

St Luke's 
HOSPICE

Spring 2025

We Care

How Krishna
showed the
power of love
and legacy
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IN THIS ISSUE... Find out how you can support our events
PLUS More about the difference you make

Welcome

Hello...



Lindsey Bennister
Chief Executive

"Every event held and pound raised makes a big impact on our ability to provide compassionate care for people in Brent and Harrow"

It's a beautiful spring day as I write this looking out onto the hospice gardens. The blossom out in full bloom and buds appearing on all the plants. I am so appreciative of the calm and beautiful environment we provide our patients and visitors and patients.

Our hospice spaces and gardens provide a lovely backdrop for our new Living Well programme, which provides opportunities for people living with a life-limiting condition to find support to managing their illness and make the best of life. I have been so pleased to see our participants enjoying their time together at the hospice, with such lovely and positive feedback. You can read about our Living Well programme on page 10.

Spring also sees the start of our exciting fundraising events, with our Annual Walk in Derbyshire in May and our Starlight Walk in June where almost a thousand members of our local community are expected to come together for a fun and celebratory evening of walking through the borough.

Our fundraising programme kicked off with the London Marathon and London



Landmarks Half Marathons in April, where our nine dedicated runners were cheered on along the 26 mile course.

The hospice sector is facing significant financial challenges, and St Luke's is no different. We are so grateful to everyone in the local community for your fundraising activities and support for St Luke's Hospice. Every event held and pound raised makes a big impact on our ability to provide compassionate care for people in Brent and Harrow.

We look forward to seeing you at an event this Spring.



Call: 020 8382 8000

Email: info@stlukes-hospice.org

Visit: stlukes-hospice.org

Write: Kenton Grange, 385 Kenton Road, Harrow, Middlesex, HA3 0YG

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 x.com/StLukesHarrow

Registered Charity No. 298555

A gift in your Will provides care where it is needed

Since 1987, our dedication and local community support have set St Luke's apart.

We're committed to being here for Harrow and Brent long into the future. A gift in your Will helps ensure everyone in our community receives the palliative and end of life care they need and are incredibly important to St Luke's Hospice as they fund the cost of care for 1 in 6 of our patients.

For those with a life-limiting illness, having choice over their care provides comfort and peace of



Claire was so appreciative how St Luke's looked after her mum, that she included a gift in her own will.

mind. Including a gift in your Will gives patients that control – making every moment matter.

In England and Wales, by 2040, demand for palliative care is expected to increase by 25% (Source: UK Parliament Website Post Research Briefing Published July 2022) which makes choosing to leave a gift in your Will even more important to help St Luke's Hospice continue to provide its care to the local communities of Harrow and Brent.

Mum's final wish

"St Luke's allowed me to be a daughter again when it mattered the most." – Clare.

Clare's mum, Pam, a retired teacher from Harrow, was more than a mother – she was a friend. This deep bond carried them through life's hardships, including Pam's diagnosis with a rare brain condition.

For over 15 years, Clare cared for her mum, but in her final year, Pam needed more support. St Luke's provided physiotherapy, massages, and aromatherapy, maintaining her mobility. As her illness progressed, St Luke's community nurses visited regularly.

"I was always reassured and given guidance, and Mum always smiled at them even when she was at her worst."

The nurses monitored Pam's illness and arranged additional home support when she struggled to breathe.

"Mum's worst fear was dying in a hospital. If it wasn't for the support the Hospice put in place, I don't think I would have had the strength to carry on."

With St Luke's providing overnight care, Clare could step back and fulfil Pam's wish to pass peacefully at home.

Grateful for the support from our teams, Clare included a gift in her will to St Luke's, ensuring others receive the same care in the future.

We know that making a Will is an incredibly personal and important matter which requires careful and considerable thought. Your family and friends should always come first when writing a Will. Once you are happy that they are provided for, if you choose to leave a charitable gift, of any size, please remember St Luke's Hospice. **Your legacy is our future.**

If you want more information about leaving a Gift in your Will, please visit our website at www.stlukes-hospice.org/legacy, email remember@stlukes-hospice.org or contact the Legacy Team on 020 8382 8000.

