



FROM KATHARINE HOUSE HOSPICE, ADDERBURY

For inclusion in your July edition
(By email)

We're gearing up for a summer of fun and fundraising – and there's something for everyone. As well as our Moonlight Walk and challenge events, there are some great days out in aid of Katharine House thanks to our wonderful supporters. A big thank you to all our participants, organisers, fundraisers, visitors and volunteers that help to make it all possible. We couldn't do it without you!

Moonlight Walk – the final countdown

Our biggest fundraising event of the year is taking place on 16 July – and we want to make this year's Moonlight Walk the best one yet. Celebrate those that we've loved and lost with a special personal challenge and a glorious evening of fun and frolics all in aid of Katharine House Hospice. Get into the groove with live 80s' music and a pre-walk 80s' party picnic! If you haven't already signed up, then there's still time! We'd love to see as many people taking part as possible.

khh.org.uk/moonlight

Challenge accepted

Our challenge events have proved hugely popular – and we have plenty more coming up!

- Extreme Abseil: Tackle the 418 feet National Lift Tower in Northampton on 3 September
- Thames Path Challenge: Trek along the famous Thames Towpath on 10-11 September
- Swim Serpentine: Take the plunge in a major outdoor swimming event on 17 September
- Chicken Run: Sign up for the cracking Brackley 10k Chicken Run on 18 September
- Oxford Half Marathon: Secure your spot for the 13.1 miles around Oxford on 16 October

Find full details, plus even more events, here: khh.org.uk/challenge.

Days out for your diary

We're so grateful to our local community for raising more than just a smile with events in aid of Katharine House. You can find a list of supporter events on our website that help to raise money for our hospice. From the Open Gardens running throughout the summer, to country fairs and family fun days. Keep checking back as new events are added throughout the year. And don't forget to let us know if you're holding an event to raise money for our hospice!

khh.org.uk/supporter-events

Three cheers for our volunteers

We simply couldn't do what we do without the incredibly selfless people willing to give up their time to make a difference. We're looking to recruit volunteers across a number of areas, including: shop volunteers, gardeners, hospice companions, receptionists and artists for Living Well. Could you spare some time – either on a regular basis or occasionally? Find out more

here: khh.org.uk/volunteering.

Caring for our carers

Did you know that as well as caring for people with an incurable illness we also offer support for their carers and family members? Our services include an online Carers Café, social work support and our Hospice Companion Service that aims to reduce loneliness and isolation. If you'd like to find out more about the support we offer, visit our website: khh.org.uk/carers-support

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