

Hosbis
Dewi Sant



St David's
Hospice

Providing the HOSPICE HUG since 1999

Spring/Summer 2025 **Newsletter**



☎ 01492 879058

✉ enquiries@stdavidshospice.org.uk

🌐 www.stdavidshospice.org.uk

✕ f @ in

Registered Charity Number: 1038543

Welcome

Over the last year the future sustainability of hospices has been a hot topic in the UK media with MPs raising the topic in Parliament to apply pressure on the government to find a better way of funding hospices. St David's Hospice around 24% of its core clinical costs from the Government and Local Health Board each year. This means we are constantly looking at new ways of raising funds and being as efficient as possible. We continue to be in awe of the love and support shown from people like you.

We feel extremely lucky to be surrounded by such supportive communities, and this was shown throughout last year's **St David's Hospice** 25th Anniversary celebrations. We are so grateful for all the support that we continue to receive and hope that we can continue to rely on your generosity and kindness.

This newsletter will once again give you a taste of what we have been up to over the last few months, all of which we could not do without you. You will see that life at St David's Hospice continues to be busy and bright, with lots of exciting projects that we are all enjoying being part of. We are in the middle of a major development project at our Llandudno site. As you will see in this edition, patients and their families are already benefitting from the upgrades. We are also getting set for our overseas trek to the Sahara in November – what an inspirational experience that will be for our team of hospice trekkers.

Get yourself a cuppa, relax and enjoy reading your newsletter!

Thank you for all you do.

The St David's Hospice team



Memories Meadow

Remember and celebrate the people you love in our Memories Meadow this summer

Last summer we hosted our first ever **Memories Meadow** at Llandudno's Happy Valley. It was a wonderful opportunity to recognise a life lived, a life shared and a life that touched so many. We were honoured to be joined by so many supporters and to help ignite that special connection we have with those we hold so dearly in our hearts.

The St David's Hospice Memories Meadow will return to Happy Valley again this summer, giving you the chance to celebrate the memories of your loved ones. This year's flower will be a purple Forget Me Not, with hundreds placed in the meadow on Sunday 6th July.

Please consider purchasing a Forget Me Not flower for this year's Memories Meadow.

Our beautiful handmade metallic flowers are now available to purchase for a minimum donation of £25. The Memories Meadow will be able to be viewed throughout the day on July 6th.

At 6pm, we will host a non-religious concert featuring music and short talks. Supporters will have the opportunity to collect their flowers and take them home with them after the concert.

Our Memories Meadow truly is a special place where we love, celebrate and remember those special to us, while supporting the vital hospice care needed in your community.

Flowers can be purchased by scanning the QR code below, visiting **www.stdavidshospice.org.uk/memoriesmeadow2025** or by calling **01492 879058**.



We are very grateful to **Tom Owen and Son Funeral Director** for generously sponsoring Memories Meadow.



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.

MAY

Marathon in May...Your Way

Sign up to our month long challenge - whether it's just under a mile each day or 26 miles across a weekend. Anything goes – bike, hike or wheel! We are very grateful to KINETIC COACHING AND NUTRITION for their generous sponsorship which has helped to make this challenge possible.

The Snowdonia Half Marathon | Sunday 11 May

The Chester Half Marathon | Sunday 18 May

JUNE

The Runcorn Jubilee Bridge Half Marathon | Sunday 1 June

Charity Golf Day | Friday 6 June | Conwy Golf Club

We are very grateful to KNIGHTS PLC for their generous sponsorship which has helped to make this event possible.

Anglesey Dawn Walk | Saturday 14 June | Holyhead

JULY

Memories Meadow | Sunday 6 July | Happy Valley, Llandudno

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

Yr Wyddfa 'Summit for Sunrise' trek | Saturday 12 July / Sunday 13th July

Summer Fair | Saturday 26 July | St David's Hospice, Llandudno

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

AUGUST

Firefighter 50 Race | Friday 29 August | Breakwater Country Park, Anglesey

Ring O' Fire 130 Race | Friday 29 August – Sunday 31 August
| Breakwater Country Park, Holyhead

SEPTEMBER

Snowdonia Sea2Sky 53k & 25k | Saturday 6 September | Bath House Beach, Barmouth

The Caernarfon Half Marathon | Sunday 7 September

Moonlight Walk | Saturday 13 September | Llandudno Promenade

OCTOBER

The Bangor Half Marathon | Sunday 5 October

The Chester Half Marathon | Sunday 5 October

Autumn Fair and Forest Trick-or-Treat | Friday 31 October | Betws y Coed

NOVEMBER

Schools Santa Dash

A fundraising campaign throughout November and December for schools, nurseries and play groups – contact Samantha.dennis@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.

