



AUTUMN 2019 NEWSLETTER

- Kielder Conquered
- Lynda Heads to New Heights
- STEPtember

A growing family

Francis House Family Trust
Registered Charity Number 328659



WELCOME TO OUR FAMILY

OPEN DAY

Saturday 2nd Nov
10am until 4pm.
All welcome.

Our cover picture shows two young people enjoying their time in our newly refurbished soft playroom. This room was fitted out by a company run by Sheila and Colin who have fitted all of our soft playrooms (the first in 1992), they also work as kitchen volunteers on Sunday lunch.

We also sadly report the death of another long serving kitchen volunteer, Ron Gratton who has been with us since the early years. Regular, committed people who have worked hard to provide the stability that our families need.

Since Sister Aloysius managed to 'balance the books' we have continued to expand and develop our services but have always ensured that our new ventures are sustainable, long term.

There have been many reports of hospices struggling to remain open – some have had to reduce services or even close. These are difficult and uncertain economic times. It is not easy to find the funds to run this continuously growing organisation – but the need for our services grows year on year and Francis House aims to serve the people of the North West for a long time to come.

Stability is our watch word; we have dedicated people like Sheila and Colin and Ron who give their time freely. We have a stable group of Trustees who ensure good stewardship and governance. We have used the same contractors and professional consultants who have given so much more than the professional service that you could normally expect.

We have loyal and committed staff and volunteers who are passionate about what they do... and all of this is made possible because of the dedication and commitment of our thousands of supporters out in the community, this is where our stability is founded.

Francis House currently supports 550 families, but it is much more than a hospice, it acts as a catalyst for many acts of **generosity, love and care** across the whole community and we are grateful for every donation, gesture of support, prayer and act of kindness.

Francis House makes the North West a better place to live, and with God's help will continued to do so for years to come.

David

HOW TO CONTACT US

Francis House Children's Hospice,
390 Parrswood Road,
Didsbury, Manchester, M20 5NA

Hospice tel: 0161 434 4118
Fundraising tel: 0161 443 2200



KIELDER CONQUERED

When children and their families come to Francis House, they soon discover that what we offer extends far beyond the hospice walls - we are here to give people opportunities and experiences that they have never had before.

Each year some of our young people join up with other hospice users from Martin House and Derian House at Calvert Kielder in Northumberland for an outdoor activity break.

During their three-night chalet stay, Daniel, Luke and Ben together with members of staff Nicola, Sara and Carrie put on a Mexican themed party night. Dressed in sombreros and ponchos they played games and tucked into tasty meals they had prepared for the whole group.

For Nicola Ward, Registered Nurse and member of the senior hospice team, it was also her first experience of Kielder.

She explained: "It was a real highlight for me to have a job where I can take these young people away on holiday. It's wonderful that it's equipped for them so that they can engage in all the activities that their peers can do."

The group took a tour around the lake, explored the forest by golf buggy and showed off their archery skills using assisted trigger switches to fire the bows.



"The young people loved it and got real pleasure and enjoyment which you could see in their body language and expressions. For the theme night we had made all the decorations and they were so excited about delivering our party, they enjoyed the whole experience and it was a privilege to be part of that."

"One of the young people Daniel was anxious before going on the trip, he needed reassurance as did his mum which is understandable. You are being entrusted with the most precious gift - their child. But he really came out of his shell and it was lovely to watch him grow in confidence and self-esteem."

Luke, Ben and Daniel took part in activities like the King Swing. Strapped in a harness and pulled backwards to a height of 50 feet before being let go was a real test of their bravery.

"Daniel gave me the biggest surprise when he was the first to get on the King Swing. You'd have never of thought he would do it, but he did. He was so proud of himself and the young people were applauding him on, it really enhanced his confidence."

"For our young people just having the opportunity to go on a holiday like that might be the only one that they get. This was an experience I'll never forget."

Trips to Kielder are supported by generous funding from Zochonis Charitable Trust.

GENEROUS GOLFERS

More than
£40,000 has
been raised
by golfers and
sponsors.

For the last thirteen years there has been a charity Golf Day in aid of Francis House at Davyhulme Park Golf Club. In that time more than £40,000 has been raised by golfers and sponsors

David Marsden, Honorary Secretary at the club and director of Trafford Park based Hardwood Dimensions, continues to co-sponsor the event ensuring its continued success.

