

# ALL TOGETHER

## Mount Edgcumbe Hospice refurbishment project launches



Work starts next Tuesday 27<sup>th</sup> May on the exciting refurbishment at Mount Edgcumbe Hospice. However, visitors will already be noticing changes as the builders set up their site office and relevant equipment starts arriving.

You can read all about the project [HERE](#) and you can also follow the link on our intranet home page to read all the latest updates about the Fit For The Future work.



George Elworthy is Project Manager; "My big message as we get this exciting project underway, is that parking will be very tight. The top one of the three car parks at Mount Edgcumbe is a construction compound. The second bay now has 8 spaces marked with a 'V' that are for visitors only and are not to be used by staff or volunteers.

However, I'm delighted to say we have now arranged spaces at the nearby St Austell Rugby Club and I ask that people agree a time to go and park their cars and then share one vehicle from there to the hospice. When you turn in to the Club from the road, please park on the immediate right against the hedge."



George Elworthy, Project Manager  
Fit For The Future.

Paul Brinsley, our Chief Executive, adds; "As work gets underway I want to thank everyone for their patience as by the very nature of the project, there will be some disruption. It's all of benefit and will ensure Cornwall's oldest hospice that celebrates 45 years of patient care this October, is fit for the future. We'll be sharing regular updates with you and look forward to the conclusion of the work early next year."

If you have any questions about the project, please email [FFTfquestions@cornwallhospice.co.uk](mailto:FFTfquestions@cornwallhospice.co.uk)



## **Gina's last hoorah!**



Gina Starnes's retirement saw the end of an era for our charity and as she prepared to leave her desk for the final time, she wrote you all this message;

To all my colleagues at Cornwall Hospice Care - Thank you for all of your good wishes, cards, cake and flowers over the last few weeks.

I've been quite overwhelmed by your generosity and it's been a lovely opportunity to meet you in a social setting. I recommend that a cross teams social tea and cake opportunity should be a regular occurrence! You clearly know me well and the gifts I've received have been just perfect and very apt....I have no idea how so many of you know I'm partial to a gin and tonic!!!! I will enjoy the next couple of weeks reading your messages and the "what it means to be retired" books.

You all do an amazing job to support the clinical work of the in-patients and the Community Services team, so please continue to support each other and embrace that One Team concept!

Gina

*Thank you*

# Proud to be a part of Falmouth



Saturday 26<sup>th</sup> April saw the first of the PRIDE events we, as a charity, are attending in 2025. It took place in Falmouth and one of those who took part was Lisa Shephard, our Clinical Lead (pictured with all those who represented us), who reports on the day;

“The rain stayed away after some early showers. The colours were vibrant and so were those who attended. It was a real privilege to work with team members from across our charity, including Chris Starnes (Education), Helen Finch and her daughter (Retail & Volunteer in our shops), Noah Crutchfield (Retail Regional Manager), Holly McGroary (Community Engagement and fundraising) and Daisy Jones (Retail Digital Media Officer).



We spoke to people about the services we provide within our hospices and the community and about our 30 shops throughout Cornwall. We had conversations around Advance Care Planning, which is about your individual wishes and preferences if you were unable to express them, along with dispelling the myths about palliative and end of life care.

It's important to us that we are 'inclusive' to all, being ambassadors for our charity at events in our community, whether its raising awareness, community engagement or fundraising. Working as ONE Team means we can support patients, families and those important to them, now and in our future."

## Penzance PRIDE



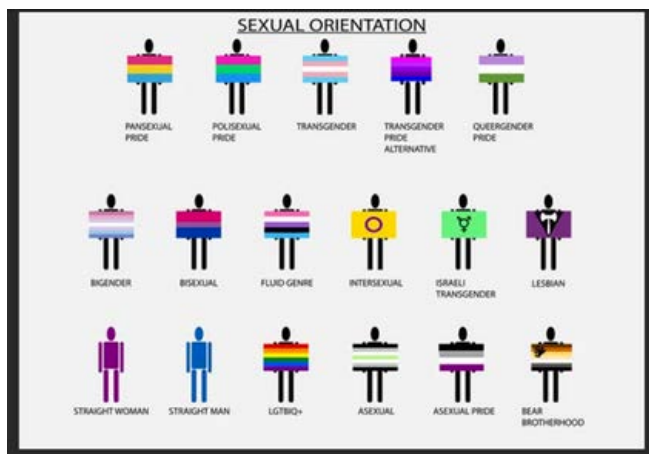
One thing we've learned from those colleagues who've attended PRIDE events is that they're great fun. If you fancy taking part, the next one is on Saturday 31<sup>st</sup> May in Penzance and volunteers would be very welcome. The team need help setting up and taking down our stand and to cover two hour shifts from 11am. Bright colours are the order of the day as you can see!

