

Hosbis
Dewi Sant



St David's
Hospice

Providing the HOSPICE HUG since 1999

Autumn/Winter 2025 **Newsletter**



☎ 01492 879058

✉ enquiries@stdavidshospice.org.uk

🌐 www.stdavidshospice.org.uk



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Welcome

Dear Supporter,

As you may be aware, the past few months have been some of the most challenging in our history. This summer, we were faced with the heartbreaking decision to temporarily close our Anglesey Hospice. This was an incredibly difficult choice, but one we had to make to secure the long-term future of St David's Hospice. Trustees have been faced with a perfect storm of rising operational costs that were not matched by a similar rise in income.

After much consideration, we concluded it was no longer sustainable to continue operating all three of our sites. The temporary closure of our Holyhead unit will allow us to focus our resources on strengthening our operations and continuing to provide the highest standard of care that our patients and their families deserve.

We are acutely aware of the anguish this decision has caused – both for the community that the unit served and most personally for the devoted staff who have given their all. We are endlessly grateful to our Holyhead team for their profound commitment and compassion. Supporting them through this period is our immediate priority.

Since we shared this news, the outpouring of support and kindness from our community has been truly heartwarming. We are so grateful for all you do and hope we can count on your continued support in the months and years to come.

As you read through this newsletter, we hope you'll feel the passion that drives our work. The stories inside remind the entire team here that you, our supporters, are truly the heartbeat of our charity.

Kind regards

Gareth Jones, CEO



A Legacy of Care: Mary Heneghan's Final Gift

Mary Heneghan had a lifelong passion for the arts. She loved creating watercolour paintings that celebrated the beauty of natural history. In March 2020, Mary was transferred to St David's Hospice following a diagnosis of terminal cancer and sadly passed away on March 18 - the very first day of lockdown.

Mary left behind an extensive archive of her beautiful paintings, which her husband Bruce and daughter Annie have lovingly donated to St David's Hospice for future fundraising activities.

Bruce remembers the profound comfort that Mary received: "I could not have wished for a better place...From the moment she arrived she was looked after in a friendly, professional environment. Nothing was too much trouble."

"It is crucial to support hospices across the country. Hospitals can't cope with end of life care and the level of outstanding care given is a totally different one to that of a care home."

"St David's Hospice was a place of hope in a hopeless situation."

You will find these paintings on sale at our Christmas Fair at Venue Cymru, Llandudno on 29th November.



Upcoming Events 2025

Taking part in a challenge or joining us at an event is a fun way to help raise the £6.5 million needed to care for our patients and their loved ones each year. Follow St David's Hospice on social media and subscribe to our Email newsletter through www.stdavidshospice.org.uk to keep updated on all our events, campaigns and challenges throughout the year.

SEPTEMBER

North Wales Business Club Corporate Quiz | Thursday 25 September, 7:30pm | Venue Cymru, Llandudno | Team of 4: £135

OCTOBER

The Bangor Half Marathon | Sunday 5 October, 9:30pm

Autumn Fair | Friday 31 October, 10.00am - 2.00pm | Memorial Hall, Betws y Coed

Halloween Pottery Painting, 10.00am - 12.00pm, £25
Pumpkin Carving, 12.20pm - 2.00pm, £10

We are very grateful to THE ROYAL OAK HOTEL, BETWS Y COED and TAN-Y-DDRAIG CERAMIC CAFE for their generous sponsorship which has helped to make this event possible.

Trick or Treat Trail | Friday 31 October, 4.00pm, £5 per child

We are very grateful to THE ROYAL OAK HOTEL, BETWS Y COED and TAN-Y-DDRAIG CERAMIC CAFE for their generous sponsorship which has helped to make this event possible.

NOVEMBER

Sahara Trek | Saturday 1 - Saturday 8 November

The Conwy Half Marathon | Sunday 16 November 9:30am

Tree of Lights | Sunday 23 November, 5.00pm | St David's Hospice, Abbey Road, Llandudno

We are very grateful to TOM OWEN AND SON FUNERAL DIRECTORS for their generous sponsorship which has helped to make this event possible.

Anglesey Christmas Fair | Friday 28 November | The Valley Hotel, Holyhead

Llandudno Christmas Fair | Saturday 29 November, 11.00am - 4.00pm | Venue Cymru, Llandudno

£2 adults / £1 children

We are very grateful to W F CLAYTONS for their generous sponsorship which has helped to make this event possible.

