

Together, we're building a caring community

Doug grew our fundraising pot

Here, supporter Doug talks about opening his garden in aid of Princess Alice Hospice.

'This June, I opened my garden for the second time in aid of Princess Alice Hospice. My late wife, Marie, loved our garden, and we spent hours together enjoying it. Being able to share the garden that meant so much to us was very special.

The day was wonderful, with many visitors, including people I hadn't met before. It was wonderful to see neighbours meeting for the first time, despite having lived locally for years.

My daughter baked cupcakes and served teas and coffees all day. My granddaughter created a nature trail for the children. It truly felt like a family and community occasion.

We raised an amazing amount – almost £3,500



It gave me such pride to know that our garden, which Marie loved so much, could help others who need the Hospice's support.

If you are thinking about opening your garden, my advice is: plan ahead and decide which parts you'd like to showcase; ask friends to spread the word; and approach local shops for raffle prizes. You will feel so proud, not only of your garden, but also for the funds you raise for such an important cause.'

If you'd like to join our Open Gardens community, visit **www.pah.org.uk/events/open-gardens** to find out more.

Free six-week programme

We recently launched ‘Your wellbeing, your way’, a wellbeing programme at the Malden Centre in New Malden.

Designed for adults living with a life-limiting illness and those close to them, the six-week programme is free, open to all, and doesn't require a referral. You can book one session or come along every week.

Delivered in partnership with Places Leisure, the sessions run most Wednesdays, 2pm to 3.30pm and everyone is welcome.

For more information please email **wellbeing@pah.org.uk** or phone on **0300 10 20 100** (option 3).



Raising funds with fashion

Kingston is home to three of our charity shops and they are particularly popular with the town's student population.

We are proud to have worked with Kingston College to promote sustainable fashion – upcycling pre-loved items from our shops. Earlier in the year we introduced the project to BTEC Level 3 Fashion, Textiles & Costume students at Kingston College. We presented them with donated clothing items and tasked them with creating fashion designs.

Anita from Kingston College, said: *‘A huge thank you to the Princess Alice Hospice team for providing students with the opportunity to work to industry expectations and deadlines.’*