Feature

Krishna's Story of Love and Legacy



On her 30th birthday, Krishna Bhagat chose to honour her father in a deeply meaningful way. Instead of letting grief consume her, she turned her sorrow into a powerful force for good, launching a fundraiser in support of St Luke's Hospice - the place that had provided her family with unwavering care and compassion during her father's final days.

Krishna's father, Satishkumar Bhagat, was a man who cherished the simple joys of life - sharing laughter, connecting with others, and treasuring every moment with his family. Even while battling cancer, he held onto his warmth and humour, never losing the essence of who he was.

"St Luke's didn't just care for my dad," Krishna reflected. "They cared for all of us. They gave us strength and comfort when we needed it the most."

Our hospice's care extended far beyond medical treatment. It was the small, thoughtful gestures that made all the difference - like the time we surprised her parents with an anniversary cake, or when we ensured her mother could stay overnight to be by her father's side.

One moment stands out in Krishna's heart. "We were flying back from Asia, desperate to reach him in time," she shared. "St Luke's arranged emergency treatment that gave us seven extra weeks with him - time we would have never had otherwise. That time was a gift we'll always treasure."

Satishkumar felt at peace at St Luke's, so much so that he always asked to return there whenever he had to be taken to the hospital. "He felt comfortable and cared for," Krishna said. "Knowing he was happy there made it easier for us too."



When Krishna's milestone birthday approached, she knew she wanted to give back to the hospice that had given so much to her family. Inspired by her father's kindness and generosity, she launched a fundraiser to support St Luke's in his memory.

"I wanted to do something that reflected who my dad was and how much St Luke's meant to us," she explained.

The response was overwhelming. Friends and family rallied around her, sharing stories of their own experiences with St Luke's, offering messages of encouragement, and donating generously. "It showed me how many lives my dad and St Luke's had touched," Krishna said.

Krishna's story is a testament to the power of love, gratitude, and giving back. If her journey

resonates with you, there are many ways you can support St Luke's Hospice:

- Set up a fundraiser in memory of a loved one
- Organise a community event to raise awareness
- Make a donation to ensure families receive the same compassionate care Krishna's family did

Every contribution, big or small, helps ensure that families facing life-limiting illnesses can find comfort and dignity in their most challenging moments.

Krishna's journey reminds us that even in loss, we can find purpose. By supporting places like St Luke's, you can help more families experience the same love, care, and peace when they need it most.

“ St Luke's cared for all of us. They gave us strength and comfort when we needed it the most. ”

The many faces of volunteering

A heartfelt thank you to our incredible team of over 400 volunteers, whose kindness and dedication make such a difference at St Luke's Hospice and our charity shops across Harrow and Brent.

Because of them, we can provide expert end of life care, bringing comfort and dignity to thousands of patients and their families. Their generosity of time and spirit is truly inspiring.

Even a few hours a week can help us continue this vital work. If you'd like to be part of something meaningful, email volunteering@stlukes-hospice.org to find out more.



Peter Leach, shop volunteer

For 17 years, Peter has been a dedicated volunteer at St Luke's Hospice Shop in North Harrow, helping to support the hospice through donations and sales. He first signed up in 2007 after retiring early, drawn to the idea of giving back to his local community. "I saw a leaflet about the new shop, and I thought, what a nice thing to do. I've met so many wonderful people over the years, and it's incredibly rewarding."

Darshak Malde, receptionist volunteer

Since March last year, Darshak has been a welcoming face at St Luke's Hospice reception, offering support to visitors and staff alike. His connection to the hospice goes back much further, having taken part in fundraising events like Santa Dash and Midnight Walk for many years. It was Darshak who first suggested St Luke's to his wife when she was looking for a nursing job after their children grew older, and she has worked here ever since. Now he joins her as a volunteer. He says: "The whole team at St Luke's is so friendly and welcoming - it's a pleasure to be part of it."



Donating to St Luke's Hospice charity shops

Donating to our charity shops is a wonderful way to declutter your home and help to fund end of life care in Harrow and Brent. Below is a guide to what items you can donate.