Tree of Lights | Sunday 30 November, 4.30pm | Rhos on Sea Promenade Embankment

We are very grateful to TOM OWEN AND SON FUNERAL DIRECTORS for their generous sponsorship which has helped to make this event possible.

DECEMBER

Conwy Christmas Tree Festival | Wednesday 3 - Wednesday 10 December | St Mary's Church, Conwy

St David's Hospice Christmas Concert | Friday 5 December | Bangor Cathedral

We are very grateful to DAFYDD HARDY ESTATE AGENTS for their generous sponsorship which has helped to make this challenge possible.

Santa Dash (Bespoke Fitness) | Saturday 6 December | Llandudno Promenade

Tree of Lights | Sunday 7 December, 4.30pm | Garden Nursery, Betws y Coed

We are very grateful to TOM OWEN AND SON FUNERAL DIRECTORS for their generous sponsorship which has helped to make this event possible.

Tree of Lights | Thursday 11 December, 6.30pm | St Cyngar's Church, Llangefni

With special thanks to Llangefni Rotary Club for their kind support.

We are very grateful to TOM OWEN AND SON FUNERAL DIRECTORS for their generous sponsorship which has helped to make this event possible.

Schools Santa Dash

A fundraising campaign throughout November and December for schools, nurseries and play groups – contact alison.denton@stdavidshospice.org.uk for more details about how your local education providers can sign up! We are very grateful to EXCELL SUPPLY for their generous sponsorship which has helped to make this challenge possible.

Jolly Jumpers

A fundraising campaign throughout December, ideal for some workplace festive fun – contact alison.denton@stdavidshospice.org.uk for more details about how you can sign up!

FEBRUARY

Nick Beer 1k Fun Run | Sunday 15 February | Llandudno Promenade

APRIL

She Ultra Marathon | Sunday 11 April | Abersoch to Pwllheli

ONGOING CHALLENGES

£25 challenge, Sponsored by EXCELL SUPPLY

Put your entrepreneurial skills to the test and help generate vital funds for our charity. The idea is simple – start with £25 and increase it over 25 days – how you do it is up to you! For more information contact alison.denton@stdavidshospice.org.uk

Wing Walking and **Sky Diving** dates are available throughout the year! For details contact shannon.kelly@stdavidshospice.org.uk

**Hafan Dewi Sant
Coffee Mornings**

The first Wednesday of
each month | Hafan Dewi
Sant, Bangor, LL57 2DH



SIGN UP TODAY!

www.stdavidshospice.org.uk/fundraising-events or call **01492 879058**

Rhiannon: Highlighting Her Work in Art Therapy

This year, our Llandudno Day Therapy Unit was delighted to welcome Rhiannon Fogarty-Wilkinson, who joined us for a work placement as part of her master's degree in art therapy.

Rhiannon was already familiar with St David's Hospice, as a family friend had been cared for here. When she discovered we offered student placements, she was very keen to join our team.

What is Art Therapy?

Rhiannon explains that art therapy is a type of psychotherapy that uses art materials to help people process their thoughts, feelings, and experiences. The creative expression acts as a tool for reflection, helping individuals make sense of what they're going through.

"I've been able to support patients on their journey using a combination of emotional support and creative art making," she says. "This has meant patients can express themselves freely and unpack their thoughts in a different way."

The sessions also facilitate connections between patients, encouraging them to talk about their conditions with one another. Using a theme or a prompt helps to start conversations, creating a space for mutual emotional support.

A Meaningful Experience

Reflecting on her time with us, Rhiannon shared that her placement was "so valuable and meaningful." She learned a great deal in an environment centred around well-being and quality of life. "Everyone here is focused on meeting the patient's needs," she adds.



Rhiannon particularly enjoyed being part of our multi-disciplinary team, working alongside colleagues to provide patients with as much support as possible. "For some people, they're just looking for a place to de-stress and relax, while others might be working through their thoughts and feelings," she notes.

She feels that the sessions have helped patients find new ways of making sense of things. "Therapy offers a place for people to offload, to reflect on and process their experiences," Rhiannon says. "Working with patients on an individual level in whatever way they've needed or wanted is something I won't forget."

Inside the Engine Room: St David's Hospice Donation Hub

Have you ever wondered what happens to the incredible furniture and homeware donated to St David's Hospice? We recently spoke with Mark Brennan, St David's Hospice Donation Centre Manager, to get an exclusive look at the St David's Hospice Donation Hub in Llandudno Junction, the retail operation's vital "engine room."



