



Autumn 2025

We Care

How we gave
Gloria courage
- and Jeff a way
forward
Page 4



IN THIS ISSUE... Find out how you can support your local hospice
PLUS More about the difference you make

Welcome

Hello...



Lindsey Bennister
Chief Executive

"Our local community is at the heart of St Luke's – and we strive to be at the heart of the community too"

This We Care highlights the incredible support we receive from our local community. I constantly marvel at the generosity and passion for St Luke's across Harrow and Brent.

We're always striving to be at the heart of the local community: connecting, learning, helping and working together to support anyone in need of our compassionate care.

This summer, we've seen heartwarming examples of this. Our Starlight Walk saw around 800 walkers and 200 volunteers light up the streets in support of St Luke's. Meanwhile, our Peak District Annual Walk brought 60 people together to challenge themselves, raise money, and share good company.

Our Harrow and Brent community retail shops bring people together to support St Luke's through sustainable shopping - and you'll always find a warm welcome there.

At Kenton Grange, our Living Well programme is providing much-needed time and space for people living with a progressive life-limiting illness to find support and information to help them live well.

We've also been delighted to welcome new visitors to the hospice, who are enjoying the tranquillity and natural beauty of our gardens.



I was also deeply moved by the phenomenal support from the Asian Foundation for Help, the Lions Club of Kingsbury, and Pranasha. They visited our hospice to present a £70,300 cheque, raised at a major community event earlier this year. Their generosity will make a lasting difference to the care we're able to provide.

I hope to see you at a community event soon. Thank you, as ever, for your support for our vital work.



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



The value of leaving a gift in your Will

Gifts in Wills fund the care of one in six patients at St Luke's. These legacies are vital, helping us provide expert end of life care to local people in Harrow and Brent.

Dr Emily Carter (not her real name) had seen first-hand the extraordinary work of hospices throughout her medical career. As a GP, she had always admired the peace, dignity and compassion they offered at the hardest of times.

That admiration became deeply personal when her own mother needed hospice care – and St Luke's was there. She says: "Mum became incredibly unwell, very suddenly. Her decline was rapid. But St Luke's responded quickly, and she was given a single room straight away. The

nurses were simply wonderful – they managed her pain with care and expertise.

"She wouldn't have wanted to be at home in her condition. St Luke's gave her a safe, loving space. It meant the world to us."

Emily's long-standing respect for hospice care - and her family's own experience - made it an easy decision to leave a gift in her Will to St Luke's.

As she put it: "I knew I had to do something. The hospice needed support, and I wanted others to experience the same comfort and dignity Mum received."

Thanks to people like Emily, more families will be able to access the care they need, when they need it most.

What a gift in your Will could do

Since 1987, support from our community has helped St Luke's care for people across Harrow and Brent. A gift in your Will can help us continue that care for generations to come.

Legacy gifts help ensure everyone can access the palliative and end of life care they deserve – with choice, comfort, and dignity.

Many supporters leave a percentage of their estate, after family and other commitments are fulfilled.

This ensures loved ones are cared for first, while your gift keeps pace with inflation.

**To learn more, call
020 8382 8000 or email
remember@stlukes-
hospice.org**

“St Luke’s was there when we truly needed them”



When Gloria Graham needed St Luke’s, she came with her faith – and with a deep understanding of just how special the hospice is. Almost 15 years earlier, her beloved husband William had spent his final days with our hospice. The care William received stayed in Gloria’s mind. She knew what to expect, and she trusted our team completely.

The Graham family of Kingsbury have strong ties to St Luke’s. William, a much-loved Pentecostal minister in North West London, was supported by us when he was living with cancer. “They gave him what we couldn’t at home,” said his son Jeff. “It was exceptional.”

Years later, it was Gloria who needed that same care.

Gloria, born in Jamaica in 1936, moved to the UK at 19 and worked for decades as a nurse. She and William settled in Kingsbury, raised two children, Jeff and Pauline, and devoted themselves to church and community life.

“She was a fighter,” Jeff said. “She was very church-oriented. Her faith was the most important thing to her, all the way through.”



William and Gloria on their wedding day

“You don't always realise what a hospice does until you need it. But when you do, you see it's something special.”

They talked openly – about everything. Mum knew what was going to happen. She anticipated it.”

Gloria stayed in control and made sure she kept as much independence as possible. Even towards the end, she asked to renew her driving licence – and insisted on a short drive with Jeff, just to prove she still could.

But by late summer, Gloria's health declined again. She was admitted to hospital briefly, but felt strongly that it wasn't where she wanted to be. “She just said, ‘I want to come in.’ She meant here, St Luke's.”

Gloria arrived at our hospice at 5pm on 14 November. She died peacefully in the early hours of the next morning.