Following these guidelines means you can ensure your donations are both useful and appreciated. It costs us money

to dispose of anything that we can't sell, so if your donation is better quality, more money can be raised towards our patient care. Feel free to check with your local St Luke's charity shop if you are unsure if your donation is suitable.

We also accept 'unwearable clothing and textiles' as this

brings us in funds, but we would appreciate it if they were in a separate bag so we can easily recycle them.

Your donations make end of life care in Harrow and Brent possible. Thank you for supporting us.

Our handy guide to donating

Donation bag

Wearable clothes & textiles

Clothes and textiles that are no longer wanted and could be worn by someone else.

These items are:

Clean, dry, in good condition, ready to wear.



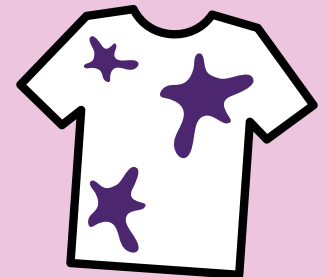
Separate bag

Unwearable clothes & textiles

Clothes and textiles that are clean but can't be worn or used again, could be recycled.

These items are:

Torn, stained, marked, stretched, shrunk, damaged, broken.

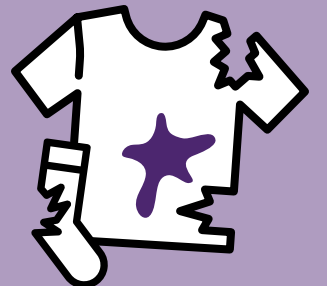


Not for donation

Waste / Contaminated clothes or textiles

These are:

Clothes or non-clothing items that are soiled (dirty, wet, contaminated) and could contaminate other textiles and prevent them from being reused or recycled.



If you are interested in volunteering at any of our events please contact volunteering@stlukes-hospice.org to find out more about how you can help.



Starlight Walk – A new name for a beloved event

Harrow and Brent's biggest fundraising event returns with a fresh new name. The much-loved Midnight Walk is now Starlight Walk, reflecting the magic of this special night as we come together under the stars.

Join us on Saturday, 14 June, at 7.30pm for 9pm start, at the Byron Hall, Harrow Leisure Centre, to walk 5 or 9 miles through the night and raise vital funds for St Luke's Hospice.

This family-friendly event is a chance to light up the

streets alongside hundreds of supporters, celebrating loved ones and supporting the compassionate care we provide. Whether walking in memory of someone special or simply to make a difference, Starlight Walk promises an unforgettable experience.

For years, this event has been a highlight in Harrow and Brent, bringing together families, friends, and even pets for a night filled with meaning and community spirit.

Sign up today: www.stlukes-hospice.org/events/starlight-walk/

Play our lottery and join a community dedicated to improving end of life care

Join thousands of St Luke's Hospice supporters by playing our weekly lottery and be in with the chance of winning one of 15 prizes, including the first prize of £1,000. Every play supports the provision of palliative and end of life care for those living with life-limiting illnesses in Harrow and Brent.



Our lottery raises an amazing amount of money each year. Last year it raised more than £200,000 - enough to fund one whole month of care in our Inpatient Unit at The Grange.

A winner of our weekly Jackpot of £1,000 told us: "It is such a joy to support a local charity that local people benefit from."

Each year, there are 780 lucky winners of our lottery prizes with 52 of those winning the top prize of £1,000. Could you be our next winner?

To read more about our lottery and how to buy a ticket visit: www.stlukes-hospice.org/lottery

St Luke's HOSPICE
Starlight WALK
Saturday, 14 June
7.30pm - 9pm for Walk
Byron Hall - Harrow Leisure Centre

WHAT TO EXPECT
Move and Groove: Dance your heart out in the live warm-up
Creative Fun: Face painting, henna, and more
Shine Bright: Free T-shirts and medals for all walkers

Create unforgettable memories with Starlight Walk. Join the fun with all the family. This June, **Together We Walk, Together We Care.**

Walk 5 or 9 miles in memory of someone special, and help raise the vital funds St Luke's Hospice relies on to provide end-of-life care.