Mark is at the helm of this large-scale operation, which is made up of four industrial units, each with a crucial role. Unit 1 serves as the main showroom, where you can find high-quality, pre-loved furniture, from coffee tables and three-piece suites to wardrobes and dining sets – all available for purchase and settle into their new home. Unit 2 is the dedicated drop-off point for donations and where all ecommerce orders are processed, while Unit 3 handles all the click-and-collect and shop orders. In Unit 4, a skilled team works tirelessly to repair and PAT test donated items, ensuring everything is ready for sale. To make things even easier, the hub offers a local delivery service for a small fee.

"Every pound we make from these sales goes directly back to funding patient care services at St David's Hospice," Mark explains. "It's a huge operation, and every part of it is essential."

To ensure a smooth experience for everyone, Mark emphasises the importance of pre-booking a drop-off slot for donations. This helps the team manage the flow of items and provide the best possible service.

The goal of the hub is simple: to generate as much income as possible to support the hospice's incredible work. The team's hard work, from repairing furniture to preparing items for sale, ensures that every single donation contributes to providing comfort and care to patients and their families.

"We're incredibly grateful for the community's support; without their donations and purchases, none of this would be possible."



For more information or to book a slot scan the QR code, visit stdavidshospice.org.uk/shop-with-us or call the hub on 01492 553131 or 07395 328092 to arrange a collection.

Find us on Facebook:
www.facebook.com/groups/junctionhub
Ebay: bit.ly/SDHebay
Vinted: bit.ly/SDHvinted



More Than a Meal: How Two Supporters Fell in love with Cafe Dewi



Gerry and Carol Sweeny have been a familiar sight at Café Dewi for nearly 15 years, their connection to the café and St David's Hospice starting when they ran a guest house in Llandudno. During their quick lunch breaks, their regular order earned them a special nickname.

"We fondly remember being referred to as 'two scones' as we'd often rush down to Café Dewi for a very quick lunch break where we'd each enjoy a scone before returning back to the guest house!"

For Gerry and Carol, the café is more than just a place to eat; it's a vital connection to the hospice itself. They see it as the "public facing side of the Hospice" and a great way to introduce people to the important work being done.

"It is an easy way of supporting the good work of the Hospice. Over the years we have come to know people who have used the Hospice services, so we know it is important to come to the café as it is a way of helping to keep the Hospice running."

"It brings people in and helps them understand the purpose of a hospice in a friendly way. You see patients coming in for their day treatments which makes you aware that a hospice doesn't mean the 'end', you get to learn about all the other things that go on here."

The personal connections they have made at the hospice have deepened their support. "I have known people who have benefited from the services of St David's Hospice. That makes it personal."

While the food is a draw, it's the people who keep Gerry and Carol coming back. They've formed strong bonds with the dedicated Café Dewi volunteers.

"One of the main reasons we visit is because of the volunteers," Gerry says. "You get to know each other. We have made good friends with many volunteers and fellow customers over the years."



Café Dewi is located at the Llandudno site and is open from 10am until 4pm, Monday to Friday. Scan the QR code to find out more or visit stdavidshospice.org.uk/cafe-dewi/

You're Invited: A Warm Welcome to Hafan Dewi Sant's Monthly Coffee Morning!

Have you ever wondered what happens at the St David's Hospice Therapy Centres? We invite you to find out for yourself by joining us for a welcoming and relaxing Coffee Morning at our Hafan Dewi Sant site in Bangor.

On the first Wednesday of every month, we open our doors to welcome visitors, friends, and anyone curious about the work we do. It's a wonderful opportunity to meet our compassionate team and learn more about the support we offer.

We believe in making our coffee mornings not just informative, but also fun! Over the past few months, our guests have enjoyed taking part in engaging activities like Arts Therapy sessions and lively quizzes, listening to beautiful performances by a local choir, and, of course, indulging in a delicious array of cakes lovingly prepared by our Café Dewi team.

Our coffee mornings are a success thanks to the dedication of amazing volunteers like Annwen. Annwen has been a volunteer at Hafan Dewi Sant since 2019 and also gives her time at our Menai Bridge location once a week.

"I love helping out at Hafan Dewi Sant," Annwen shared. "I enjoy meeting people and hopefully making a difference. I help at the monthly coffee mornings by preparing refreshments and chatting with our visitors. Our coffee mornings give people the chance to come and see what goes on in Hafan Dewi Sant and show how important the centre is."

Whether you have a personal connection to St David's Hospice or you're simply looking for a friendly place to connect with others, our coffee mornings are open to all. It's a chance to relax, have a little fun, and experience the warmth of our community.