Golfing brothers from the Gillespie family have an extra special connection to the hospice.

Rob Gillespie's children - Dan and Jenny - met the late Diana, Princess of Wales at the official opening in 1991.

Earlier this year, a Memorial Golf Day was held for Peter Gillespie following his death whilst on holiday in Spain.

Brothers Chris and Rob were joined by Peter's wife Louie, current seniors team captain Jim Hardman and David Marsden to present a cheque to Francis House for £500.

"We wanted to do something in memory of Peter and raise money for a charity that is dear to our hearts and a favourite of the club," said Rob.



GET INVOLVED

Dozens of you took the plunge - including our very own Assistant to the Chief Executive and Solicitor Rachael Taylor and her son Jack - at Alderley Park for **Splash Out!** The 5k family fun run with water obstacles including the slippery lifeboat wobble, claimed more than a few victims. If you have any ideas for future family events you'd like us to run give us a call on **0161 443 2200**.



Hopefully you'll be well underway with our STEPTember challenge completing 10,000 steps every day during the month of September.

The activity aims to raise awareness of the difficult and demanding paths that our families face every day. Our care team walk with these families, helping them on their journey and you can show your support by increasing your own activity levels and taking steps towards collecting sponsorship from family and friends.

There is still time to register and anyone who raises more than £50 will be entered into a raffle to win a fantastic prize! **To learn more visit: franchishouse.org.uk/steptember**

Take part in a world-famous event! We're looking for keen supporters to take on the **Virgin Money London Marathon 2020**. We know how difficult it is to get a place at this event through the popular ballot system, so we have a limited number of charity places which are open for application. **Apply online before the end of September deadline.**

LYNDA HEADS TO NEW HEIGHTS

With a love of children and a passion for dance Lynda Cardwell has inspired hundreds of families.

The Cardwell Theatre School, based in Altrincham, has been nurturing young musical talent for more than four decades. From tiny tots to teenagers, former students regularly reach the dizzy heights of performing in West End Shows and classical ballet companies and running their own dance studios.

Urmston resident, grandmother and Principal Examiner for the I.D.T.A - International Dance Teachers Association, Lynda heard about Francis House from a parent of a pupil whose sister regularly used the hospice for respite care.

She explained: "The children that come to the theatre school are fortunate in so many ways and the children at Francis House face such enormous difficulties. I thought it was good for the pupils here to know about the hospice and to appreciate what other families face so we started the fundraising."

The theatre school holds an annual performance in aid of Francis House which raises thousands of pounds. Fundraiser Kate Puc has attended every performance since Lynda began her support.

"Kate is absolutely amazing at her job and makes everybody feel valued and 18 years later we are still here."

Earlier this year in what Lynda, 63, describes as a 'mad moment' she decided to jump out of a plane in order to further boost support.

"I typed my plan to do a skydive into the theatre school newsletter which then committed me. I'm terrified of heights and not a great fan of flying but it seemed like a good idea. A great response came from the board of directors of the I.D.T.A - they really liked the idea of me jumping out of a plane and donated £3,000."

Lynda's bravery has boosted the fundraising total to a staggering £106,000!

Watched by her son Simon and his young family and other son Gary via mobile phone in Australia - daredevil Lynda made a perfect landing.

"I wasn't nervous on the day. I think the theatrics took over as there was a camera and I thought I'd better smile. I loved it and wanted to do it again, but I woke up the next day and every part of my body was in agony - including my teeth!" The family have had first-hand experience of the support of a hospice and Lynda's late husband

took part in social events and repairs around the theatre school.

"Tony was as passionate about raising money for Francis House through the school as I was - he supported it 100%. The thing with hospices is that everybody in that building just gets it. The other people know what you are going through, the staff understand you, people don't talk in whispers and will give you a hug when you need it."

Thank you, Lynda - you truly are an inspiration!

Call 0161 443 2200 to get involved



CHICK BONANZA



We asked for help with our knitted chick appeals and thousands of you responded.

The results are finally in! The 2019 Knitted Chick Appeal received an incredible **50,000** plus hand-crafted knitted chicks from more than 700 kind-hearted knitters from all across the UK and world.

A surge in creme egg donations to fill each chick also meant that we took delivery of 10,000 more eggs than last year.

