

Moments That Matter.

Spring 2026



Treetops
Hospice



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"The Treetops nurses
became part of our
family"

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Welcome to the Treetops newsletter.

As an active supporter you may already know that Treetops, your local hospice, serves a community of over 600,000 people across the City of Derby and South Derbyshire. This is a significant responsibility and one we take on with pride, motivation and considered service planning.

The world of healthcare is changing quickly, with associated impact upon Treetops and how we go about achieving our purpose of excellence in palliative and end-of-life care. The UK's ageing population, the fact that bedded hospices are facing increasing sustainability challenges and a subsequent drop in available bed capacity, the NHS 10-year plan that is directing care out into the community, the fact that very few people choose to die in hospital – are all factors that indicate a demand for modern and affordable hospice care.

Treetops' ambition is quite simple. We aim to be the UK's most expert and impactful provider of Hospice at Home services, measured in patient numbers, financial effectiveness and quality of care delivered.

Our new strategy, which will be officially launched at the start of April, will provide greater detail on how this aim is to be achieved.

Your support is vital and very much appreciated. It's a foundational element that gives us confidence to plan for the future and to deliver the very best.

Achieving this in our own community is always the primary purpose, however, it may well affect how other hospices seek to work, seeing Treetops as an exemplar of good practice.

Thank you.
John Knight
Chief Executive



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Taking the Leap.

Three women are preparing to take on a breathtaking 14,000ft skydive in support of Treetops, determined to give something back to the hospice that supported when they needed it most. This spring, they will head to Skydive Langar in Nottingham, raising vital funds for Treetops.

Melanie: "Treetops became a lifeline."

After the sudden death of her husband from lung cancer, Melanie turned to Treetops counselling when grief became overwhelming. Her counsellor became "a real anchor" during her darkest moments. Despite a lifelong fear of heights, she felt compelled to take on the skydive, knowing her husband *"will be looking down, cheering me on."*

Kerri: Jumping on a day full of meaning

For Kerri, Digital Lead here at Treetops, the skydive falls on her mum's birthday and her wedding anniversary – a date she just couldn't ignore. She said: *"Last year the most devastating thing happened, I lost my beautiful mum, who was my best friend"*. She found support through colleagues and Treetops' bereavement counselling services. *"Mum always pushed me to live my life to the max, so that's what I'm doing."*



Farrah: "I'm taking her spirit with me."

Farrah lost her mum unexpectedly at just 23. As an only child in a single-parent family, she was "shell-shocked". Her mum had supported Treetops for years and always dreamed of skydiving, but couldn't due to asthma. Farrah is completing the challenge in her honour: *"Mum always reminded me to live life to the fullest, so I'm taking her spirit with me."*



Though their stories are unique, Melanie, Kerri and Farrah share a determination to give back to the charity that stood by them in their hardest moments. We're incredibly proud of them, and of every supporter who helps keep Treetops care available for those who need it most.

Supporter Spotlight.

Our supporters never cease to amaze us. From creative fundraising ideas to heartfelt acts of kindness, our community continues to find thoughtful ways to champion our specialist care for local families. In this Spring newsletter, we're shining a light on a couple of the brilliant efforts that have made a real difference in recent months...



Our long-standing supporter, Neal Blatherwick, continues to raise funds for Treetops in memory of his wife, Catherine, who received compassionate care from our Hospice at Home nurses at the end of her life.

From card game evenings to badminton, tennis, bowls and afternoon teas, Neal has created a wonderful mix of community fundraising events that bring people together while supporting our work.

Thanks to his amazing efforts, Neal has raised over £15,000 for Treetops over the last eight years, helping to fund more than 138 nights of expert Hospice at Home care for local people who need it.

To get involved in Neal's community events, contact him on: nealb5@hotmail.co.uk

Local school teacher, Alfie Holland, will soon be taking on the London Marathon in support of Treetops Hospice, turning a personal challenge into a whole community effort.

