Like most people, the mental image that came to my mind when faced with that word, ‘Hospice’ is not a good one (she said the ‘H’ word. Why is she using the ‘H’ word? I’m not ready for the ‘H’ word yet!). Other than directions I don’t say much on the journey, I’m dreading this. The last time I stayed in a medical facility was on a public ward in hospital for my chest drain two and a half years ago (when they first diagnosed me with cancer). As caring as the staff were, the experience was horrible on every level.

We arrive at an expansive, open, modern looking building in a semi-rural location, and I am shown to my room. Hang on, my room. That’s a good start. Let me explain, I am a homebird. I like the comforts of my own environment. I have worked hard to ensure everything is how I like it. When we go away on family holidays I get homesick after three days. It doesn’t matter where we are or how wonderful it is, within seventy two hours Sarah is looking at me, shaking her head, “You want to go home don’t you?” I’ve been here a week and there hasn’t been a moment where I felt I want to leave. That is very unusual indeed.

This is a hospice. This is where people come to die isn’t it? It has to be a sad, depressing place, surely? Actually, despite all my expectations, it is not. Apparently 60% of in-patients are admitted, like me, for pain management, or for respite to give carers a break. Sure, the other 40% come to spend their last days here, and I’ve seen that process play out, but it is managed with such care and respect that it feels completely appropriate and dignified. In fact, having spent a week here has made me reconsider my ‘end of life’ plans altogether, but that is a topic for another day.

The level of care and support is astonishing. The first day here I spent two hours with a doctor talking through my illness and that has been followed up with lengthy daily reviews. At every change of shift the nurses and healthcare assistants introduce themselves and let me know who will be looking after me. So far I have been visited by a social worker, two family support counsellors, a physiotherapist, two chaplains (always my favourite!), the chef, a masseuse, a pharmacist, an occupational therapist, and a partridge in a pear tree. I have probably forgotten someone in my medicated fuzziness, but not only is this team of caring professionals supporting me, more importantly, they are also supporting my family, and will continue to do so after I am gone. I haven’t even spoken of the army of volunteers, from the garden to the kitchen, without whom I suspect the whole place would grind to a halt. Did I mention that all this is provided free of charge?

And that 80% of the funding for the hospice is provided through charity donations?

As I write this now, I feel not only completely pain free, but for the first time in as long as I can remember I cannot even feel the cancer. I feel totally confident in my new pain management strategy and know I can take this away with me providing me with a hugely improved quality of life. None of this affects my life expectancy, but what it does mean is that I have wrestled back some control from that bloody tumour and I can make the most of the time I have got.

This is an abridged version of Eammon’s full blog which you can read here: www.whothefelledoesethinkheis.com.
Championing Care at Watford General

We have launched a year-long ‘Hospice Champion Educator’ project with Peace Hospice Care, to transform ward culture and practice at Watford General Hospital. Funded by St James Place Foundation, the project aims to work at grass roots ward level and promote individualised end of life care through education and mentorship on eight wards. Led by Claire Nicol, the Project Educator, 16 Hospice Care Champions will work in conjunction with the hospital’s specialist palliative care team.

The 16 new Champions will share skills, knowledge and hospice best practice with ward staff to help improve the confidence to communicate and care for patients close to the end of life.

Sarah Russell, Director of Clinical Education and Research at both hospices comments, “This is a very important community outreach project and is a way that our hospices can share years of accrued knowledge to influence end of life care at the heart of our community, in a busy hospital environment.”

A Fond Farewell

‘As I look back on seven years at the Hospice I reflect how important it has been for the Hospice Education and Research Team to ask good questions with curiosity and imagination. Sometimes the answers have not been easy – but they have always made a difference to our care and have contributed greatly to the Hospice movement vision of combining care with teaching and research.

Curiosity is concerned with having a strong desire to know or understand something. Sometimes curiosity leads to questions and sometimes it is the lack of curiosity that leads to an inability to question the simple things. At weekends the children can quiz the patient and even give their answers to the questions!

All of our success has been as a whole Hospice team effort, from influencing care in care homes, publishing and presenting at national and international conferences, increasing our research and audit profile, making sure our staff are competent and confident as well as contributing to national and international discussions. Education and research is a key part of Hospice care and we really do have a team to be proud of.’