Sahara Trek | Saturday 1 – Saturday 8 November

The Conwy Half Marathon | Sunday 16 November

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

Llandudno Christmas Fair | Saturday 29 November | Venue Cymru, Llandudno

DECEMBER

Jolly Jumpers

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

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

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

ONGOING CHALLENGE

£25 challenge, Sponsored by EXCELL SUPPLY

We're looking for schools, businesses, organisations or groups to put their 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 samantha.dennis@stdavidshospice.org.uk

SIGN UP TODAY!

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

New family room creates precious memories

Thanks to generous funding from **Conwy UK SPF, The Wolfson Foundation, The Ratcliff Foundation, Gwynt Y Mor** and **CVSC** a major development project is now underway at our Llandudno hospice.

The project included the creation of a new patient and family area, where patients can see their loved ones away from their bedroom. We are delighted with how the area looks have welcomed so much positive feedback. Emma shares her experience here.

"Mum was a volunteer in the hospice cafe for many years. Because of her illness she couldn't attend a special 'thank you' event for the volunteers last year. However, thanks to the brilliant new kitchen area, with the large dining table, the wonderful hospice staff arranged for mum to have an afternoon tea. Our family were able to enjoy the afternoon tea with mum, all together around the table, which was a very special experience and simply wouldn't have been possible without the new space."

"During her stay, Mum was able to engage in activities that wouldn't have been possible in her room, such as jigsaws, and when we visited with our children, she was able to do things with them. This was hugely beneficial to her and really helped to lift her spirits but also meant that the children looked forward to their visits with grandma, as they knew they were going to a nice environment with plenty to do. This in turn made it easier for us to spend more quality time with mum, which is so precious."



Hospice wedding for Andrew's last wish

Last year we had the honour of hosting a beautiful wedding for our lovely patient Andrew, and his 'soulmate' Karen. Their special day took place at our Bangor Day Therapy Centre, Hafan Dewi Sant. The couple had enjoyed visiting the centre on many occasions to take part in therapeutic activities together, so it was their wish for the centre to be their wedding venue. Our clinical teams rallied together, along with the couple's friends and family, to make sure this wish came true.



"We were truly taken aback by how generous and thoughtful everyone was. They provided everything - cakes, champagne, champagne flutes, candles, flowers - making it such a special day, exactly what they deserved. We are so incredibly thankful to the team at St David's Hospice for making that moment unforgettable. In the darkest days St David's Hospice brought light for us especially on their wedding day. Everything was taken care of."

"Andrew and Karen also made great use of the facilities at Bangor, especially painting, which they both loved. It gave them a safe space to feel normal again, and for that, we are deeply grateful."

Andrew's sister Sarah shares an insight into Andrew and Karen's day here.

"My brother and his soulmate Karen had been together for ten years, they always wanted to get married, but life always seemed to get in the way. When they decided to finally tie the knot, St David's Hospice arranged a beautiful ceremony that went above and beyond our expectations."

St David's Hospice Hafan Dewi Sant Therapy Centres in Bangor and Llandudno support and enable those with life-limiting illnesses. The centres provide holistic care and support prioritising comfort and improving quality of life for our patients.

For more details visit
[stdavidshospice.org.uk](http://stdavidshospice.org.uk/hospice-care)
/hospice-care or call 01492 879058

Anglesey's Recycling Revolution

St David's Hospice touches the lives of thousands of people each year through the care we provide. Offering care is part and parcel of what we do, and this care extends to the environment we live in. Reuse and recycling through charity retail means that less waste goes to landfill. At the start of this year we launched a brand-new initiative, in conjunction with **Menter Môn** and the Isle of Anglesey County Council. **Cylchol** has been launched to encourage people to repair and upcycle everyday materials and household objects instead of throwing them away.

At the end of last year, we converted our Holyhead donation centre to create 'maker spaces'. These spaces will be used to repair items collected by staff from the Menai Bridge and Gwalchmai recycling centres. The items which include textiles, furniture, electronics, bikes, skateboards, and more will be repaired to give them a second life by going on sale in our shops.

Nathan Recourt has worked at St David's Hospice for the past three years as a driver. Nathan has been retrained as a Repair Assistant and will be spending

two days a week at the recycling centres. He said: "It's a very exciting project that's needed because there are so many items going to waste facilities that could be repaired and sold here.

"Sustainability is the buzz word because our throwaway society is wasting so much good stuff and we're aiming to change that with a bit of a recycling revolution. When you look at the items we have got here already, it would be a shame for it to be discarded when it can be used again.

As well as diverting goods from landfill and improving sustainability, the Cylchol project will create a circular economy and help tackle the cost of living as well as raising funds for St David's Hospice.