Guided by his friend, Team GB Olympian, Ben Connor and driven by encouragement from students, parents and colleagues, Alfie has channelled setbacks, fundraising events and months of training into something far bigger than just a race.

His journey shows how one person's commitment can spark support, generosity and pride across an entire school community – all whilst helping us continue our vital work for local families.



Clinical Case Study.

Did you know that alongside our counselling services, we also offer complementary therapies to support children and teenagers coping with bereavement?

These gentle therapies, including aromatherapy, reflexology, Reiki and Indian head massage, are delivered in The Saplings, our purpose-built children's centre created during the BBC's DIY SOS Big Build for Children in Need.

Families often tell us how much these sessions help young people relax, ease anxiety and feel safe enough to explore difficult emotions.

To better understand this impact, we have launched a new research partnership with Nottingham Trent University (NTU). The study will gather insights directly from children and families using our services, exploring how complementary therapies may improve sleep, reduce anxiety and support emotional wellbeing during grief.

The collaboration was initiated by Dr Mike Vernon, Senior Lecturer in Psychology at NTU, and psychotherapist Paulo Karat, following Paulo's training placement at Treetops.

Alex Silvester, Senior Complementary Therapist at Treetops, said:

"This research gives us the chance to understand that impact in a more scientific way and gather meaningful evidence about the benefits we witness in our therapy rooms. Working with Nottingham Trent University will help us show the true value of complementary therapy and continue developing the support we offer to bereaved children and teenagers."

"We see every day how complementary therapies can make a real difference for children and young people – helping them relax, easing anxiety, improving sleep and giving them a safe space to process their emotions."

With demand and awareness of complementary therapy continuing to grow, we are always seeking qualified complementary therapy volunteers to support our team and contribute to this important research project.



Take on an event for Treetops in 2026!

Whether it's a run, cycle, trek, skydive or wing walk, we have an event for you...

April

04 April: Treetops Easter Egg Hunt

Hop along for an egg-citing adventure for all the family with our Easter Egg Hunt.



May

09 May: Skydive Day

Will you take a leap of faith and join Treetops as we host a skydive day at Langar Airfield?

16 May: White Peak Half and Full Marathon

Take on the White Peak Half or Full Marathon, which follow the High Peak Trail from Friden to Cromford, in support of Treetops.

16 May: Down in a Shot 10K

This may be the fastest 10K on the running calendar... will you take on the Down in a Shot 10K in support of your local hospice?

June

12-14 June: Great North Swim

Whether you're a seasoned open water swimmer or a beginner, make a splash for Treetops and take on The Coventry Building Society Great North Swim, at Windermere.

28 June: Ramathon - 5 mile or half marathon

Lace up your trainers for Treetops and run the oldest and biggest running event of its kind in Derbyshire...Ramathon!

August

01 August: Longshaw Walk

Join a nine-miler trek with Treetops along the beautiful Derbyshire countryside, starting from Longshaw.

Sept

06 Sept: Wilne 10K

Scenic, flat, fast and traffic-free, the Wilne 10K is the ideal autumn challenge for runners of all abilities supporting Treetops.

12 September: Inflatable Course Family Fun

Bounce, climb and sprint your way through this incredible Inflatable 5K, an epic challenge for all ages, whilst supporting Treetops with every hop, skip and jump.

18 September: Moonlight Walk

Walk 5k or 10k in memory of a loved one this September.

27 September: Robin Hood Half Marathon

A superb road race, perfect for all abilities. Will you join Treetops on the start line?

Oct

10 October: Ladybower Walk

Join Treetops for a scenic 15-mile challenge around the beautiful Ladybower Reservoir this autumn.

Nov

15 November: Derby 10 Miler

Run 10 unforgettable miles through Derby, starting and finishing at the iconic Derby Arena... all in support of Treetops.

Memory Meadow

We're excited to announce a brand-new event on Saturday 20 June to celebrate, cherish, and remember loved ones.