We hope you'll join us soon!



When: The first Wednesday of every month, from 10am to 12pm
Where: Hafan Dewi Sant, in the grounds of Ysbyty Gwynedd, Bangor



Join Annwen by volunteering with us! Scan the QR code to find out more.

Trekking for Emma: Nigel's Sahara Challenge

This autumn, Nigel Davies will be embarking on a remarkable journey as he joins a team of "Hospice Heroes" for the Hospice Sahara Trek. Nigel is taking on this incredible feat in memory of his late wife, Emma, who received care from St David's Hospice in 2024.

Nigel shared how crucial the hospice's support was for him and his family. "My family and I were lucky enough to receive great support and kindness from the hospice following my wife Emma's diagnosis of a brain tumour, and that support and guidance continues to this day," he said.

"St David's Hospice is a tremendous and unique community with its own special atmosphere of skill, of guidance, of empathy. I've had the chance to meet many of the staff and volunteers at the Hospice and

each one of them shares that same thread of support, guidance and kindness."

For Nigel, the Sahara trek is a way to give back. "Doing the Sahara trek is just a little chance for me to help the hospice team, to give them a little boost. Thereby helping all the families in the future that will benefit just as my family and I have benefitted," he explained.

Motivated by the memory of Emma and the kindness of the hospice staff, Nigel is determined to do his best for St David's Hospice. "I am really grateful for the chance to be involved and to recognise the great work and great community at St David's Hospice," he said.

Good luck and a huge thank you to Nigel and all the other Sahara trekkers.



How you can help

You can support Nigel and the entire team of trekkers on their inspiring journey. Every donation helps us to continue to provide vital services to families in our community. To sponsor Nigel and the team, please visit www.stdavidshospice.org.uk/trek-the-sahara-2025 or scan the QR code.



Learning Through Giving: Ysgol Bro Gwydir's Journey with St David's Hospice



We're incredibly proud of the strong community spirit shown by our local schools, and Ysgol Bro Gwydir in Llanwrst is one school that has made a real difference to our work. The school has raised almost £20,000 for St David's Hospice by supporting our fundraising events. Sioned Hughes, Ysgol Bro Gwydir's Deputy Head, tells us about the school's fundraising journey.

"Taking part has been a hugely positive experience for both our pupils and staff. It's helped our children develop empathy, responsibility, and community spirit. These activities offer valuable opportunities for pupils to learn about giving back and supporting those in need, strengthening teamwork and creativity through fun events."

"We support St David's Hospice because of the incredible work it does within our local community. Many of our families and staff have been personally touched by the care and support offered."

"Each event becomes a chance to share the Hospice's mission. Many pupils now understand what a hospice does and how important end-of-life care and family support can be. It's been eye-opening and meaningful for our school community to learn about this vital work."

"The Santa Dash and the £25 Challenge have been highlights for us. These events have really helped bring joy and excitement into the school calendar while supporting a fantastic cause."

Join the Festive Fun: St David's Hospice Mini Santa Dash!

Get ready to sprinkle some festive cheer and make a real difference this Christmas! The St David's Hospice Mini Santa Dash is back!



Scan the QR code now to discover all the jolly details and find out how your school can join this year's most heartwarming Christmas event!

What will your Legacy be?

"Eight years ago, I joined the hospice team and today I'm proud to serve as Head of Fundraising and Supporter Care. Every day, I see the same warmth and dedication that comforted my family extended to others by the inspirational team I'm honoured to be part of. I'm also reminded daily that none of this would be possible without the incredible support of our community."

To everyone who has donated, volunteered, or shared and supported our care—thank you. Your generosity helps massively."

