Your Marie Curie

Summer 2024



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Thank you for being you

Thank you for caring so much. Thank you for giving in the toughest of times. And thank you for helping people feel like themselves again – and not just a patient or carer.

In this edition of *Your Marie Curie*, you'll read about how you helped Stacey and her dad, Robert, who we cared for in our West Midlands Hospice. You'll also find other moving stories that show the incredible impact your gifts have, as well as lots of fun ways to get more involved.

If you filled in the survey in our last issue, thank you. It's really helped us understand how supporters like you want to hear about the people you're helping us care for.



Richard Lee
Fundraising Director

Here's to our vibrant volunteers


Di, Collections Box Volunteer Coordinator

If you've ever fundraised for us, you'll know it's about much more than just looking amazing in yellow. On high streets up and down the country, come rain or shine, our passionate volunteers are out there – dedicated to raising the vital funds needed to help even more people receive the end of life care they need. Every single one is a superstar.

"It's lovely to feel like part of the local community and socialise, whilst supporting Marie Curie. Volunteering is like belonging to a family and I've gained so much from the role. It's nice to be recognised by the public and be that familiar face for people to talk to."

Di, Collections Box Volunteer Coordinator

Fancy being a fundraising volunteer? Find a role that's right up your street by scanning the QR code.

Care, kindness and understanding

Caring for her partner, Craig, is hard on Liz. But thanks to supporters like you, Marie Curie is able to help with vital care and support.

"My name is Liz. My partner, Craig, was diagnosed in September 2017 with motor neurone disease. It's a progressive terminal illness and, right now, there's no cure. It robs people of almost everything. He can't walk and has trouble breathing, but thankfully his speech is still okay.



Craig and his step-sons, Sean (left) and Christopher (middle)

"Craig has a team, both at the hospital and in the community, that's made up of an occupational therapist, physiotherapist, dietician, speech and language therapists, and saliva management. One of the biggest problems I've had is once a referral is made, they come out, work on a particular issue and then discharge him. We're talking about someone with a progressive illness, so there's always another issue. And that means I have to go through the whole referral process again. This led to it taking two days to organise a mobile hoist. It doesn't sound too bad, but imagine trying to get Craig to the toilet without it. It got really, really difficult.



Liz and Craig, who receive care and support from Marie Curie

"We've had amazing support from the Marie Curie Nurse-Led Surveillance team.

Being under their care makes a huge difference. Lucy comes out to the house, and talks through any issues we have, and anything that I feel like I need support with, in terms of having to chase things up. They've taken all that responsibility off me so I can just get on with the day-to-day of looking after Craig.

"It's just amazing. It's not just the practical support. Lucy, a Clinical Nurse Specialist, would phone me and ask 'How are you this week? What have you been up to?' They really understand where you're coming from.

"I have two grown-up children who live at home. They change the dynamic of the household, because although Craig is terminally ill, we're still a family. We still have the everyday. We still live a normal life like everybody else."



Supporters like you allow our nursing teams to provide expert care whatever the illness.

Please give £23 today to help fund vital nursing care.

You helped Wendy process her grief



Wendy and husband Sam

"I want people to know that Marie Curie is there for everyone, regardless of colour, creed, sex, whatever. They're there for everybody."

Wendy, who received bereavement support

"'And what about you?' I hadn't really thought about what I needed until the voice at the other end of the Support Line asked me. My husband, Sam, was dying and his palliative care nurse had recommended I called.

"They provided a Companion volunteer called Laura, who I spoke to once a week. It was a lifeline for me. We'd talk about what I was going through and how I was dealing with it. I'd always tried to be positive, but I felt free to tell her how I was really coping.

"I'm a Black woman from the Caribbean, and in our culture we don't talk about our business with anybody. So, when my mother died 21 years ago, I didn't process her death and ended up having a total breakdown six years later. With Sam, I'm breaking this vicious cycle. I won't stop talking about him because keeping things to myself only makes things worse."

If you ever need support, we're here for you.

0800 090 2309
Support Line available
8am-6pm, Monday to Friday
11am-5pm on Saturday

How to support someone with a terminal illness

It can feel hard to be there for someone who's living with a terminal illness. Here are some tips to help you provide support when it's most needed.

Acknowledge what they've shared

If someone shares difficult news with you, it's because they value you in their life. Before asking any questions, it's important to validate that trust.

Be present

When someone tells you they're living with a terminal illness, listening can often be more important than what you say.

It's okay not to know what to say

It can be difficult to find the right words. Don't be too hard on yourself if you feel you could have phrased something differently.

See the person, not the patient

A common wish people with a terminal illness have is to be seen as the person you've always known.

Let them express their emotions, whatever they are

It's important people know that they can be honest with you. That they can be angry. They can feel numb. They can cry.

