Albans**

Join us for this Style Talk with Caroline Jones aka Knickers Model's Own. Top tips for getting the best from your autumn/winter wardrobe. Tickets cost £20, call the Fundraising Team on 01727 731028 to get yours now.

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## Friday 9 November

### **RENNIE GROVE FASHION SHOW** **Christchurch, Flackwell Heath**

Sit back and watch our dedicated volunteers model some great charity shop styles, then browse a range of accessories, party wear, merchandise and more. Head to the Flackwell Heath shop on Swains Market to purchase tickets in advance.

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## Saturday 10 November

### **REBEL REBEL CLUB 85** **Hitchin**

One day Indie festival with music from The Metatrons, The Loves, Would-be-Goods and lots more. Tickets cost £20 on the door or £17 in advance from [www.wegotickets.com](http://www.wegotickets.com)

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## Saturday 17 November

### **CHRISTMAS MARKET** **Speen Chapel, Speen**

Visit this market for an opportunity to browse unique gifts created by local designers. With local foods, arts, a grotto and more, this is the perfect way to start your Christmas shopping and support Rennie Grove. Entrance costs £1 at the door, so turn up with the family between 11am-4pm and get shopping.

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# diary dates

## Friday 30 November

### **RAF HALTON CONCERT**

#### **St George's Church, Halton**

Halton Voluntary Band, Halton Community Combined School Choir and the Halton Singers join together to celebrate 100 years of music from 1918 to 2018. Tickets cost £10 and are available from the Rennie Grove Shop in Wendover.

## Sunday 2 December

### **JINGLE BELL JOG**

#### **Waterend Barn, St Albans**

Throw on your snug Christmas jumper and head out on a 5k route around St Albans for our festive fundraiser. Bring the kids for the Fun Run and they'll receive a pair of reindeer antlers and face painting. Sign up now at [www.renniegrove.org/jinglebelljog](http://www.renniegrove.org/jinglebelljog)

## Sunday 2 December

### **SANTA'S FUN RUN**

#### **Marlow**

We're delighted to be one of the chosen charities for the Marlow Rotary Club's annual Santa run. Head to [www.renniegrove.org/whatson](http://www.renniegrove.org/whatson) to find out more about how Rennie Grove will be benefiting from your participation at this event!

## Monday 3 December

### **CHRISTMAS WREATH MAKING**

#### **Grove House, St Albans**

Come and try your hand at creating a beautiful Christmas ornament that will last throughout the festive season. The session costs £25 per person, which includes all foliage. Doors open at 6:45pm, class starts at 7pm. Call the fundraising team on 01727 731010.

## Thursday 6 December

### **CHRISTMAS CAROL CONCERT**

#### **St Peter's Church, St Albans**

Join us for our annual Carol concert. The evening will be hosted by television presenter Pam Rhodes. Tickets cost £15 and include a glass of wine and a mince pie. Call the fundraising team on 01727 731028 to book your tickets today.

## Saturday 8 December

### **THE MUSIC MAKERS CHORAL CHRISTMAS CONCERT**

#### **High Street Methodist Church, Harpenden**

The Music Makers of Harpenden invite you to their annual choral concert, sure to fill you with Christmas spirit as the festive season kicks off. Tickets will be on sale early in November.

## Monday 10 December

### **CHRISTMAS WREATH MAKING**

#### **Grove House, St Albans**

A second and final opportunity to have a go at creating a beautiful Christmas wreath. Entry costs £25 per person and includes all foliage. Doors open at 1:45pm, class starts at 2pm. Call the fundraising team on 01727 731010 to book your place.

## February 2019

### **MAKE YOUR WILL MONTH Hertfordshire and Buckinghamshire**

Local solicitors across Herts and Bucks will be waiving their fees during February in return for a donation to Rennie Grove. If you're thinking of writing or updating your Will, head to [www.renniegrove.org/makeyourwill](http://www.renniegrove.org/makeyourwill) for more information.

## Monday 11 February

### **TRING PARK SCHOOL SHOW**

#### **Markova Theatre, Tring Park School for Performing Arts, Tring**

An opportunity to see the talented students of Tring Park School perform one of their fabulous shows. Show title TBC but do save the date! Tickets will be available from the Rennie Grove shop in Tring and community team on 01442 890222 from December.

## Wednesday 13 March

### **A QUESTION OF SPORT CHARITY DINNER**

#### **Sopwell House, St Albans**

This annual interactive and energetic quiz night returns to the luxurious Sopwell House Hotel in 2019. To book your table of work colleagues, family and friends please contact [corporate@renniegrove.org](mailto:corporate@renniegrove.org).

## Thursday 28 March

### **NEW ZEALAND GOLF DAY**

#### **New Zealand Golf Club, Surrey**

Grab a team and come and play on one of the UK's most prestigious golf courses. For more information and booking please contact [corporate@renniegrove.org](mailto:corporate@renniegrove.org).

There will be more events and activities throughout the year on our website! Head to [www.renniegrove.org/whatson](http://www.renniegrove.org/whatson) for an up-to-date list.

# diary dates



The loss of a loved one can be particularly poignant in the days and weeks before Christmas and the New Year. Our **LIGHT UP A LIFE** services are a wonderful, uplifting way to come together with your friends and family to remember someone special. Please join us at one of our services. They are open to everyone, not just those touched by hospice care. Visit [www.renniegrove.org/lual](http://www.renniegrove.org/lual) for more details and to dedicate a light in memory of a loved one.