Sponsored by **BELL CONTAINER** **GCL** **PROJECT DMR**

CHILD ENTRY
Early bird: £8
From 2 May: £11
ADULT ENTRY
Early bird: £18
From 2 May: £21

SIGN UP NOW

www.stlukes-hospice.org/starlightwalk



Giving in memory of a loved one

Losing someone close to you is never easy, but there are meaningful ways to remember them and their life. One way is by donating to St Luke's Hospice in their name, creating a lasting legacy that supports individuals in the local community living with life-limiting illnesses.

You can choose between a one-off or regular donation in their memory or set up a Forever in Our Hearts online tribute page, allowing family and friends to contribute at a funeral or memorial event.

For a more enduring tribute at the hospice, consider:

- A beautifully crafted and inscribed copper, silver, or gold leaf on our Tree of Life, displayed for a year.
- A personalised plaque in our peaceful Memory Garden, placed next to a rose or bush.
- A permanent brick in the Memory Garden's Path of Life, engraved with a special message.

To learn more about in-memory donations, visit www.stlukes-hospice.org/supporting-us/give-in-memory/, contact our Supporter Care Team at 020 8382 8142, or email donations@stlukes-hospice.org

Bharti's walking the Sahara for St Luke's

We're incredibly grateful to our supporters, volunteers, and staff who go above and beyond to raise funds for St Luke's.

One of them is Bharti, our dedicated Inpatient Unit ward clerk, who is taking on an extraordinary challenge. To celebrate 11 years cancer-free and her 40th birthday, she's walking two marathons in two days in the Sahara Ultra Challenge. Battling 35-degree heat, rocky terrain, and steep dunes, she's determined to give back to the place that means so much to her.

"This challenge has been on my bucket list for a long time, and I've finally gathered the courage – and the right amount of madness – to do it!" she says.

Bharti has covered her trip's full cost, so every penny raised will support patient care in Harrow and Brent. Please support her journey: www.justgiving.com/page/bhartis-walk-across-the-sahara

If you'd like to raise money for St Luke's like Bharti, we'd love to hear from you! Get in touch to find out how you can get involved.



Asian Community raises around £70,000 for St Luke's

The Hanuman Chalisa and Bollywood Evening in South Harrow has raised around £70,000 in support of St Luke's Hospice. Two events, hosted by the Asian Foundation for Help, Pranasha, and the Lions Club London Kingsbury, took place at the Dhamecha Lohana Centre on Saturday 22 March and brought together more than 400 guests for the evening celebration alone - with many more attending throughout the day for prayers and community gathering. We are truly grateful for the overwhelming generosity shown. Every pound raised helps us continue providing compassionate palliative and end of life care to those who need it most.

Join our community

Christmas tree recycling raises over £6,000



At St Luke's Hospice, not only do we provide care for people in our community, but to our planet too. That's why this past Christmas, we ran a green initiative to recycle Christmas trees into wood chips, helping to reduce waste going to landfill and support local environmental projects.

Thanks to incredible community support from businesses and community groups who volunteered their time and vans, we collected over 470 Christmas trees from

homes across the Harrow and Brent boroughs. This initiative wouldn't have been possible without the generosity of our wonderful corporate and community partners: Total Shred, MBM Groundworks, MP Moran, Baladia Youth Club, Cara Stationery, Galliford Try and Everglade Windows. Thank you!

Together, we raised an amazing £6,174.19 to support patient care at St Luke's Hospice all while making a positive impact on the environment.

Living Well at St Luke's: Support for every step

St Luke's Hospice's Living Well programme - funded by the Big Lottery - offers vital support to people with life-limiting illnesses. Through expert-led workshops, complementary therapies and peer support, we help patients manage symptoms, build confidence and regain control over their lives.

For Denise, who has metastatic breast cancer, Living Well has been life-changing. "It's not just about being told things—it's about

being listened to," she says. Meeting others with similar experiences has given her strength, and sessions on pain management, relaxation and financial support have provided reassurance.