Sarah Russell, Director of Education and Research

The Spring Centre

Do you know about our Spring Centre at the Hospice?

Our tranquil, modern health and wellbeing centre was pleased to welcome over 230 patients and many more family members in the last year! A change to the usual perceptions of a Hospice we are encouraging people to come to as soon as possible after diagnosis so that they can make the most of getting on with life. We have watched people grow in confidence and benefit hugely from the many services we’ve developed for patients and carers – clinics and workshops, rehabilitation and support groups, complementary therapies. For some this has been to increase the distance they are walking to give them greater independence, for others using a new piece of IT equipment to help them to communicate more easily and more regularly with family.

Our aim is to find out what is important to the person meeting us and find a way to facilitate achieving this.

We also invite the community to come and ‘meet’ the Hospice at our Film nights, coffee mornings or open garden events to break down any preconceptions that may be held. There may be more on offer at the Hospice than you previously thought, so why not come along and see for yourself? Contact springcentre@stfrancis.org.uk

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Vantastic Support!

Local leasing firm, Vanarama, wanted to show their support for a local charity and so, as the Hospice was a popular choice with staff members, they donated a seven seater silver Ford Galaxy to us for use by our Community Nursing and Spring Centre teams.

Last year, our Community Nursing team made 2,641 home visits and the vehicle will support those appointments. In addition, it will be used to collect patients and bring them up to medical appointments, workshops or complementary therapy at our Spring Centre, enabling us to reach more people locally who need our services.

At weekends, the car will also be useful support for our many community fundraising events.

Andy Alderson, Managing Director at Vanarama, comments, “We’re so pleased we’re able to provide tangible help to a charity by providing a car for them and the whole team are so proud.”

Inspired? If you’d like your company to get involved and support the Hospice, talk to Carolyn Addison on tel 01442 869555 or e: carolyn.addison@stfrancis.org.uk

From resuscitation to assisted dying – has medicine lost its way?

As the House of Lords debates the Assisted Dying Bill, every tablet, broadsheet and café conversation is trying to decide whether we legalise the right for one person to assist in the death of another. Dr Ross Taylor, Hospice Director, has been arguing her case...

“Baroness Campbell, who is severely disabled and has been told five times in her life that she is close to death, wants to trust that her doctors and nurses will never think that death is the best option for her. This made me think – how can others, two doctors, a court, a Lord, a politician even know that death is in someone’s best interest.

What I do know, however, from caring for thousands who have lived with a terminal prognosis, is that we don’t see people screaming in pain and we don’t see people impatient for life to end. We do see sadness and grief at leaving life but most of all we see people striving to live another day and welcoming refreshing conversations about what is still possible, what lifts their spirit.

I have often asked patients if I had a button that they could press there and then, would they want to do so now – the inevitable response is ‘let’s wait and see what tomorrow brings’.

The vast space between needlessly prolonging life through too much medical intervention and ending people’s lives deliberately is currently filled with bad and sad stories of poor care and loss of trust. This space should and could be about living confidently and living well with a terminal illness and making the most of life.

The holistic nature of our care, the presence, the confidence to bear witness to all suffering is what underpins hospice care. To introduce “death on demand” as an option seems to be a tragic and unnecessary development.

You can read Ross’s full blog here: www.stfrancis.org.uk/assisteddying

Welcome to Clare Hearnshaw

Our new Director of Care and Clinical Development, whose scope of responsibility includes not just patient care but also the many external relationships we are building on, with which our future resilience depends! Clare has an extensive background in palliative care and we look forward to her fresh perspective on our care.

Sarah Clarke, 42, from Hemel, was the winner of our Spring Photo Competition – held to complete the refurbishment of our Spring Centre – with her vibrant image of April Showers. Congratulations Sarah and thanks to everyone for entering!

We Need You!

We Need You!

Hospice Care Week is an annual week of activity to help raise the profile of hospice care across the UK. Each year a week of celebration and action is held which helps to change people’s perceptions of hospice care.

The theme for 2014 will be ‘Hospice care, everywhere!’ Keep an eye on our website and in the local press for information on how we will be participating and please get involved!
Baroness Professor Iora Finlay “Bereavement care is the most effective form of preventative medicine”

Whether you respond to one of our appeals by setting up a regular gift or donate your high heels and shimmy for the Hospice’s Strictly Learn Dancing competition, it’s highly likely that someone you know has been touched by our care. Maybe it’s your partner or your colleague, fundraising and bereavement often become a very intricate partnership, each one ‘supporting’ the other in what can often be quite an amazing journey...