The upcycled items will be sold at the Hospice shop which is attached to the Cylchol warehouse which is open Monday to Saturday from 9.30am until 4.30pm. Come and visit us at 22a Penrhos Industrial Estate, Holyhead.



For more information on St David's Hospice retail visit www.stdavidshospice.org.uk/shop-with-us

You will have fun volunteering for St David's Hospice!

Our volunteers are crucial to almost every aspect of what we do. Without people generously giving their time and skills, we would be unable to continue delivering vital care and support to our patients and their families.

Bill has been a volunteer at our Llandudno shop for almost five years and helps us for two morning a week. Here he shares his experiences as a St David's Hospice volunteer and his thoughts about the benefits charity shops have for the community.

"I started volunteering for the Hospice just after the Covid lockdown. I was aware of the importance of Hospice care, and I had worked in retail before so I thought I would apply."

"I enjoy meeting the customers who visit the shop, particularly our regulars. We get some coming in several times a week and it has been nice to build up a rapport with them. To an extent, the shop has a community hub feel"

"I believe that there will always be a place for Charity shops, particularly with the current financial climate. Customers can come here rather than buying something that would cost ten times as much in a regular shop. We have people coming in and they will walk straight over to the reduced rail. It is a good feeling to know that we are here to help people who may be struggling with finances, which in turn helps the Hospice."



"I've made some good friends through volunteering. It is nice to have a chat with other volunteers during shift changes and it is good to share a laugh with them. It's nice to enjoy the social side of volunteering, we always get together for a meal over the Christmas season.

"It would be lovely to welcome more volunteers – come and join us, you will have fun...plus you could pick you a bargain or two!"

There are so many ways you can get involved as a St David's Hospice volunteer, whether it is at the Hospice, in the community or in one of our shops. Whether you can spare a few hours, or a couple of days a week, by volunteering you can really make a difference.

To find out more about volunteering visit www.stdavidshospice.org.uk/volunteering or call 01492 879058

How playing the Hospice Lottery can help to make a difference



Derrick Orme has been playing the St David's Hospice Lottery since 2007 after his wife, Janet, passed away in our care. Because of the care he saw and experienced, Derrick wanted to give something back to ensure other families could benefit from our charity. Here, Derrick shares his story.

"Janet visited as a Day Patient on several occasions before receiving Inpatient care, she felt so much better being at the Hospice rather than at a hospital. Janet knew that she wasn't 'just a number' and was treated with so much respect and dignity. The team were so good with her and to me and my family, and all who came to visit her."

"Before Janet passed away I spent the night at the Hospice in a guest room. I never felt that we were a burden to the staff, nothing was ever too much trouble. None of us had had experience of a Hospice and never realised the lengths to which the staff would go to make the patient and the relatives feel so welcome."

"Mine was an eye-opening experience. Although I was aware of the Hospice, it isn't until someone you love goes in there you don't realise how important Hospice care is. The patient always came first. Above all it was the quiet dignity they gave to Janet in her last few weeks that I won't forget."

"Hospice care is priceless, I couldn't have learned to have coped without the support I received. Without St David's Hospice, the community would be a much poorer place. I count myself lucky that we were able to access Hospice care. It wouldn't have been the same visiting Janet on a Hospital Cancer Ward, the Hospice has a homely feel about it, you walk through the doors and get a welcoming feeling immediately."

"To make people in their last days feel so comfortable and happy is marvellous. Anything I can do I will do for the Hospice; it is a fabulous place."

Every penny we raise in profit from the Lottery supports local people who are cared for by our charity, so you'll be supporting St David's Hospice whilst having a great chance to win big cash prizes every week – it's a win-win!

From just £1 per play join today by visiting www.stdavidshospice.org.uk/supporting-us, calling **01492 877999** or by scanning the QR Code.



Your Legacy can help provide comfort and dignity to those in need

Gift in Wills are vital to helping us provide compassionate, expert care to those facing the end of their lives, and their families. Today, gifts in Wills are more important than ever to help us continue our work.

James' story

"My first experience at St David's Hospice was in 2010 when they cared for my mum. When we were going through our darkest time, St David's Hospice was the haven that allowed us to be just that, a family. I don't think I'll ever stop being amazed at the care that they gave every single day and I'm so thankful that my mum and others in the community have been able to receive it."

Lowri's story

My mother was cared for at the Hospice during the first lockdown in May 2020. As a family, we can't thank the doctors, nurses, carers, cleaners enough for taking her in and caring for her as if she was their own mother. She received the most incredible loving care. It's so important that we support facilities such as this. What would we do without them?"