“Even in those few hours,” Jeff said, “the care she was given far outweighed what we could do at home. It was better. They understood what she needed.”

We also made sure Jeff and Pauline weren't left to cope alone. “They were very clear – you're going to need help, someone to talk to. They didn't let it go unsaid.” Jeff still gets calls from the team and has been invited to events that help keep his connection to the hospice alive.

Before she died, Gloria told Jeff, “Look after St Luke's.” He's keeping that promise, planning to volunteer or help in our charity shops.

What happened in those final weeks, and in the years before, has shaped Jeff's life. “You don't always realise what a hospice does until you need it,” he said. “But when you do, you see it's something special.”

In 2022, Gloria was diagnosed with chronic lymphocytic leukaemia. Though initially hesitant, she chose chemotherapy and coped well. Early in 2023, her health worsened, and she spent several months in hospital with severe leg pain.

Eventually, Gloria just wanted to go home. Back in familiar surroundings, she improved enough to come downstairs again, calling out to rejoin family life.

Throughout that time, we were by Gloria's side. “The physio team here were fantastic. Everyone was,” Jeff said.

Beverly, the same palliative nurse who had once cared for William, now looked after Gloria. “She was particularly very, very good. She built a strong relationship with me, my sister, and Mum.

Meet our volunteers

We're so grateful to our 400+ incredible volunteers who give their time to support St Luke's Hospice and our charity shops across Harrow and Brent. Their dedication and compassion help us provide expert palliative and end of life care to thousands of local people and their friends and family, and is truly inspiring.

Our volunteers help in many ways. Whether it's greeting people at reception, supporting our Inpatient Unit, serving customers in shops, providing bereavement support, or marshalling at events, each role makes a difference, and every volunteer is a valued part of our team.

They come from all walks of life, each with their own reasons for getting involved. Some enjoy the social side, others want to give back, gain experience or use their skills for a good cause. Whatever their motivation, we're proud to have them as part of our hospice community.

Just a few hours a week can have a big impact. If you'd like to join us and be part of something meaningful, email: volunteering@stlukes-hospice.org



Ratilal, shop volunteer

For 16 years, 82-year-old Ratilal Shah has been a dedicated volunteer at our charity shop in Burnt Oak, where he steams and labels clothes with quiet focus and pride. After moving from Kenya to the UK in 2008, he was encouraged by his son to find meaningful ways to stay active after retirement. "I've always worked hard," he says, "and I don't like sitting around doing nothing." Every morning begins with half an hour of exercise before he heads to the shop, where he's become a much-loved and efficient member of the team. "If you can, you should volunteer," he says – and we couldn't agree more.



Rahul, bereavement volunteer

Rahul Shah first came to St Luke's as a relative – and was so moved by the care his loved one received that he returned to volunteer. Today, he helps around the hospice wherever he's needed, from welcoming visitors at reception to preparing stamp albums for fundraising. But his greatest passion lies in supporting people through

bereavement. As a trained volunteer, he offers a calm, non-judgemental space for people to talk, grieve, or simply sit in silence. "Sometimes it's about just being there," he says. "You don't need to fix anything – just let people be heard." For Rahul, "It's a privilege to be with someone in their pain. You realise how important it is simply to show up."

Great furniture finds at St Luke's shops

Looking to refresh your living space? At St Luke's Hospice shops in Kenton, North Harrow and Waverley, you'll find quality pre-loved furniture at prices that won't break the bank. From comfortable sofas and sturdy sideboards to charming

one-off vintage pieces, there's something to suit every home and every style. Our shops also stock a wide selection of high-quality clothing – including well-known brands – and our Waverley location offers the added bonus of easy parking.

When you shop with us, you're not just picking up a bargain – you're supporting vital hospice care for local people and their families.

Find your nearest shop:
www.stlukes-hospice.org/shops/find-your-nearest-shop

Have furniture to donate?

We offer a free collection service. If you have good-quality furniture you'd like to donate, get in touch – we'll come to you.

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.



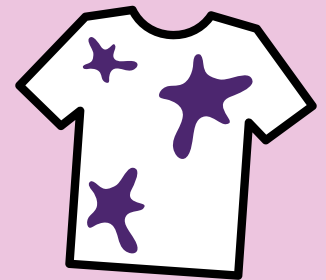
Separate bag

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.

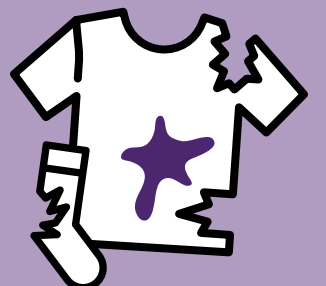


Not for donation

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 with us, please contact volunteering@stlukes-hospice.org to find out more about how you can help.