Scores of businesses, schools, individuals and volunteers helped to stuff, deliver and sell the thousands of chicks resulting in this year's appeal being our best yet and raising an incredible **£73,766** **THANK YOU!**

The **Francis House Great Didsbury Easter Chick Hunt** also saw more than 65 people scouring the streets of Didsbury to find 25 giant knitted chicks perched in the windows of local shops and businesses – we even had our very own brood at the entrance to the hospice.

Armed with maps and clues, plucky children and families followed a trail answering questions and understanding a little more about Francis House.

Abbie Rowlands was among four happy prize winners who answered all 25 questions correctly. Our thanks to Towers Business Park for kindly sponsoring the event and to all the Didsbury traders who so enthusiastically took part helping to raise more than £770.

OUT AND ABOUT

Wet and windy weather did nothing to deter the 131 walkers who bravely took part in our Cheshire Three Peaks challenge.

Eager participants – including Chris, Rachael and Max Syddall from The Hesketh pub team in Cheadle Hulme – headed to Macclesfield to embark on the 13.6 mile route. The event raised £7,668 which will go towards our day-to-day running costs.



THANK YOU TO EVERYONE WHO SUPPORTED THIS EVENT.

COLLECTORS WANTED

Saturday 27th Sept 2019 – Tesco Failsworth

Saturday 5th Oct 2019 – Tesco Blackley

Monday 11th Nov 2019 – Morrisons Eccles

Saturday 21st Dec 2019 – Sale Sharks

CHRISTMAS CARD SHOP VOLUNTEERS WANTED

End Oct to early Dec - Hale Library and Knutsford Curzon Cinema

Here are some results of your incredible generosity.



VELOCITY ZIPWIRE 25 DAREDEVILS £9,000



ENCHANTED LADIES LUNCH £5,300



JOHN LEWIS CONTACT CENTRE SILENT AUCTION £5,520

If you would like to fundraise for Francis House visit our website francishouse.org.uk for ideas or call us on 0161 443 2200.

WALKING THE WALL

Friends from the football fanzine 'United We Stand' Anthony Shaw from Oldham and Andrew Lindsay from Prestwich, hit upon the idea of a walking challenge after their friend Andy Mitten completed a cycle ride from Barcelona to Manchester to raise money for an adult Hospice.

Anthony, a Special Educational Needs and Disability manager, and BBC Sport broadcaster Andrew, funded their own travel and accommodation on the four-day, 88 mile, coast to coast Hadrian's Wall Path.



Carrying all their kit and food for the journey, they encountered blistering 30-degree heat, torrential downpours, stinging nettles and even charging cows to reach their destination in Wallsend, Tyne and Wear.

Congratulations to Anthony for raising an impressive £1,500 in sponsorship - we hope the blisters were worth it!

Margaret Vinten MBE, the founder of Derian House Children's Hospice, died at the age of 80 on the 6th June.

A former nurse, Margaret was the inspiration behind Derian House in Chorley after being approached by a family in 1991 who wanted to open a children's hospice.

A highly respected member of the community, Margaret and Sister Aloysius became good friends and both women went on to become the driving forces behind two of the North West's children's hospices.



MAKE A WILL

Did you know almost £1 million of the £4 million that we need to fund our work each year comes from bequests?

We are very grateful to be remembered in the hearts of so many people from across the north west who kindly leave us a gift in their Will.

Among them Derek Walton deserves our special thanks.

Born on the 18th July 1943, Derek was a keen runner and a long-standing member of the Altrincham & District Athletic Club (ADAC) and Northern Veterans.

A former Altrincham Grammar School pupil, Derek worked in hospital finance and in his twenties he became hooked on running - regularly covering 90 miles a week. In 1966 he ran his first marathon before becoming the ADAC's first male county champion when winning the Cheshire 20 mile title.

As a veteran Derek went from strength to strength rarely suffering injury and ran his 100th marathon in 1995.

Retirement allowed him to make his mark in endurance events - travelling to many countries overseas including

South Africa where he competed in the Two Oceans race, a distance of over 50 miles.

He was often quoted as saying 'It's better to wear out than rust out.'

Derek was also a blood donor and was honoured aged 73 by NHS Blood and Transplant for donating blood 100 times.