Andy’s story, in his own words...

When Kate was admitted to the Hospice to sort out her medication and help her symptoms, we were met with nothing but kindness from everybody. My first experience, whilst Kate was putting personal belongings away, was to be given piping hot sausage and mash – I didn’t realise until later what a support simple things such as this were; allowing me to spend more time with Kate without having to think about preparing meals or domestic duties.

I believe and know that Kate was cared for with the utmost dignity from her first days in the Hospice until she passed away. Staff were always honest with both us and I will never forget their professionalism.

For nearly 17 months I have been seeing Kate, a bereavement counsellor which has been an incredible support. As first I was very sceptical and couldn’t imagine talking about terrible times. I still feel incredibly supported by this. I firmly believe that I could not have talked and opened up about many things connected with Kate if it had not been for Christine.

Since Kate passed away in December 2012 I have completed two charity walks with friends to raise money for the Hospice – one covering parts of Devon over some tough terrain in typically awful British weather and one through the beautiful Cotswolds.

I also sold Kate’s pride and joy, her Nissan Figaro, and wrote a personal cheque for £1k to the Hospice as a result. The fundraising has helped me in my transition to move forward in my life, but of course keep those fond memories I have of Kate.

Everyday I would look to the sky in memory of Kate. None more so than when we finished each walk as I know she would have been so proud of me.

Kate was the love of my life. I hope that the money my friends, family and I have raised will allow somebody else to receive the care and support that Kate and I received.

I will continue to fundraise for the Hospice and at the time of writing am planning another trek down the Thames.

If you’ve been inspired by Andy’s story and would like more information on how to fundraise for the Hospice or if you need help from the many services offered by our Supportive Care team and our Spring Centre, please do get in touch.

Email: fundraising@stfrancis.org.uk
email: springcentre@stfrancis.org.uk

Baroness Professor Iora Finlay “Bereavement care is the most effective form of preventative medicine”

Don’t miss your chance to learn to dance for stfrancis.org.uk/strictly

• All we ask from you is to;

Do something completely different, learn to dance for stfrancis.org.uk/strictly

New Year, New You?

Are you struggling to lose those extra lbs? Are your clothes feeling a little snug?
Do you want to get fit and healthy to enjoy life to the full? Then our Biggest Loser Challenge, starting in January, is just for you!

Over 12 weeks, the expert team of health and fitness professionals at Sportspace will provide you with personal and group training, weekly weigh-ins, an eating plan and a free Sportspace membership including access to exercise classes, pool and the well-equipped gyms across all their sites.

To celebrate your success at the end of the challenge in May, we will be having a big party, with your friends and family!

Our 2014 Biggest Losers are a real inspiration, losing over £500 in total – and raising over £20,000 for The Hospice of St Francis. Incredible! Now, You could be part of 2015’s successful team, changing your life as well as that of our patients and their families.

There are just 20 places available.
Closing date for applications is midday 15th January 2015.

£4,000 Lottery Winner

Congratulations to Di Walker, a loyal supporter of the Hospice since we cared for her late husband, who scooped the £4,000 Hospice Lottery Partnership – Summer Superdraw jackpot! And with her son getting married next year, Di Walker says her surprise win couldn’t have come at a better time.

“If nearly fell over when they told me,” says the 52-year-old mum-of-two, “I’d won £100 the week before in the regular draw and at first I thought they’d made a mistake, I was over the moon. The most I’ve ever won before is £60!”

Di’s husband, Henny, “H”, died in May 2010 in the Hospice’s Inpatient Unit, but Di says she will be eternally grateful that he died peacefully and she is glad she can give something back.

Since joining the Hospice Lottery Partnership in 2003 we have benefited from over £980,000! Help us hit the £1m mark this year and sign up for as little as £1 per week! You could win just like Di but if you’re not so lucky you can still be assured that your £1 ticket is making a big difference to our care. www.hospicelottery.org.uk

To book your place at the Open Evening at the Hospice email fundraising@stfrancis.org.uk

Don’t Miss Out on Getting Muddy for St Francis!