Martin's story

"My wife was an inpatient at the Hospice in 2018. She passed away in June of that year. The care and compassion they provided Bev and my family with was priceless."



By leaving St David's Hospice a legacy gift, you can really make a lasting difference. Scan the QR code to view our Legacy video.

For more information, please contact James Wilde on **01492 879058** or email james.wilde@stdavidshospice.org.uk or visit stdavidshospice.org.uk/legacy-giving



From Staff Nurse to Hospice Hero!

Elen Jones joined St David's Hospice as a Staff Nurse in 2023. Elen sees first-hand how important Hospice care is through her daily duties. Her role is varied but centred wholly around care – from ensuring her patients have a nutritious home cooked meal, to administering medication for symptom relief. This care remains at no cost to patients. At St David's Hospice, we believe in the inherent right to dignified end-of-life care, regardless of a patient's financial situation. This year Elen has signed up to the **Run Wales Four Castles Half Marathon series**, to help St David's Hospice continue to deliver free patient care.



that we offer to patients and their loved ones. We are a local charity, and without the people fundraising for us it would be hard to sustain our services. We are very grateful to all who fundraise for us so that we can carry on the good work here."

Elen's Taid received care at St David's Hospice last year and sadly passed away in the Autumn. It was during this time that Elen experienced hospice life through different eyes from what she was used to in her nursing life.

"During this time, I saw Hospice care from a different side, that of a patient's loved one. I was able to see my Taid being cared for in such a manner and everybody being so kind and caring towards him – it was just so special".

Last year our Hospice Heroes raised over £55,000 for St David's Hospice care by taking on a fundraising challenge. We would love you to sign up to a challenge this year! For more information visit stdavidshospice.org.uk/challenge

To sponsor Elen please scan the QR code.



"I wanted to take on a challenge this year, so I thought no better than doing something locally in the beautiful area where we live while helping to raise funds for the Hospice."

"My training is going well – this year I have taken part in the Nick Beer 10k and the Anglesey Half Marathon. They both went well, so I'm feeling quite hopeful for the Castle Series!"

"The Snowdonia half is going to be quite hilly, meaning more of a challenge. In a way it will be good to do that one first and then I can look forward to the flatter routes!"

"The work we do at St David's Hospice is vital for the local community, and it is so important that we offer fundraising challenges and events. Fundraising makes a massive impact to the services

Corporate Funding and Partnerships

We are very grateful to the organisations which have issued grants and funding to St David's Hospice. The funding received has been used for capital development projects, medical equipment and for recruitment. Over the past year the Hospice has benefitted from the below organisations and funding programmes, and we are extremely grateful for their support.

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 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, **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.

Did you know that we have a range of exciting opportunities for companies to partner with us for our fundraising events and campaigns? Raise the profile of your brand whilst demonstrating your commitment to St David's Hospice.

How sponsorship can help your organisation:

- Improve brand perception
- Raise awareness
- Reach a specific target audience
- Extend your market by gaining access to a new audience
- Help you meet your corporate social responsibility objectives

For an informal chat or for more information please contact our Relationship Fundraiser Samantha Dennis on **01492 553179** or email samantha.dennis@stdavidshospice.org.uk



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

- Aberconwy Blinds
- Bryson Recycling
- Clares Llandudno
- Conwy Town Council
- Conwy Valley Windows and Conservatories
- Cymru Drones
- Dafydd Hardy Estate Agency
- Early Wealth Management
- Excell Supply
- Isle of Anglesey County Council
- JW Hughes and Co Solicitors
- Kinetic Coaching and Nutrition
- Llandudno Pier
- LVL 5 Gym
- Menter Môn
- Mermaid Seafoods
- Murphy & Co Veterinary Practice
- Outside Gourmet Catering
- Peter Johnson Financial Planning
- Phoenix Metals and Demolition
- The Quay Hotel and Spa
- Tina Owen Financial Planning
- Tom Owen and Son Funeral Directors
- Tu Hwnt i'r Bont
- Williams Denton Accountants and Tax Advisors

CAFÉ DEWI

ST DAVID'S HOSPICE,
ABBEY ROAD, LLANDUDNO,
LL30 2EN

Serving wholesome breakfasts, tasty lunches and treats throughout the day.

Open: Monday - Friday 10am - 4pm.

Afternoon Teas are available every Saturday
between 1pm and 4pm.

Pre book by calling 01492 879058 or
email enquiries@stdavidshospice.org.uk



Hosbis Dewi Sant  St David's Hospice

FIND US ON



Hundreds of items for sale at our eBay store online!
New items added every day!
www.ebay.co.uk/str/stdavidshospice



SCAN TO SHOP!

Hosbis Dewi Sant  St David's Hospice