To find out more and to sign up for a few volunteer hours, please contact Mike Thomas at [mthomas@cornwallhospice.co.uk](mailto:mthomas@cornwallhospice.co.uk)



## Spot the non-deliberate mistake!

A message from Mike Thomas, our Education Facilitator; Within our last 'All together' issue 175 (April 2025) this picture was entitled 'Sexual Orientation'...



Well spotted that 'Transgender' is not an actual sexual orientation but an individual's choice on how they present themselves externally opposite to their biological sex, whereas their actual sexual orientation may be of any orientation and choice.

In relation to the 'Bear Brotherhood'; we've received questions about this regarding the definition: The 'Bear Brotherhood' refers to those who identify as males and males who are usually larger in form and often hairier, like that of the stature of a bear. They are often attracted to the same and there are Bear 'Papa's' and Bear 'Cubs' (the older and younger Bears).

## Walk talk Kernow friendships



Our Walk Talk Kernow events are proving very successful in more ways than one. Aimed at bringing bereaved people together in an outdoor setting, it would appear many friendships are now being forged. Three participants got together and have been to Portugal, as this lovely Facebook post illustrates;



Sally Mather

May 5 at 9:25 PM · 🌐

Just back from a few days in Portugal. 8 months ago we were strangers, we met through [Walk Talk Kernow](#) and other local bereavement groups, brought together through the loss of our husbands. We have been there to support each other. This was our first break away, there were a few tears but we had far more laughter and enjoyed our time together. My first holiday to Portugal, such a beautiful and friendly place. Would love to visit again ❤️  
Our husbands would be so proud.❤️



## People news



We start by offering a warm welcome to Sarah Machin Director of Clinical Services, Jan Burns Head of Fundraising and Engagement, Amanda Pennington, Leanne Coulson and Amanda Taylor who're our new Community Engagement Ambassadors, and Deputy Retail Managers Annie Hearsurn and Laura Taylor.

## farewell

We say farewell to Holly McGroary Community Fundraiser, Katrina Lemon Healthcare Assistant at St Julia's Hospice and Ann Sutton Bank Healthcare Assistant at St Julia's.



We've 'Movers and Groovers' to celebrate too... Congratulations to Michelle Fenton who's been promoted to Senior Therapy Assistant.

Helen Treleaven says; "This is a great achievement for Michelle and she has worked extremely hard to secure this well-deserved and recognised accomplishment. I'm sure you will all take the time to congratulate her." Dani Cavell was the Therapy Team Lead and is now Patient and Family Support Team Leader at St Julia's Hospice, Nicola Murphy was Occupational Therapist and is now Patient and Family Support Team Leader at Mount Edgcumbe Hospice and Joanne Thomas who was Deputy Retail Manager is now Retail Manager at Penryn.



## **Perran here!**

A few weeks ago, we unleashed a mighty new hero into the office — the Monthly Printing Reports! And guess what? The numbers are in, and they're looking super!

Printing is down by a heroic 22% compared to last month — saving our noble charity almost £500!



But wait, there's more — compared to this time last year, we've slashed printing by over a third! That's some serious paper-punching progress! But even superheroes know the mission isn't over yet... Just over half of our printing last month was in colour — and that's where our next battle lies! Let's team up to get this down!

Keep up the amazing work, heroes — together, we will save power and protect the planet, one print job at a time!

Perran



SUGGESTION



## Digital Suggestion Box update

Thank you to those anonymous colleagues who've offered interesting suggestions via our Digital Box that you can find on our intranet home page and via our staff and volunteer login on our main website.

One suggestion involved holiday opening hours at our shops with the person asking if our charity shops could, on Bank Holidays and during seasonal holidays, follow the trend of the shorter hours of other independent and charity shops in the local areas, perhaps from 9.30am to 2pm.