Places are being snapped up fast for our Mud Pack Challenge which is taking place on Sunday 19th October. So don’t delay in “leaving” – you’ll be too late! The challenge is for 3 miles through the old towans, Gadebridge park and more. It’s open to all ages so bring your family and friends, and of course the dog!

Registration is £15 for adults, £5 for children, or you can enter the whole family (including the dog!) for just £35. You’ll receive your festive Santa suit or Reindeer Antlers, a Santa medal and a tasty treat at the finish.

So come and join us for a very entertaining morning and help us raise as much as we can for the Hospice this Christmas...every penny counts!

Register here: www.stfrancis.org.uk/ santadash or email fundraising@stfrancis.org.uk and we’ll send you a form.

**TREK NEPAL OPEN EVENING 2nd October 7.30 pm**

You’ll experience trekking the Ghorepani Poon Hill trail through the stunning Annapurna region of Nepal and hiking through lush alpine forest surrounding towering snow-capped peaks. You’ll then spend two days volunteering at a non-profit hospice care organisation in Kathmandu, which offers services and support to terminally-ill patients and their families.

To book your place at the Open Evening at the Hospice email fundraising@stfrancis.org.uk

Light Up A Life With Us

Have you ever been involved with Light Up A Life, our special event in December? This special evening, which celebrates those we’ve known and loved, is one of the most cherished events in our calendar. Look out for more information through your door and online this October and save the date: Sunday 7th December.
Volunteers support the work of the Hospice in various teams, from finance to gardening and PR to nursing. Each person brings their unique set of skills and qualities.

Alison Parker recently joined the Finance team as a volunteer. Alison saw the Spring Newsletter plea for office support and offered her experience. Her knowledge of figures and love of data now helps us to reconcile the real payments. Alison says, “after the bereavement support my daughter received and the care my mother-in-law had, it’s satisfying to use my knowledge to help support the work of the Hospice and give something back.”

Geoff Plaumann (pictured with Alison), saw an advert for IT Support within the Hospice and felt it fitted with his particular skills. He has now become a regular fixture at the Hospice, training staff and volunteers to use their PCs more effectively. Geoff says, “little training seemed to be very welcome and it feels good to do something for the charity and save costs.” Geoff has also assisted in delivering a beginner’s IT course to some of our patients and carers, a new initiative for the Spring Centre.

**Retained to Glory**

Returned To Glory, our inspirational furniture store in Northbridge Road, was awarded The Berkhamsted & District Chamber of Commerce Business Award 2014 earlier this year. They are now stockists of the Autentico paint range – perfect for upcycling and you can now learn how to do it yourself by coming along to one of their Paint Work Shops. Bookings are now taking place for the autumn Work Shops.

We would love to invite you to one of our charity auction events taking place at the shop. Our last event raised £100. Thanks to the generosity of the community, the previous auction had raised over £500 and was donated by top designer Philip Tracy. It formed the centrepiece of a very successful Art Auction promotion and created quite a stir.

Charity Shops

We have been listening to you, our customers! Our Marshallsfield’s shop has recently had a raft of new and informed by customer research, we were able to make improvements to the shop layout and product range which has increased sales and received positive feedback from customers and staff alike.

Kings Langley celebrated its first birthday in August and is now very much part of the local community. Copies of a cookbook created by the shop, building relationships with local companies and can support us for a day each week contact us to find out more.

To give Brenda volunteers in our Chesham charity shop. When she retired, Brenda noticed a volunteer event at the shop, and liked what she saw. “I got involved and am thoroughly enjoying the different things I do in the shop.” We would like to welcome more volunteers like Brenda to join one of our friendly charity shops, across Herts & Bucks.

We are looking for volunteers who are experienced eBay users and can research the history of donations (particularly books), list these items on the internet or pack them ready for shipment.

Gardening: If you have green fingers and would like to help our garden grow, please get in touch.

For more information about volunteering or other opportunities, please visit: www.stfrancis.org.uk/volunteer

**Donators Always Needed**

- Marshallsfield’s our busiest and highest donating store regularly receive over 600 bags a week – the same weight as an African bull elephant.
- We always need donations; they are vital. Without them we wouldn’t be able to keep our shops open and contribute towards the work of the Hospice.