What a night: Starlight Walk shines bright for St Luke's

On Saturday 14 June, more than 800 walkers and 200 volunteers lit up the streets for St Luke's Hospice – walking in memory and hope. The night raised over £90,000 to help provide palliative and vital end of life care across Harrow and Brent.

Among those taking part were Philippa, Adela and Joanna, walking in memory of their mum, Ewa.

Philippa said the timing felt like fate: "When Mum was in St Luke's in April, we saw posters about the walk. It fell on her birthday weekend and Father's Day, so it just felt right."

Ewa spent her final days at the hospice. "It meant the world



to know she was in a peaceful, beautiful place with such caring staff. We could just be her daughters – not her carers."

The walk gave the sisters space to reflect and meet others who had also been supported by St Luke's.

Thank you to everyone who made the night so special. Your support helps light the way for others.

Celebrate the life of someone special

Join us at St Luke's on **Sunday 30 November** for our annual Light up a Life event. From 4pm, enjoy performances, a reflective ceremony with readings, candle lighting, shared memories and refreshments.

Heart-shaped dedication cards will be available to personalise. Collect from reception, request by post (020 8382 8030 or donations@stlukes-hospice.org) or upload a message and photo at stlukes-hospice.org.

light-up-a-life.org/2025 You can also order a beautifully crafted ceramic heart in memory of someone special. Other special items will be available on the night.

"One attendee said: 'Light Up a Life was a beautiful celebration... It gave us the chance to meet at the place where our loved one, most recently, spent his last weeks.'"

Book your place:
stlukes-hospice.org/lightupalife2025

Support our work through our lottery

In 2024, lottery players raised an incredible £237,035 for St Luke's Hospice.



This funded 1,400 calls providing specialist support from experienced nurses on our Pall 24 telephone advice line 24 hours a day, 7 days a week.

Every player makes a real difference to people living with a life-limiting illness and their families, while also having a chance to win one of 15 weekly prizes.

A recent weekly lottery winner said: "I'm thrilled to have won £10! Totally unexpected – I never usually win anything, so this little surprise brought a big smile knowing that every ticket sold helps a greater cause."

Each year, 780 players win prizes, including 52 top £1,000 winners. Could you be our next winner?

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



Looking back, and ahead with our Annual Walk

In May, more than 60 supporters took on our Annual Walk in Dovedale Peak Way, covering up to 62 miles in four days and raising over £93,000 for St Luke's hospice care. That support is already making a difference for local people living with life-limiting illness. Thank you to everyone who walked, donated, or cheered our walkers on.

Our 30th anniversary Annual Walk will take place in May 2026 along Cornwall's spectacular north coast. Over five days, the group will cover 62 miles through some of the UK's most breathtaking scenery.

Join our information evening on **Tuesday 11 November**, 7-8pm, at Harrow Masonic Centre, Kenton HA3 0EL. Registration opens soon.

Check our website for details, or email events@stlukes-hospice.org to register your interest.



Santa Dash

Kick off the festive season at St Luke's Santa Dash on **Sunday 7 December 2025** at Nower Hill High School!

Enjoy festive fun, dress up in your Santa suit, and join a sea of red for a 5km jog, walk or dash.

Open to all ages, the dash is marshalled by Baladia Youth Club. Register online or on the day and get your Santa suit. Meet Santa, Mrs Claus and a Cool Elf, then join Frederique's festive Zumba warm-up. The first 100 finishers get free hot chocolate from Daisy in the Park.

Come along, spread festive cheer, and join one of our most joyful events.

Find out more and register at www.stlukes-hospice.org/santadash



Take a jump for St Luke's

Skydiving is back! Take on a tandem skydive and help support palliative and end of life care in Harrow and Brent.

Every jump raises vital funds for patients and families.

For more info and sign up: www.stlukes-hospice.org/skydiving



They see me as Narinder, not a number

Narinder, a wife and mother from North Harrow, was worn out after three years fighting stage 4 ovarian cancer. Endless treatments, surgery, and setbacks left her exhausted, afraid, and lonely.

"I'd just finished another six rounds of chemo and was completely drained," she says. "I was really feeling down." Then she was referred to us - and something changed.

"I'd seen your charity shops, but I didn't realise there was a place like this - so calm, so friendly," Narinder says. "I don't feel like I'm a hospital number here. I feel like I'm Narinder."

And they see me as a person, not a statistic."

She joined our Living Well programme, finding tai chi, massage, and a community that understands what she's going through. "Here, you don't feel like you're moaning. You say, 'It's really hard to get out of bed,' and everyone goes, 'Yeah, we know.'"

Her husband also found comfort. "Sometimes it's hard to explain things to your partner—but hearing it from someone else, it just clicks."

Thanks to the support she received, Narinder feels hope again. "It's just been a godsend. They've helped me find myself."

