

**St Luke's**   
HOSPICE

Welcome to our  
first newsletter  
for our younger  
heroes!

# YOUNG HEROES NEWSLETTER



Keeping schools and young people updated  
with Hospice news and ways to support.

# What do you know about St Luke's Hospice?

**Q. What does a hospice do?**

A. Hospices make patients feel comfortable and give them medicines to help with any pain they may be in.

**Q. Who is a hospice for?**

A. A hospice is for anyone who has an illness that can't be fixed.

**Q. What age are people who come to the hospice?**

A. We are for anyone over the age of 18

**Q. Do people pay for hospice care?**

A. Hospice care is free of charge.

**Q. What is a volunteer?**

A. A volunteer is someone who gives up their time for **FREE!**

Without our 400 volunteers, the Hospice could not exist. They are so important to us.

**Do you know anyone who volunteers?**



## COLOUR RUN

*"I loved getting messy and covered in coloured powders, purple was my favourite. I was happy I managed to run around the school field 8 times without stopping!"*  
Nellie aged 8 St Joseph's School



# Do you like a challenge?

**Could you challenge yourself to do something for the Hospice?**



## EVERYONE LOVES CAKE, EATING IT OR BAKING IT

Can you organise a cake sale at school or outside your house? Or perhaps a bake off with family or friends. Who would get to judge the star baker?

You will need to involve and plan this with an adult.



## YOGA CHALLENGE

Challenge yourself to do yoga every day for a week, month or however long is right for you.

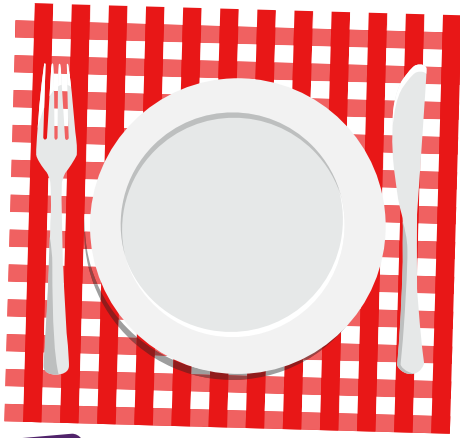
## XBOX / PLAYSTATION COMPETITION

Choose your favourite game and get in competition mode online or in person. Charge an entrance fee and hold the tournament as a knockout or league with a prize for the winner!



**It's always best to talk through any ideas you have with an adult as they may need to be involved.**

# In 2022 the Hospice cared for 2,089 people



£5

Could pay for a tasty meal for someone staying at the hospice.



£35

Could pay for a visit from a nurse to someone in their home to help with simple things they may not be able to do anymore such as getting dressed or having a wash. It's also nice for them to see a friendly face to cheer them up.



The hospice has  
**17**  
charity shops in  
Harrow and Brent



16

Volunteers look after the hospice gardens, making them look pretty in all seasons for the patients and families to enjoy.

Could you collect any spare pennies around the house and see how much you have to help fund one of the above projects?