We put the question to Frazer Hopkins, Director of Income Generation, and he said; "A few of our stores that are operated by volunteers will have truncated hours on a Bank Holiday, but for others, it's a normal working day for staff members and therefore trading is as normal, to maximise money for our charity. There is a trend now for most high street stores to operate Bank Holidays as a normal day and given the financial pressures on income that we face, this is appropriate for us too."

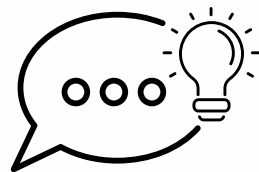




Another suggestion came in two parts. In the first we were asked if it would be possible to introduce a Facebook group for staff and volunteers where we share news, upcoming events, links to All Together, etc.

This is a tricky one as any such group needs to be monitored carefully and there isn't staff availability to do this at present. A small Facebook group like the one set up for our London Marathon runners is manageable and tends to concentrate on the one subject and sharing relevant information. However, it's definitely worth following our main Facebook page that's always full of interesting stories from around our charity and we have other outlets too, such as our Shops Facebook page, Instagram, our intranet, the Staff and Volunteer area on our website, briefings from senior management via email and staff facing television screens.

The second part asked if we could introduce internal facing television screens and physical news boards for staff areas.



The good news is that we already have internal facing TV screens aimed at staff and volunteers and these are at both hospices in the staff rooms and in the staff areas at the donation centres in Holmbush and Bodmin. We share stories, briefings, event details and much more on these. We will now look at adding another in the Fundraising, Lottery and Finance offices at Daniels Lane. There are already physical notice boards at the hospices and in parts of Daniels Lane and our website is a great resource for promoting events, appeal information, news stories, etc. Take a look at our Staff and Volunteer login area - top right on our website - the password is MYaccess - its like a digital noticeboard that can be accessed by any of our team, whether they have a charity computer or not.





## Our new Potting Shed

We have a very happy volunteer gardeners team at Mount Edgcombe Hospice. They're pictured here with Jim Parry our Facilities Manager (back right) and their new Potting Shed. Mark, pictured next to Jim, Veronica (front left) and Qudsia, say; "We're delighted with our new shed. It's where we can raise our own plants and keep our tools. It's our space and we really appreciate it."



## Represented in The House

Our charity recently responded to an invitation from the Real Living Wage Foundation to attend an event at the Houses of Parliament. It was to recognise the positive impact that the real living wage has had for employees and for their employers. Frazer Hopkins, Director of Income Generation, says; "We're very proud to be a Real Living Wage employer and we know the result has been transformational

for some of our staff. It's also meant we can recruit high calibre people who recognise and appreciate this commitment. I was accompanied by George Elworthy from Mount Edgcombe Hospice who's pictured in the Terrace Pavilion at The House of Commons where we met other, often larger employers. We were able to explain how, despite the widely publicised financial challenges faced by the hospice sector, the investment in the Real Living Wage is now the bedrock of our employment package. The truth is we took a leap of faith in investing in something we felt strongly was the right thing to do and despite the cost, we believe it's been worth every penny for our teams and our charity."



## The Shop Floor : Retail News & Events



### retro St Ives goes to the beach!



The St Ives Food and Drink Festival is held every year on Porthminster beach, the blue sea and white sand swapping buckets and spades for delicious food and drink, along with talks and demonstrations from renowned chefs and famous foodies. This year, amongst the scallops, noodles and curries, retro St Ives represented our charity with a stall selling vintage clothes and accessories.



The stall, whose home was in the Community Tent, was a great success, lots of happy customers walked away with stylish new to them outfits, making £910 across two and a half days. "It was great to get out of the shop and spread the word of retro and our charity with new people - and the weather didn't hurt either!" said manager Sam Gray. New Community Engagement Ambassador Leanne Coulson couldn't believe her luck when she found out that one of her first events for us involved hanging out on sunny beach! Leanne had this to say;



"It's been an incredible first month, meeting lots of our incredible volunteers, fundraising groups and community fundraisers. Getting the beautiful St Ives train to the food festival only made the moment more surreal. It was such an amazing day! The passion of the volunteers was inspiring and I really loved the chance to collaborate with retail, hopefully more to come!"