We'll be creating a Memory Meadow at Treetops that'll showcase handmade, dedicated forget-me-not ceramic and metal flowers with the name of a loved one on your leaf. In the summer, we'll hold a remembrance event where you'll be able to collect your personalised purchased flower and take it home.



To purchase your personalised flower, visit treetops.org.uk/memory-meadow Or, email: fundraising@treetops.org.uk



To sign up for one of our fantastic events visit: treetops.org.uk/challenge

7 ways to support Treetops Hospice

Leave a gift in your Will

Gifts in Wills help provide care for up to two in five of our Hospice at Home patients. Leaving a gift in your Will is a powerful way to ensure our care continues for future generations.

Make a donation

Your gift helps provide compassionate care for people living with life-limiting illnesses, as well as vital support for their families. Every pound truly makes a difference.

Take part in an event

Whether it's a run, cycle, walk or skydive, we have an event for everyone. Taking part in our events is a wonderful way to support our work, whilst having fun!

Donate to our shops

Donating pre-loved items to our charity shops is a fantastic way to support our vital work, whilst keeping items out of landfill. With 20 shops across Derbyshire, you're never too far away from one.

Pick us as your company's Charity of the Year

Picking Treetops as your company's Charity of the Year is a great opportunity for your workplace to support us, and we'd love to work in partnership with you.

Play the Treetops Lottery

You could **win up to £10,000** in our weekly draw, with every ticket sold supporting our vital work with local people living with life-limiting illnesses. Each entry costs £1. **Players must be 18+.**

Give the gift of time... become a volunteer

Volunteers are integral to Treetops, and we've a variety of rewarding volunteer roles available across the hospice, in our charity shops, lottery department, and at our events.

Could you give the gift of time or share your expertise with Treetops?

Myth Busting Wills: What You Need to Know

Research suggests that over half of UK adults don't have a Will. People often assume they don't have time, that Wills are expensive, or that everything will automatically pass to their partner. With the help of retired Wills and Probate Solicitor, Jayne Smith, we take a closer look at some common myths.

Myth

If I don't have a Will, everything will automatically go to my spouse or civil partner.

Only wealthy or older people need to make a Will.

You can't write your own Will.

Writing a Will is expensive and takes a lot of time.

Truth

Under intestacy laws in England and Wales, if you have children, your spouse or civil partner receives your personal possessions; the first £322,000 of your estate, and half of what remains. The children will inherit the other half.

A major misconception is that common-law partners inherit if there's no Will. Sadly, they don't automatically receive anything.

Anyone aged 18+ can benefit from having a Will.

For those with larger estates, a Will can also help with planning for Inheritance Tax and reducing its impact.

You can write your own Will. However, the law requires specific procedures to be followed.

A common issue is incorrect witnessing. The two witnesses need to be together to see you sign and cannot be anyone named in your Will or their spouse or civil partner.

Writing a Will can be completed in the time it takes to have lunch, and it doesn't have to be expensive either. There's plenty of support available to help you make a Will, both from an advisory and cost perspective.

To find out more about making a Will, updating an existing Will, or to have an introductory conversation with a local solicitor, come to one of the FREE Treetops Wills Clinics.

Regular Giving.

Regular monthly gifts play a vital role in keeping the care we provide free of charge and always available for anyone who needs it. Whether it's £3 or £30 a month, every regular donation provides a steady, reliable income that helps us plan ahead and support more local families.

Paul Wilcox from Breaston, affectionately known by us at Treetops as 'Pushbike Paul', has supported us since 2014, raising over £97,000 through his recycled bike scheme. Now, his latest contribution – a regular monthly Direct Debit – will fund a further 100 nights of our specialist Hospice at Home care.