He lived in Timperley and died aged 74. His cousin Stella Blackburn says: "Derek was a very caring and generous person. We grew up together and he was like a brother to me. He was loved by many long-standing friends and he also loved children."

Derek very kindly bequeathed the sum of £312,303.79 to Francis House.

To help others make their own precious memories by leaving a Gift in Your Will call Rachael Taylor on 0161 443 2200.

Information on Derek's life and career - from Jeff Norman.



HOW YOU CAN HELP - To continue to provide our services we need to raise 4.7 million pounds per year to keep Francis House and Francis Lodge operating.

Regular donations provide us with ongoing income that enables us to plan for future needs. So we ask that you consider making a regular gift. Please fill in this form and if you are a UK tax payer please also sign and return the Gift Aid Declaration. Phone Carole on **0161 443 2200** or **carole.fletcher@francishouse.org.uk** if we can help.

THANK YOU FOR YOUR SUPPORT

Francis House is a lifeline to more than 500 families from across the North West. When life is short it needs to be of the highest quality and that's what Francis House does best.

STANDING ORDER

The Manager

Bank/BSoc Address

Account Name

Account Number

Sort Code

Please pay: Francis House Family Trust
Yorkshire Bank, 45-50 Market Street
Manchester M1 1PW
Account Number 68170373
Sort Code 05-05-73

The sum of £

Commencing on

and thereafter on each succeeding

Ending on

Name

Address

Signature

Date

GIFT AID DECLARATION

Name of Charity

Details of Donor: Title

Forename(s)

Surname

Address

Postcode

Email

I wish the charity to treat: (please tick as appropriate)

the enclosed donation of £

All donations I make in the future or have made in the past 4 years

I am a UK tax payer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please let us know if you:

- Want to cancel this declaration
- Change your name or home address
- No longer pay sufficient tax on your income and or capital gains

Signed

Date

Please return to Carole Fletcher, Francis House Children's Hospice, 390 Parrswood Road, Didsbury, Manchester M20 5NA
Registered Charity No. 328659



Sapphire Systems
National Three Peaks challenge raised **£3,600.**



'Shawsy's Shoot Out'
in honour of the late Chris Shaw scored **£2,575.**



Bowdon Cricket Club
T20 soared to **£4,000.**

- FRESHFIELD NURSERY HEATON MOOR**
 - CHESHIRE PROVINCIAL MARK BENEVOLENT FUND**
 - REDDISH ANGLING CLUB**
 - CORPUS CHRISTI RC PRIMARY SCHOOL CHADDERTON**
 - TRITON SWIM SCHOOL STOCKPORT**
 - URMSTON / DIDSBURY / IRLAM FESTIVALS**
 - HALLIDAYS**
 - COATES QUEST**
- We are no longer doing a raffle - thank you for your past support.**

EVENTS 2019

Hansons antiques valuations at the Coach & Four Wilmslow	19th Sept, 17th Oct, 14th Nov
Brunch, Boutiques and Beauty at Gusto Didsbury	21st Sept
Abseil at the Peel Tower Ramsbottom	29th Sept
STEPtember	Until 30th Sept
Open Day Francis House	2nd Nov
Festival of Trees at the Lowry Outlet	Nov - Dec
Irish Abroad at The Hilton Deansgate	29th Nov
Memory Lights Service Francis House	4th Dec
Putting on the Glitz Ball at The Mere Golf Resort & Spa	6th Dec
Sale Shark vs Northampton Saints Bucket Collection at AJ Bell	21st Dec
EVENTS 2020	
Evening at Greens Restaurant with TV chef Simon Rimmer	March
Indulgence Day at Mottram Hall Hotel and Spa	17th April

To take part in any of these events contact the fundraising team on 0161 443 2200 or email fundraising@francishouse.org.uk or visit www.francishouse.org.uk/get-involved/events.



STOP PRESS!

A Christmas Story service of carols, music and guest performances is coming to St Elisabeth's Church, Reddish on Friday 13th December from 7.30 p.m. Please contact Susie Poppitt on 0161 443 2200.

Mailing List

If you no longer wish to receive a copy of the newsletter through the post, please call the fundraising office on 0161 443 2200 or email chris.swinton@francishouse.org.uk to be removed from the mailing list. Our newsletters are available to view online www.francishouse.org.uk/news/newsletters/



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www.francishouse.org.uk