## Saint's Way Trek 2025

Jade Hugo, our Events and Challenges Ambassador, updates us on this year's trek; "This year our Saint's Way Trek takes place on the 21<sup>st</sup> and 22<sup>nd</sup> June, enjoying what we hope will be a beautiful summer solstice. Taking place on an ancient pathway across Cornwall, the event is returning for its 4<sup>th</sup> year and for 2025 we're offering three options; the Classic 2-day trek with overnight camping at Mena Farm in Lanivet, or if you're feeling more energetic there's the One-Day Through Trek, which will be an ultra-style challenge where participants will complete 30 miles in one day. We also have a slightly more relaxed option - the Saints Way Half taking place on Sunday 22<sup>nd</sup> and covering 13.2 miles of the route from Lanivet to Fowey.

We're also thrilled to be supported and sponsored by Whyfield Accountants who offer a forward-thinking accountancy firm in Truro, Cornwall, dedicated to helping businesses thrive through expert financial support.



You can find out more about the event and sign up [HERE](#).



## Fundraising Group news

A very successful Fashion Show was held at the Greenbank Hotel in Falmouth, as Judy Ward of our Truro Fundraising Group explains; "It was a perfect day and very well attended. It provided an opportunity for friends to meet up and enjoy the Fashion Show provided by Melange of Truro. Five glamorous models gave us a superb show, introduced by the owner of the shop Debbie Wilson.



A fantastic amount of £1,230 was raised. I'd like to thank all the committee for their hard work and everyone who came and gave generously and made it a great event.

*Thank You*

Footnote: I'd also like to add a thank you to Martin and Nina Davey of the Linden Hey Tea Rooms who hosted a VE Day celebration on the 8<sup>th</sup> of May at Feock Village Hall. The event raised £768, which was very generously donated to Cornwall Hospice Care."

## Champagne Cornwall Chorus



Let's offer a hearty 'Cheers!' to the very talented Champagne Cornwall Chorus who've been fundraising for us and The Sensory Trust over the last twelve months. They've been busy singing at various venues around the county, including Mount Edgcumbe Hospice where, over the Christmas period, they sang for our patients, their families and staff and volunteers. The Chorus presented our Community Engagement Ambassador Kelly with a cheque for £1,000!



## Joining voices



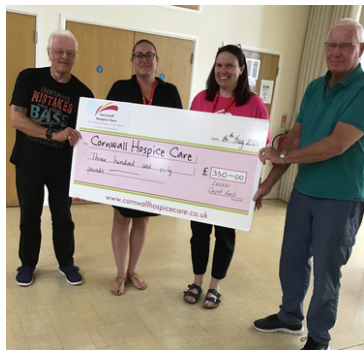
Thank you to the lovely Mabe Ladies Choir who joined forces with Newquay Male Voice Choir for a recent concert performance and raised an amazing £462.26 for our charity. Here they are presenting the proceeds to our former fundraiser Holly.



## Craft and coffee



Thank you to Sybilla Davis and everyone at St Marks Church, Sticker for their continued support of our charity. Their recent Craft and Coffee Morning raised an amazing £235.



## Bowled over



We're bowled over by the support we've received from the Lanner Carpet Bowls members who've raised £350 for our charity through various events. Thank you one and all!

## Duchy Ford Club

A big thank you to the Duchy Ford Club who held their Easter Monday Car Run in aid of our charity. They started at the Cornwall Gold Centre in Portreath and our former Community Engagement Ambassador Holly followed behind in the hospice van! The club went all the way to Land's End following the coastal route, where they stopped for lunch, before heading back to the Inn For All Seasons (Redruth) where their raffle was drawn. There were 60 Ford Cars on the run and the distance travelled together was 80 miles. They raised an impressive £1,300 and we are truly grateful for all of their support!



## Our Lottery 😊



Friday 25<sup>th</sup> April saw the last draw of our charity Lottery before the much heralded change that will see a new set of prizes for winning players. The £1,000 jackpot that will still be up for grabs every Friday, went to Mr Gunner of Hayle. For the last three weeks, things have looked a bit different as you'll see from the prize winner posters below. But the really great news - we're still enjoying winner's smiles 😊 while raising vital funds to support the care we provide to the Cornish community.