To find out more about our Living Well programme, please email Woodgrange_Staff@stlukes-hospice.org

Thank you St Dominic's College

Since 2013, St Dominic's Sixth Form College in Harrow has raised over £20,000 for St Luke's, volunteered their time, and supported our events. This year they held a 5km walk over Harrow on the Hill raising £1,000, helped with Starlight Walk signage, and sent 20 students to volunteer in our shops. Big thanks for their incredible energy and generosity.

Footy fundraiser scores £8k for St Luke's

Old Salvos Vets FC and Boxtree Park Vets FC raised £8,000 for St Luke's Hospice at a charity match and fun day in June. Funds raised also helped the Deu Deuce Foundation. Eddy Dempsey said: "Many of our members have seen the amazing support St Luke's gives or know families who've benefitted."



Golfers raise £47K for hospice care

Thanks so much to everyone who took part in our charity golf day at Aldenham Golf & Country Club, helping to raise over £47,000 for St Luke's Hospice, with the support of our event sponsor Toureen Group.

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 events@stlukes-hospice.org



Elizabeth champions the work of St Luke's

Elizabeth Metivier, 86, has been part of our St Luke's family from the start. A trained nurse since 1957, she specialised in palliative care and felt drawn to supporting people at the end of life.

"I just liked the concept of palliative care," she says. "It's about caring for the whole person – and the family too."

Even before St Luke's moved into Kenton Grange, Elizabeth was volunteering. She visited patients in their homes and offered comfort and companionship. Following her husband John's retirement in 2001, she joined the day-care team at Kenton Grange, helping to create a warm, welcoming

place where patients could relax, chat, and enjoy activities. "People came there to forget their disease," she remembers. "We set about giving them a happy time."

Though she eventually stepped back from hands-on volunteering, Elizabeth remains a committed Friend of St Luke's. She donates regularly and encourages others to support St Luke's. "Every time I go to a funeral, instead of flowers, I suggest giving a donation to St Luke's."

Her connection to hospice care became deeply personal when her brother needed palliative

care in another part of the country, where support wasn't available. "It really showed me how important good hospice care is," she says. "When it's done right – like at St Luke's – it brings dignity, comfort and peace, not just to the person who's ill, but to their whole family."



Giving in memory of a loved one

Donating to St Luke's in memory of a loved one's name creates a lasting legacy, helping local people living with life-limiting illness.

You can make a one-off or regular gift or set up a Forever in Our Hearts tribute page where family and friends can give in their memory.

For a lasting tribute at the hospice, you might choose:

- A copper, silver or gold leaf on our Tree of Life, displayed for a year
- A plaque in our Memory Garden, placed beside a rose or bush
- A brick in the Memory Garden's Path of Life, engraved with a message

Find out more at www.stlukes-hospice.org/supporting-us/give-in-memory

Recycle Your Christmas Tree

Book your tree collection for this January 2026 and help support hospice care and the planet.

We'll collect your real Christmas tree from selected postcodes in Harrow and Brent on the **10 or 11 January 2026** and recycle it into wood chips, reducing landfill and supporting local green projects.

For a donation of £20, you'll be helping the environment and supporting St Luke's. Last year, the scheme raised over £6,000 and saved 470 trees from landfill.

Bookings open soon – visit www.stlukes-hospice.org/treecollection

Meet the team

“ We help family members stop feeling like they must be the carers all the time, so they can just be family again. ”



Sarah Stewart

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

My job, as a Hospice at Home Care Co-Ordinator, is to organise care packages for people in the community, especially those coming home from hospital for end of life care, or who've been referred by our palliative care nurses, GPs, or other services. We arrange for carers to visit up to four times a day to help with things like washing, dressing, and personal care, so people can stay comfortable at home.

2 What led you to palliative care?

I like feeling I can make a difference to people. I've been at St Luke's for 13 years, starting as a Healthcare Assistant.

Even though my job's more office-based now, it's still all about helping people. We work hard to match carers with the right families and patients, and it's a good feeling when you know they're happy with the care they're getting.

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

It's when families or patients ring up or write to say thank you, and that the care helped them. It makes you feel like you've done something worthwhile, knowing someone was able to spend their final days the way they wanted and that their family felt supported.

4 Tell us something people might not know about you.

I've taught myself how to groom my own dog, Cali, a Bichon Frise. It was getting expensive taking her to the groomer, so I decided to learn how to do it myself.

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

I wish people knew hospice care isn't all doom and gloom. Yes, people are going through a really hard time, but there can still be moments of joy and special memories. We help family members stop feeling like they must be the carers all the time, so they can just be family again.

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

One memory that's always stayed with me is a lady whose final wish was to see a particular field of flowers. We went in to help her get ready that morning so her daughter could take her on that trip. She came back and then came into the hospice afterwards. It meant so much to her, and it felt really good to be part of making that happen.

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