



# by our side

Autumn 2023



## What's inside

**The bucket list  
left behind  
Nikki's days of  
adventure**

Page 4

**Sneak peek at the  
new Marie Curie  
Revealing our  
new strategy**

Page 10

# Welcome

## Contents

- 3 How can we improve end of life care?
- 4 The bucket list left behind
- 6 Finding the courage to talk about loved ones
- 7 Carry on the torch of care
- 8 Five ways to preserve memories of a loved one
- 9 Cherished Memory Funds
- 10 Looking ahead with Marie Curie
- 11 Star supporters

## From Ashley Thomson, your Head of Fundraising, Scotland

A very warm welcome to your autumn edition of *by our side*. We've given the newsletter a bit of a makeover since the last edition – I hope you enjoy its bright new look.

First of all, I'd like to say a huge thank you for your fantastic support. You've found so many original ways to raise money for people living with a terminal illness in Scotland.

The highlight of the summer really was cheering on the Huntly Fundraising Group and all our other walkers at the Aberdeen Kiltwalk. Sunshine, pipers and great fundraising for Marie Curie – what more can we ask for!

Supporting Marie Curie is an amazing way to honour someone's life – as well as helping to ensure that more people get the best possible care at the end of their lives.

So please enjoy this edition of *by our side*. We simply couldn't be here without you.

Ashley Thomson

Ashley Thomson



# How can we improve end of life care?



## Help shape palliative and end of life research

Marie Curie has been supporting people affected by terminal illness for 75 years. Yet we know that better care comes from better understanding of people's needs. Take part in Marie Curie's new survey to help us find out what future research should focus on, to help improve end of life care for all.



Shape what future research should focus on.  
Scan the QR code or visit  
[mariecurie.org.uk/research-priorities](https://mariecurie.org.uk/research-priorities)





# The bucket list left behind



**"The nurse saw the most beautiful smile on Nikki's face after she'd passed and said 'Carole, there's your sign.'"**  
 – Carole, Nikki's mum

Carole and Nikki



Nikki and her pet Schnauzers



**"The only thing Nikki loved more than adventures was sharing them."**

**When Nikki died, her passion for new experiences lived on – thanks to a special surprise her loved ones found left behind.**

"My name is Carole, I'm Nikki's mum. My daughter had such a zest for life – even at the end. She had a huge smile and an insatiable appetite for creating memories wherever she went. When she was

referred to the Marie Curie Hospice, Liverpool, after her cancer had come back a third time, she was so grateful and happy to be there. As soon as we arrived she said, "Mum, it's like being in heaven."

"The staff were amazing, so understanding and caring. They kept us going with kindness, food and endless cups of tea. Everybody was so thoughtful and helpful.

£ It's supporters like you who allow our nursing team to provide expert care, so that loved ones can keep making special memories.

**If you can, please give £23 today and you could fund one hour of vital nursing care.**

## Carrying Nikki's torch

"Two months after Nikki died, I found her diary, dated 2020 – the year she was diagnosed with terminal cancer. With trembling hands, I opened the cover and gasped to see the first page. Titled 'Bucket list', it listed all the things Nikki had wanted to do before she died. Everything from walking with alpacas, and enjoying afternoon tea, to taking a helicopter over the Grand Canyon!

"One thing Nikki loved even more than having adventures was sharing them. So, I decided her close family and friends should live out her bucket list until everything has been ticked off and enjoyed.

And we've been doing it ever since as a way of keeping her adventurous spirit alive.

"Another way I remember Nikki is from a video taken at the hospice. The Marie Curie nursing team took her outside to turn on the Christmas lights two days before she died. It was so special – her smile was beautiful.

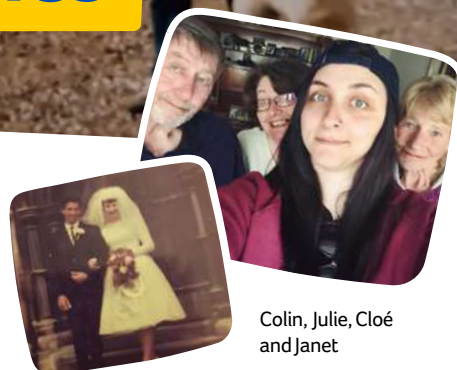
"The sad thing is, not everyone that needs it will get access to Marie Curie. That's why I am now dedicating myself to raising as much awareness and funds for them as I possibly can, because with more funding they can reach more people facing end of life, just like Nikki."

# Finding the courage to talk about loved ones

For Cloé, who had never experienced the death of a loved one before, her grandad's death was a huge shock. She had six sessions of bereavement support with a Marie Curie volunteer, Dawn.

"Dawn gave me the courage I didn't have before. It took that worry and loneliness away." To keep her grandad's memory alive, Cloé took her fundraising online, raising money through the popular streaming website, Twitch.

"The counselling unlocked this ability of talking about grief. Streaming for Marie Curie feels like a way of trying to destigmatise death. Fundraising is a way to keep talking about my grandad, grief and Marie Curie."



Colin, Julie, Cloé and Janet

**"Even if streaming online with silly things isn't what you enjoy, doing a walk or other event to raise awareness makes a world of difference."**

**- Cloé**

 You can call our free Bereavement Service on **0800 090 2309**.