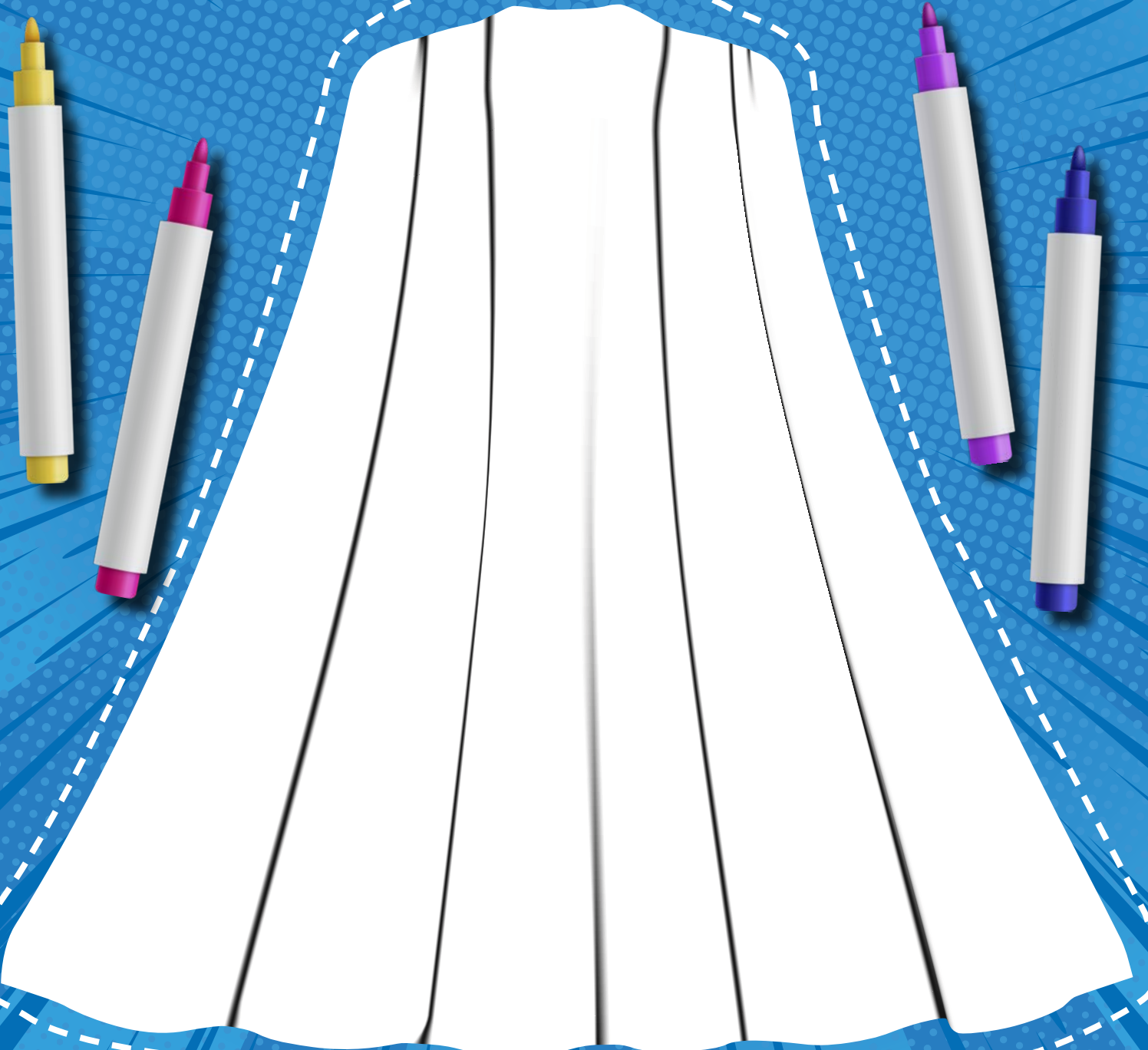
# Colour in



**We think our Hospice team are super heroes!**

**Can you help us design some fun capes for them?**

**We would love to display some of the designs around the hospice to make everyone smile so feel free to leave them a message as well.**





# Puzzles:

Word search: We seem to have lost some words that mean a lot to us, can you find them?

## WORDS TO FIND:

HOSPICE

NURSE

DOCTOR

SOCIAL WORKER

VOLUNTEERS

FUNDRAISING

LOVE

CARE

MONEY

FAMILY

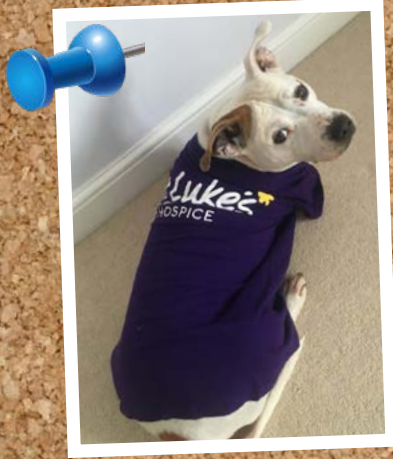


## Time for a quick quiz to see how much you have learnt about the Hospice

1. How many hospice charity shops are there in Harrow and Brent?
2. What would £5 pay for?
3. Do people pay to come to the Hospice?
4. What challenge will you take on for the Hospice?



# Meet our friends



Aliya, Kalpana, Ariqa, Afiya and Sayida from Bentley Wood High school won £1000 for the Hospice and made some lovely memory boxes.

Rishi, age 11 from Haberdashers Boys School, raised £1,000 for the Hospice in 2022 by taking part in a triathlon. Rishi enjoyed raising money so much that he has set himself a target this year to raise £2000! He already raised over £300 at Christmas by making and selling Reindeer hot chocolate cones around our local neighbourhood.



We love seeing photos of things people do for the Hospice. Don't forget to email them in.



We would love to see your cape designs and how you got on with the puzzles. Ask an adult to scan or take a photo of them and email them over to us.



## Do you feel inspired to raise money for the Hospice?

If so, let us know so that we can provide you with a fundraising pack which contains a t-shirt, balloons, collection tin and more.

## We want to hear from you

We love going into schools and meeting with students. If you would like an assembly or class talk, give us a call or email us to book it in.  
e: [community@stlukes-hospice.org](mailto:community@stlukes-hospice.org)  
t: 020 8382 8000



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