**Cornwall Hospice Care - LOTTERY**  
 Draw 02/05/2025

**CONGRATULATIONS to our winners**

**1st PRIZE WINNER OF £1000**  
 Mrs Homer - REDRUTH - Ticket Number 33912

**2nd PRIZE our Rollover £300 to £3,000**  
 This week's rollover prize of £1500 was not won  
 Number drawn was 12515 which was not bought  
 Rollover prize now £1800 for Draw 09/05/2025

**5 x 3rd PRIZE WINNERS OF £50**

Mrs Palmer - ST AGNES - Ticket Number 2785  
 Mrs Smith - CAMBORNE - Ticket Number 68062  
 Mrs Shaw - ST AGNES - Ticket Number 34823  
 Mr Fisher - ST AGNES - Ticket Number 19877  
 Mrs Thomas - HAYLE - Ticket Number 19279

**8 PRIZE WINNERS OF £25**

Mrs Campbell - REDRUTH - Ticket Number 16210  
 Mrs Burrell - Liskeard - Ticket Number 19739  
 Mr Brown - ST AUGUSTINE - Ticket Number 65686  
 Mrs Smith - ST AGNES - Ticket Number 19877  
 Mrs Baker - ST AGNES - Ticket Number 19877  
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 Mrs Baker - ST AGNES - Ticket Number 19877

Please gamble responsibly. [begambleaware.org](http://begambleaware.org) 0800 8020 133  
 Lottery players say: Good for cars, buses you for playing!

**Cornwall Hospice Care - LOTTERY**  
 Draw 09/05/2025

**CONGRATULATIONS to our winners**

**TOP PRIZE WINNER OF £1,000**  
 Mrs Smith - CAMBORNE - Ticket Number 68062

**Our Rollover £300 to £3,000**  
 This week's rollover prize of £1800 was not won  
 Number drawn was 58239 which was not bought  
 Rollover prize now £2100 for Draw 16/05/2025

**5 x £50 PRIZE WINNERS**

Mrs Palmer - ST AGNES - Ticket Number 2785  
 Mrs Smith - CAMBORNE - Ticket Number 68062  
 Mrs Shaw - ST AGNES - Ticket Number 34823  
 Mr Fisher - ST AGNES - Ticket Number 19877  
 Mrs Thomas - HAYLE - Ticket Number 19279

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**Cornwall Hospice Care - LOTTERY**  
 Draw 16/05/2025

**CONGRATULATIONS to our winners**

**TOP PRIZE WINNER OF £1,000**  
 Mrs Beyer - REDRUTH - Ticket Number 191468

**Our Rollover £300 to £3,000**  
 This week's rollover prize of £2100 was not won  
 Number drawn was 14236 which was not bought  
 Rollover prize now £2400 for Draw 23rd May 2025

**5 x £50 PRIZE WINNERS**

Mrs Palmer - ST AGNES - Ticket Number 2785  
 Mrs Smith - CAMBORNE - Ticket Number 68062  
 Mrs Shaw - ST AGNES - Ticket Number 34823  
 Mr Fisher - ST AGNES - Ticket Number 19877  
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## Our ROLLOVER now stands at £2,400 for the draw on Friday 23<sup>rd</sup> May **And finally.....**

Hi, Tamsin here (Editor), I don't usually like to grab the spotlight but after 176 editions of All Together, this is my last. It's been an absolute pleasure to share news from across our amazing charity and a privilege to have worked with you all. It's been a team effort, so special thanks to my colleagues Megan Hampton, Daisy Jones and Jan Pallett pictured below at Perranporth and another thank you to all of you who've send in stories and pictures over the years.

I believe its really important that we get a glimpse to to each other's departments and All Together has allowed us to do just that. I now hope that as a future volunteer I'll get to read it each month and enjoy everything that's going on.

"We are stronger when we listen, and smarter when we share."

I'm off to create more stories in my retirement, one of which is hopefully a successful run in the 2026 London Marathon for Cornwall Hospice Care! I just wish I could take you all with me.

*Thank You*



## ALL TOGETHER

**Cornwall Hospice Care's staff and volunteer newsletter**

Please send your stories and pictures to  
[communications@cornwallhospice.co.uk](mailto:communications@cornwallhospice.co.uk)