Living Well is about living fully, with dignity and support. St Luke's is proud to offer this service, helping people making every moment matter.



Join us and make a difference - how to get involved

To find out more about all our events and how you can support St Luke's please visit our website or email fundraising@stlukes-hospice.org





Bridgette, the heart of volunteering

Walk into our Burnt Oak Shop on any given day and chances are, you'll be greeted by the warm, welcoming smile of Bridgette Ibrahim. For 27 years, Bridgette has been a familiar face, a helping hand, and a cornerstone of the St Luke's Hospice community.

Her journey with St Luke's began in 1998 after the loss of her beloved dog. Looking for a way to give back, she stepped into the shop one day and never looked back. While working full-time at John Lewis, she spent weekends volunteering – quickly becoming part of the shop's heartbeat.

Since retiring in 2008, Bridgette's commitment has only deepened. Twice a week, she's there – sorting donations, helping customers, and bringing a touch of John Lewis polish to everything she does. She even takes puzzles home to ensure every piece is there for the next lucky buyer!

What sets Bridgette apart is her love for the community. She's watched babies grow up, helped locals dress for job interviews, and even stood as a wedding witness from the registry office next door. Her stories are endless, and her impact profound.

Over the years, she's raised funds through marathons, secured donations from John Lewis, and received the prestigious St Luke's Respect Award. But for Bridgette, the reward is in the smiles, friendships, and knowing she's making a difference.

"I love meeting people, helping them, and being part of something bigger. It's never been about getting something in return," she says.

As we celebrate Bridgette's contribution, we're reminded of the power of volunteering. St Luke's thrives because of people like her – ordinary individuals doing extraordinary things.

Call for community heroes



Supporting St Luke's Hospice is a meaningful way to make a difference in the lives of people facing life-limiting illnesses.

Here's how you can help:

- Take part in one of our fundraising events – or host your own.
- Make a regular donation.
- Volunteer your time or skills at our hospice, in our shops, or at one of our events.

Ready to get involved?

Email us at fundraising@stlukes-hospice.org and join the fun!



Coffee mornings support St Luke's

Thank you to Harrow Baptist Church for raising £35,000 for St Luke's over the past 30 years by hosting weekly coffee mornings. Many of their attendees have also supported us in other ways too, including taking part in our Annual Walks and other fundraising events. We're so grateful for your continued kindness and community spirit!

Meet the team



60
seconds
with

**Myriam
Ward**

1 Tell us about your role at St Luke's.

I'm a Registered Nurse in Palliative Helpline/PALL24, in St Luke's Hospice. We're a 24-hour telephone service. Patients and their families call us anytime day or night, and we support them over the phone. Patients, most of them who call, are in pain or require equipment. We order equipment for them, we organise packages of care, and we make sure they have all the just-in-case medications at home. If the district nurses can't go, we do crisis visits.

2 What led you to palliative care?

I was working in a hospital and often cared for palliative patients there. Hospitals are busy places, and although the care is good, it can be difficult to provide the focused support that's possible in a hospice setting. Here, we can really give people the time, attention and care they deserve at the end of life, which made me want to be part of that.

3 What's the most rewarding aspect of your job?

We listen to families when they're at their most vulnerable, and we respond to everything that comes with palliative care. Our role is simple: do the best we can for our patients. They and their families are already coping with so much - if we can make things easier, why wouldn't we?

4 Tell us something people might not know about you.

Before I became a nurse, I did many things. I ran a pub, I worked in an airline and a travel agency, and I taught people to play the piano.

5 What's one thing you wish more people knew about hospice care?

It's a lifeline. Hospice care brings everyone together - district nurses, clinical nurse specialists, doctors - we all work as a team.

6 What's a moment that really stuck with you?

I was speaking with a family who was struggling to get their loved one's medication sorted. They were overwhelmed, and I could hear the stress in their voices. When I told them, 'Don't worry, we'll take care of it for you,' you could feel the relief. Just knowing we were able to take that burden off their shoulders meant everything.

To find out more about roles like this at St Luke's please visit www.stlukes-hospice.org/join-our-team