Find a ceremony near you:

**Flackwell Heath** – Sunday 18 November, 6.30pm  
Christ Church

**Hemel Hempstead** – Sunday 18 November, 4pm  
St. Mary's Church, Old Town

**Princes Risborough** – Sunday 25 November, 4pm  
Duke Street Gardens

**Prestwood** – Monday 26 November, 7.30pm  
Prestwood Village Hall

**Beaconsfield** – Sunday 2 December, 4pm  
St Mary and All Saints Church

**St. Albans** – Sunday 2 December, 4pm  
Grove House

**Tring** – Sunday 9 December, 4pm  
St Peter and St Paul's Church

**High Wycombe** – Sunday 9 December, 3.15pm  
Union Baptist Church

**St. Albans** – Sunday 9 December, 4pm  
Mayor's carol service, Clock Tower

These are non-denominational ceremonies but can often include a prayer, reading or carols which you can choose to participate in.

## Mmmm Mondays



**Relieve stress at the start of your week** with a range of therapeutic treatments at Grove House in St Albans. Feel pampered while supporting Rennie Grove by booking on to one of the sessions below. Call **01727 731010** to book your place.

### MASSAGE

15 October & 12 November  
(£20 for half an hour session)

### JAPANESE COSMO FACIAL

8 October, 5 November & 3 December  
(£22 for half an hour session)

### REFLEXOLOGY

22 October, 19 November & 17 December  
(£20 for half an hour session)

Call the Fundraising Team on 01727 731010 to book your sessions today.

## Street Collections

**Help Rennie Grove in the heart of your community by sparing some time for a street collection.** This is a wonderful opportunity to get to know someone new, or spend some time with a family member or friend whilst supporting our care. If you can help at any of the dates below, then please contact our helpful team via email on [community@renniegrove.org](mailto:community@renniegrove.org)

22 September

20 October

24 November

12 December

13 December

**Tring High Street**

**Wendover High Street**

**Berkhamsted High Street**

**King's Cross Station**

**Marylebone Station**

# fundraising heroes

Thank you to the 500 supporters who took part in **The Farm Run** in July, and to the **Roberts family** for hosting the event.

**Francesca Foreman** raised £960 by tackling The Farm Run after her beloved mum received care from our Hospice at Home nurses.

The **Dean & Gregory Family** got the whole gang – parents and kids alike – to take part in **The Farm Run** back in July. Altogether the team raised £1,017.20!



Local solicitors who participated in our Make Your Will Month in February 2018 helped to raise just under £22,000 towards our services. Thanks to the 14 local solicitors who made this the most successful yet. See the list of solicitors at [www.renniegrove.org/makeyourwill](http://www.renniegrove.org/makeyourwill)



High Wycombe based supporter **Lex Moon** dared to jump from 13,000ft in memory of her dear grandma, who inspired her to be bold and daring. Lex raised £1,500 at our sponsored sky dive in June.

**Steve Toms** ran his highly successful annual Charity Golf Day at Moor Park and has been instrumental in encouraging others to do the same. He has become Rennie Grove's volunteer Golf Ambassador and his terrific efforts have helped to raise an incredible £37,500.

The Butterfly Ball, organised by **Phil Macken** and **Laura Pitt** at the Wycombe Swan Town Hall, raised over £7,000.



Super fundraiser **Mike Hodge** and his wife **Sarah** have raised a massive £135,000 for Rennie Grove by running an annual golf day for 14 consecutive years. Thank you Mike and Sarah for all that you have done for Rennie Grove.

**Paul Sherring** donned his walking boots on a scorching hot weekend for the Cotswold Way Challenge. Starting from historic Bath's Royal Crescent, Paul walked 100k along scenic footpaths and tough hills. His herculean challenge raised £3,850.

# fundraising heroes



**Marianne Montgomery and Carol Murphy** gathered family and friends together for an entertaining Quiz Night at Moor Park Golf Club. The ladies managed to secure some fabulous auction items and Marianne discovered she had a talent for auctioneering which coupled with a moving account from a Rennie Grove nurse resulted in the evening raising an incredible £7,700.



**Katie's Jumping Fleas** are a ukulele band based in St Albans. Since 2013 they have raised over £7,700 at their shows and donated every penny to us. Thank you to Katie and all her ukulele players.



**Ralph Parry** was inspired to donate his Winter Fuel Allowance to Rennie Grove and asked his friends to do the same. His 'Share the Warmth' campaign raised £2,000 to help keep patients warm at Grove House. Ralph is keen to encourage more people to support an upgrade to the heating system for the patients who visit our base in St Albans.

**Dave Hilling** ran the new London-based event, The Big Half, in memory of his World War II veteran father, who was looked after by our nurses during his final days. Dave's 'Doing it for Dad' fundraising campaign managed to raise an exceptional £2,500.



When **Sarah and Andrew Creamer** got married in 2017, instead of asking their guests for the usual gifts, they requested donations to Rennie Grove. Thanks to the generosity of their friends and family, they raised over £2,000 in memory of the support and services provided to Sarah's wonderful grandma. Speaking of their donation, the couple said: "We hope that this inspires other couples to help Rennie Grove as part of their special day."

The Officers Mess Ball in Ley Hill raised over £6,200, which was organised by **Sarah and Dave Peterson** and their fabulous team.



As part of their programme of events, the **Beaconsfield Fundraising Group** held a Barn Dance this year raising over £8,380.