**Would you like to make a difference?**

“Although volunteering is about giving, there is a huge amount of payback when you have been able to help somebody,” Jeni Henderson, IPU volunteer

Other skills we are hoping to find include:

- Fundraising: if you like general admin, building relationships with local companies and can support us for a day each week contact us to find out more.

- Love to Give: Brenda volunteers in our Chesham charity shop. When she retired, Brenda noticed a volunteer event at the shop, and liked what she saw. “I got involved and am thoroughly enjoying the different things I do in the shop.” We would like to welcome more volunteers like Brenda to join one of our friendly charity shops, across Herts & Bucks.

- eBay: we require volunteers who are experienced eBay users and can research the history of donations (particularly books), list these items on the internet or pack them ready for shipment.

- Gardening: if you have green fingers and would like to help our garden grow, please get in touch.

For more information about volunteering or other opportunities, please visit: www.stfrancis.org.uk/volunteer

**Please find my contact details below.**

- **Title:**
- **First name:**
- **Surname:**
- **Address:**
- **City:**
- **Postcode:**

**Daytime phone:**

**Email:**

By giving us your email address, you are agreeing to us contacting you by this method, which saves us money.

Please return this form to: The Hospice of St Francis, FREEPOST RRHC-JYBX-JCLZ, Spring Garden Lane, Berkhamsted, Hertfordshire, HP4 3GW or go to www.stfrancis.org.uk/regulargift to make an on-line donation.

We promise not to sell your details to anyone else. From time to time, The Hospice of St Francis would like to send you information about our work. If you would prefer us not to use your details in this way, please tick here.

**Amount £____________**

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I notify to reclaim on my gifts for that tax year. I understand that other charities or groups I donate to will reclaim on my gifts for that tax year. I have notified the charity of all my gifts for the tax year(s) I have notified.

Signature: _______________________________    Date: _____  / _____  / _____

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Meet Harriet Karia,
Head of Community Fundraising

I can honestly say I love my job! Having worked in the fundraising sector for over 16 years, I can definitely say that the past 7 years, here at the Hospice, have been the most challenging, rewarding and fulfilling. You never know what the day may bring, from meeting bereaved relatives who kindly bring in funeral donations to talking to someone who wants to throw themselves out of a plane for us. It really is a varied role!

I really enjoy meeting people from all walks of life, all united in one aim: to raise money for the Hospice. It’s a privilege to celebrate with them when they have completed a life changing challenge or organised their own fundraising event. And it’s particularly humbling when you meet young children who really want to make a difference and who are so excited to hand you their donation.

Working in the main hospice and interacting with all teams, means that we see the huge difference our fundraising makes to our patients and their families on a daily basis. This makes us really passionate as a fundraising team, striving to provide exciting events for people to take part in and supporting our local community when they are fundraising on our behalf.

The Fundraising team recently completed a job swap and my group took the reins of the hospice kitchen for the day. It was a privilege to meet patients and cook for them as well as the staff. It gave us the chance to see just a few cogs of the big wheel of the hospice working together effectively and efficiently to provide our care – it really makes me proud to say that I am part of The Hospice of St Francis Team.

If you would like to hear more about the many ways in which you can support our amazing Fundraising Team, please give them a call on 01442 869555 or email fundraising@stfrancis.org.uk

Leave a Lasting Legacy

Every gift in every Will is gratefully received and vitally important – last year we opened two beds thanks to the generosity of gifts in Wills.

It is quite straightforward to leave a charitable gift in your Will and there are several ways of doing this depending on your personal circumstances.

For example, you may decide to leave a specific amount (known as a pecuniary gift) or you can chose to donate a share of estate (known as a residuary gift) once you have expressed other gifts to family or an alternative is to leave an item of value – perhaps some jewellery or antique furniture.

It is important that you have an up to date Will that reflects your personal wishes – this will make sure your family and friends know exactly what you want to happen to your estate once you have died and they can act on your behalf.

Please contact the Legacies Team on 01442 869555 or legacy@stfrancis.org.uk to find out more about the difference you could make to the Hospice by leaving a gift in your Will and to find out when our next Make a Will Month is running.