It's okay to share a joke

Just because someone is ill, it doesn't mean they don't want to hear the latest gossip, family news, or a funny joke.

Care that's as individual as you



Robert, who had support from Marie Curie, and daughter Stacey

"I needed Marie Curie, because I didn't want us to be his carers. I wanted us to be his daughter and his grandchildren."

Stacey, Robert's daughter

"Dad loved the hospice when he was there. The nurses would come in and he'd have good chats with them. And then there was Colin, the cleaner – when he popped by, they'd have a good old chinwag.

"They all used to keep his spirits up. Every now and again, they'd take him out the back doors in his bed to get some fresh air. It was nice to be able to do that as well, so he wasn't confined to his room.

"My daughter, Aimee stayed at the hospice most weekends. We were convinced that she was going to be a lawyer. But she had a change of heart and now she's a prison nurse. She was really inspired by the Marie Curie Nurses and the conversations she'd had."



Robert and his grandkids, Alex and Aimee

Thank you for being there for families like Stacey's

Ready to aim high?

An iconic outdoor adventure beckons in 2025 through a range of jaw-dropping hiking challenges. We have a range of shorter (8-10 miles) or longer (18-24 miles) routes, from the Mourne Mountains in Northern Ireland to the Gower Coast of South Wales, Hadrian's Wall in the North of England and Dartmoor in the South West.* All with the same goal of raising vital funds for end of life care.

The treks will take place between May and October 2025 and are a great way to spend time with friends and family. And it will be even more amazing if together we can beat last year's total of £277,000!

Gillian works as a Healthcare Assistant for Marie Curie in Cornwall. She recently took on a trek to raise awareness of our vital work. As well as being a terrific challenge, she was also drawn in by the promise of cream tea at the end!

"I raised £900. It was so emotional, but fantastic at the same time, seeing all the other people walking."

Gillian



Sign up to secure your place on a hiking adventure in the UK next summer and save yourself £5 with the exclusive early bird discount code for Your Marie Curie readers – **YMCEXPLORE**

Find out more at **mariecurie.org.uk/trek2025**

Or email **treks@mariecurie.org.uk**

Code expires 30 November 2024

*Venues correct at time of writing



Raymond,
who received care from
Marie Curie, with his
daughter Sharon

The greatest gift of all

Sharon left a gift in her Will to Marie Curie after we cared for her 96-year-old father, Raymond, at the end of his life.

Within 24 hours of Sharon asking for help, a Marie Curie Nurse arrived to look after her dad. After speaking to Sharon about how she and her dad had been coping, she encouraged her to have a rest. By giving Sharon time to sleep and making sure Raymond got the care and pain relief he needed, we were able to help her focus on being a daughter.

"My dad was conscious and very chatty, but very frail and bed-ridden. They were able to get him pain relief and provide care from 10pm to 7am, which they continued to do so until he passed away.

"It's almost impossible to show my full gratitude. I consider myself really lucky and the gift in my Will is me wanting to give something back."

More than a quarter of all people cared for by Marie Curie last year was thanks to gifts in Wills.
To find out more and get your free Wills guide, please visit **mariecurie.org.uk/willtalk**

A huge thanks to our star supporters!



A huge thanks to Danielle Squires. She raised an incredible £2,535 for Marie Curie by skydiving in memory of her Mam!



Marie Curie Healthcare Assistant Chloe took on a 26 mile walk along the North Norfolk Coastal Path to raise vital funds. She finished her walk at Cromer Pier and raised £1,000.



Nottingham University students take on fundraising ahead of the Budapest Marathon in October. So far they've raised £909. They're hoping to make it all the way to their ambitious collective target of £25k!



The team at Tiverton Library raised an amazing £1,265 by hosting a clothes fair.



Sam raised money for Marie Curie by holding a Spinathon at the Rainham Leisure Centre. She also ran the London Landmarks Half Marathon 2024, raising £827.

Everything we do is only possible because of our wonderful supporters, collectors and volunteers – thank you.

Are you up for a challenge?

Ready to push yourself – and the number of people we support – to even greater heights? Here are a few ideas.

Get your apron on this autumn

Cosy up with some autumnal baking for friends, family or colleagues to raise some 'dough' for Marie Curie nurses.





Ready to dive in?

This year's Swimathon raised over £1.2 million. And there are plenty of ways to make an even bigger splash in 2025, with lots of individual and team relay options for the whole family to get involved!

Go the extra mile

No matter where you are on your running journey, there's a challenge for you. And with marathons, 5ks, and team relays up and down the country, you're bound to find something to take in your stride.



Find your perfect challenge at
mariecurie.org.uk/get-involved/charity-events

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