# Carry on the torch of care

**"Following the death of my dear father, who was cared for at Marie Curie Hospice, Bradford, I decided I needed to give something back to this fantastic charity." – Abdul, Marie Curie Helper volunteer.**

The Marie Curie Helper Service help with everyday tasks, give carers a break, and offer amazing companionship. This is how Abdul met Andy, living with Multiple Sclerosis, who's getting support from Marie Curie.

"My personality, interests and social skills have enabled me to effectively 'click' with each client," says Abdul. "We talk about football, politics, day to day stuff – basically anything and everything. My current client, Andy, what a great chap he is. Yes, we do have



Autumn 2023

Marie Curie Helper volunteer, Abdul (left) with Andy (right).

differences when it comes to football but we have good banter every week."

Abdul supports Liverpool, while Andy supports Manchester City. "So we have some issues there," jokes Andy. "We get on really well. He's been an amazing support."

**Abdul's advice to anyone who's thinking of becoming a volunteer with Marie Curie? "Go for it! I can assure you that you're making the best decision ever."**




Volunteering is a great way to help people living with a terminal illness. If you can't spare the time, **giving £23 could help fund an hour of nursing support.**





# Five ways to preserve memories of a loved one

It can be comforting to have a record of your memories of someone close to you. Here are some ways you can keep their legacy alive, when they're living with a terminal illness, or after they've died.


## For loved ones who have died


 **Create a memory journal**  
You never know what you might remember when you put a pen to paper. Write it for you, or to share with friends and family.


 **Write up their recipes**  
Smells and tastes can transport us. Recording their recipes and recreating them yourself can be a truly special way to remember someone.

 **Make a playlist of their favourite songs**  
Think of songs you shared together, music they loved or any songs that remind you of them.

## For loved ones preparing for death

 **Ask if they want to leave messages for people**  
When people are preparing for death, they may want to leave messages behind, in letters, videos or voice recordings.

 **Interview them about their life**  
It may feel uncomfortable at first, but this can be a wonderful way of preserving their voice, character and even a bit of family history.

 Many people find our Talkabout magazine helpful with all aspects of death and grief. Simply visit [mariecurie.org.uk/talkabout](https://mariecurie.org.uk/talkabout)

# Cherished Memory Funds

A Cherished Memory Fund is a new way to honour the life of someone important to you. It's also a great way of raising money for end of life care.

You can create yours online with Marie Curie in just a few minutes – and all your friends and family (no matter where they are in the world) can remember your loved one.

There's no time limit on the page either, so you can update and fundraise year after year as a lasting tribute in their memory. Fill yours with photos, videos and fond stories, and then simply share the link.

**"After dad's death we wanted to give something back, so we set up a fundraising page which has raised over £700 for Marie Curie."**

**– Graham, supporter**



Graham (centre) was joined by his dad, Charles (far left), on his wedding day.



To set up a Cherished Memory Fund in memory of a loved one, scan the QR code or visit [mariecurie.org.uk/cherished-memory-fund](https://mariecurie.org.uk/cherished-memory-fund)

# Looking ahead with Marie Curie

## Marie Curie's strategy is evolving to help us reach more people.

And as amazing supporters, we wanted you to have a first look.

Everyone deserves the best possible death. However, right now, one in four people die without getting the care and support they need at the end of their life. And that need is growing, fast.

To help change this statistic for the better, we're building a new, stronger strategy, with inclusion and equity at the heart of all we do.

We're also updating our brand – so it works as hard as it possibly can to grab attention and inspire people to get involved.

## We're aiming to close the gap in end of life care by 2028.

- 1 We'll grow and transform our direct care and support.
- 2 We'll deliver more practical information and support.
- 3 We'll lead in shaping the end of life system.



# Star supporters SCOTLAND



Going it alone. Colin cycled 1,243 miles around the coast of Scotland to bring home £9,910 for people affected by terminal illness.

Nine-year-old, Wolf, had his hair cut in memory of his friend Max's stepdad. With help from his sister, he's raised £1,845!



32km in 30 hours, Josie Evans and her family raised £2,033 in memory of nan, Rosalie. Now that's peak fundraising!

Members of Dunfermline Fundraising Group and Thomson Cooper Accountants ran a tenpin bowling competition raising £7,155. Strike!



🔍 To find out more, visit [mariecurie.org.uk/who/our-strategy](https://mariecurie.org.uk/who/our-strategy)

£ For more ideas on fundraising get-togethers and adventures, visit [mariecurie.org.uk/fundraise](https://mariecurie.org.uk/fundraise)

# Help people have a better end of life today



## Donate

A gift of £23 could help fund one hour of nursing care



## Take the survey

Help us find out what future research should focus on, visit [mariecurie.org.uk/research-priorities](https://mariecurie.org.uk/research-priorities)



## Set up a Cherished Memory Fund

Visit [mariecurie.org.uk/cherished-memory-fund](https://mariecurie.org.uk/cherished-memory-fund) for more information



Registered with  
**FUNDRAISING  
REGULATOR**



Charity reg. no. 207994 (England & Wales), SC038731 (Scotland).  
DM7135