James Wilde

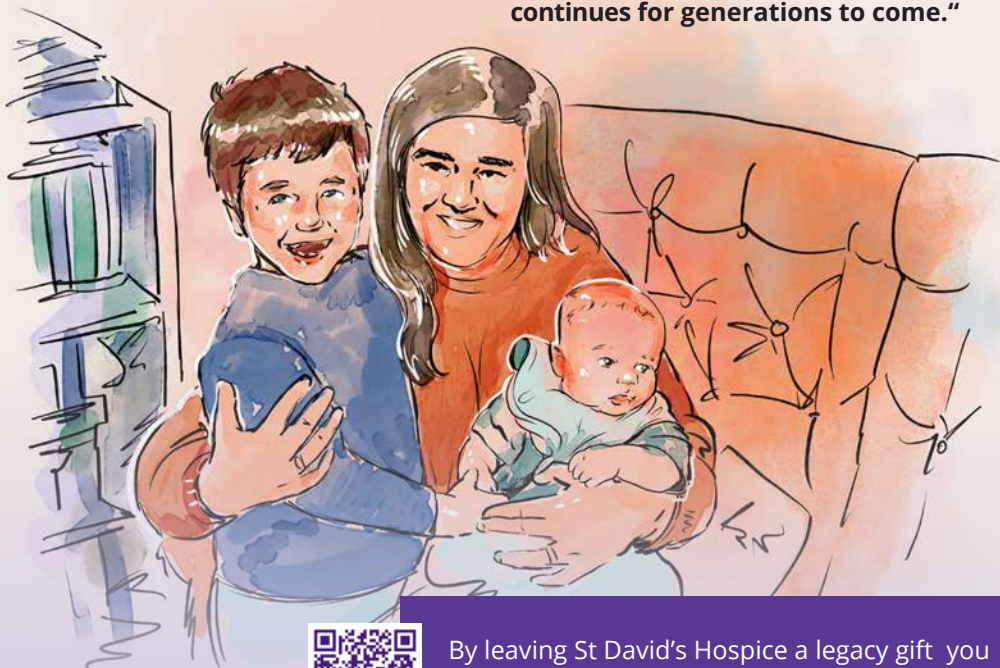
- Head of Fundraising and Supporter Care, St David's Hospice.

"As I look to the future, I look to the power of legacy."

Leaving a gift in your Will to St David's Hospice is one of the most meaningful ways to support our care. It's a way to ensure that your values live on, that your compassion continues to touch lives and that families like mine will always have a place to turn to when they need it most.

Writing a legacy isn't just about what you leave behind—it's about the hope and kindness you pass forward. At St David's Hospice, every legacy is a promise: that no one will face the end of life alone and that every moment will be met with dignity and care."

"Together, we can ensure that the vital care St David's Hospice offers continues for generations to come."



By leaving St David's Hospice a legacy gift you really can make a difference. Scan the QR code for more information.

Corporate Funding and Partnerships



UKSPF Conwy Community Regeneration Key Fund (Conwy County Borough Council), The Wolfson Foundation, The Ratcliff Foundation, The Garfield Weston Foundation, The Oakdale Trust, Gwynt Y Môr and the National Lottery for St David's Hospice Capital Development Project (Llandudno), **The Albert Hunt Foundation** for £30k towards essential running costs, **St James' Place** for a new Art table and chairs for the Llandudno Day Therapy Centre, **Llandudno Town Council** for Air Purifiers for patient rooms, **Isle of Anglesey Foundation** for their contribution towards a Cuddle Bed, **The Morrisons Foundation** for a Patient Bed and Chair, **The Grace Trust** for a patient recliner chair, **Yorkshire Building Society** for a Defibrillator, **WHA Healthcare** for a new Ultrasound device for Physiotherapy, **Ffrindiau Môn** for a Solar Water Feature, **The Gallagher Community Fund** to provide Physiotherapy sessions for Hafan Dewi Sant patients, **The Moondance Foundation** to fund 6 Healthcare Support Worker salaries for a twelve month period.



We are very grateful to the organisations which have issued grants and funding to St David's Hospice.

We are very grateful to all our current business and corporate partners for their support over the past 12 months.

- Batty's Nurseries
- Blue Turtle Group
- Bryson Recycling Centre
- Clares Department Store
- Core Highways
- Curtis Painting Group
- Dafydd Hardy Estate Agents
- Deganwy Quay Hotel
- Early Wealth Management
- Excell Supply
- Halliwell Jones
- Jones Holidays
- JWH Law
- KHS Group
- Kinetic Coaching and Nutrition
- Knights PLC
- Llandudno Pier
- Lord Brown & Harty
- Memo's Chippy
- Mermaid Seafoods
- North Wales Housing Association
- Penderyn Distillery
- PPFS Wealth Management
- Siemens Healthineers
- Stena Line
- The Royal Oak Hotel, Betws Y Coed
- Tom Owen & Son
- WF Claytons & Co
- Williams Denton



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VOLUNTEER

with St David's Hospice



Be part of a great team!



YOU really can make a difference to the lives of those with life limiting illnesses and in need of end of life care in your local area.

For further information about volunteering opportunities:

Email: enquiries@stdavidshospice.org.uk

Apply online: www.stdavidshospice.org.uk/volunteering

Call: 01492 879058

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By entering our lottery you are acknowledging that you are 18 or over.



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