Visit our website to find out how you can get involved: www.stfrancis.org.uk

SEPTEMBER

Memorial Concert for Antony Hopkins CBE
Sunday 14th Sept 2014, 3pm
Centenary Hall, Berkhamsted School
Tickets are £5 and are available online from Berkhamsted School by visiting: www.berkhamstedbookings.co.uk

Light Up A Life Ceremony
Sunday 7th December, 4.30pm
The Hospice of St. Francis
A special ceremony to celebrate and remember the lives of loved ones, whilst lighting the special lights on our tree. www.stfrancis.org.uk/lual

OCTOBER

Charity Race Night
Blackwells, 10 The Common, Chipperfield, WD4 9BS
Friday 10th October, 7pm start
Place your bets at a Charity Race Night. Make up a table of eight – or come along and meet new people on the night. Tickets are just £10, including your supper. To book call Chris on 01442 824 826 / 07415 583 351 or email pat.wartnaby@ashridge.org.uk

Mud Pack Challenge
Champneys Tring
Sunday 19th October 2014
See page 5

NOVEMBER

Laura’s Fashion Sample Sale
Tuesday 11th November,
Spring Centre, The Hospice of St Francis, 10.00 am – 6.00 pm
Over 2,000 garments and items of jewellery on sale, you’re bound to find something for the new season! Cash only. Visit www.stfrancis.org.uk/sample_sales for more information.

The Chocolate Ball
Friday 14th November 2014
Ardmore House Hotel, in St Albans
An exquisite charitable chocolate experience! A drinks reception and superb three course meal will be followed by plenty of chocolate entertainment including an amazing live band. Visit www.thechocolateball.com to book your tickets and to find out more.

DECEMBER

Litary Quiz
Wednesday 24th September, 7.00 for 7.30pm
Old’ Dining Room of Berkhamsted School, King’s Road
Test your literary knowledge of books, plays and poems. Entry is just £8 per person on 01442 869555 or emailing fundraising@stfrancis.org.uk

Santa Dash
Riverside, Hemel Hempstead
Sunday 14th December
See page 5

JANUARY

Yoga at Berkhamsted Town Hall
Saturday 24th January 2015 – Join Sally Craig for Yoga at Berkhamsted Town Hall. All levels of ability are welcome. www.stfrancis.org.uk/yogatownhall

BIGGEST LOSER

See page 5

MARCH

Strictly Learn Dancing
Grand Finale
Saturday 14th March 2015
Centenary Theatre, Kings Road, Berkhamsted
See page 5

EVENTS IN FOCUS

Brighton Marathon
Sunday 12th April 2015
Renowned for its buzzing atmosphere and roaring crowd support, The Brighton Marathon is one of the UK’s favourite 26.2-milers. The course winds through the city streets and takes in the best of the city centre with fabulous stretches of coastal road in one of the country’s most vibrant cities. This race gets bigger and better every year so sign up for one of our limited charity places before it’s too late! Registration: £40 with a minimum fundraising target of £500. Limited places available so register now! Visit www.stfrancis.org.uk/brightonmarathon

London Marathon
Sunday 26th April 2015
If you’ve been successful in securing a place in next year’s London Marathon, we’d love for you to run for us! We’ll give you all the support you need to make the run of your life a fantastic fundraiser! Email fundraising@stfrancis.org.uk or call 01442 869555.

London to Paris Cycle Ride
Wednesday 22nd – Sunday 26th April 2015 or 9th – 13th Sept 2015
We’re on the lookout for adventurous supporters to embark on the trip of a lifetime, cycling from London to Paris! Over four days, you’ll cycle through beautiful English villages and into stunning rural France. You’ll pass historical landmarks and famous battlefields from World War I until you reach Paris, undoubtedly one of the most magical places on earth. The sense of achievement you’ll experience will be one you’ll treasure forever. Are you ready for the ride of your life?

Visit www.stfrancis.org.uk/london2paris

Prudential RideLondon Surrey 100
August 2015
London’s Queen Elizabeth Olympic Park
Take on a cycling challenge like no other through the closed roads of London and the Surrey Hills. Starting at Queen Elizabeth Olympic Park, with leg-testing climbs and an Olympic route recently made famous by the world’s best cyclists. This promises to be a truly spectacular event for all involved. Registration is £50 (or half price until 30th September), minimum fundraising target £750. Visit www.stfrancis.org.uk/ridelondon100

Nepal Trek & Hospice Project
31st October – 11th November 2015
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