Speaking about why he's set up the regular donation, Paul said: *"One of the comments we hear most often when collecting or receiving bikes is how wonderful the Hospice at Home nurses are, and what a difference they made at the end of their loved one's life. People are forever grateful for the service provided by Treetops and that's why I have chosen to set up this payment."*

It costs over £5.7 million a year to keep our doors open, with only little funding from government bodies, roughly 18%. The rest of our funding comes from our wonderful supporters - through voluntary donations, charity shops, fundraising events, lottery memberships and gifts in Wills.

Regular donations from supporters, such as those set up by Paul, are invaluable in helping us continue to provide vital care and support to local people at end-of-life.

At Treetops, we support over 2,000 people each year across Derby and southern Derbyshire. Our Hospice at Home nurses provide specialist overnight expert care and support to patients and families in their own homes, free of charge.

Teresa Smith, Treetops' Hospice at Home Manager, said: *"Paul's continued generosity means so much to Treetops and the patients and families we support. A hundred nights of care is truly life-changing, it allows people to spend their final days with comfort, dignity and the reassurance of having a compassionate nurse by their side. We simply couldn't provide this vital service without supporters like Paul."*



Donate today to ensure the future of the hospice and our services.

Corporate Stories.

Berkeley Inns

We're delighted to be supported by Berkeley Inns, whose partnership helps us provide expert care to people and families during difficult times.

Since joining us, Berkeley Inns has made a significant impact. In June 2025, they hosted the Long Lane Festival, donating all entry fees to Treetops and raising regional awareness of our services. They also sponsored and officially opened our Moonlight Walk, bringing fantastic energy to an event that united hundreds of supporters.

The partnership continues to grow, with future fundraising, sponsorship and wider team involvement planned.

Xoe Balsom, Operations Director, said: *"Supporting Treetops has been an incredibly rewarding experience for our whole team. We're so proud to stand alongside a charity that makes such a compassionate difference in our local community, and we're committed to keep building on this relationship and continuing to support their invaluable work for years to come."*



G F Tomlinson

G F Tomlinson has provided generous pro bono advice on key refurbishment projects, including transforming our former spa room into a Wellbeing studio and updating the Cheetham Centre.

They have also supported a wide range of community initiatives, from donating eight handcrafted bird boxes, to volunteers supporting our Moonlight Walk, and donating more than 140 items for Christmas care packages.

Their annual Treecycling support continues to have a major impact. In January 2026, their volunteers helped to collect nearly 1,500 Christmas trees, raising almost £29,000 - funding over 268 nights of Hospice at Home care.

Andy Swards, Chairman at G F Tomlinson said: *"Through our work with Treetops, we have seen first-hand the extraordinary difference the hospice makes to individuals, families and the wider community. The compassion, resilience and dedication shown by Treetops continues to inspire us and all our staff and we look forward to developing this partnership going forward."*



Mark's Story:

“The Treetops nurses became part of our family”

When Terry was diagnosed with vascular dementia and Alzheimer's, life changed overnight for the Burnham family.

The months that followed were filled with uncertainty, sleepless nights and the responsibility of caring for the man who had always cared for them. In the final weeks of Terry's life, our Hospice at Home nurses were able to step in and bring peace, dignity and precious moments back into their world.

Mark remembers when they first heard Treetops could help. *“We thought it might be a case of nurses coming and just sitting with dad for an hour here and there”* he said.

“But we quickly realised it was far, far more than that. Having Treetops around gave our family the reassurance and breathing space we needed to focus on one another and spend quality time with dad.”

Terry was, in Mark's words, a *“true family man”* and *“the most amazing dad you could ever ask for”*. Growing up, Mark's friends would often tell him that if they could choose any dad, they'd choose Terry. After being best man at his friend Clive's wedding, Clive described Terry as *“a man who typifies the term ‘best man’”*.

At first, the family struggled with the idea of anyone outside the family caring for Terry. But as his illness progressed, our nurses quickly became a familiar and trusted presence.

Terry often felt distressed and confused, yet he recognised our team and felt safe with them.

“It wasn't ‘the nurse from Treetops’ anymore” Mark told us.

“It was Rachel, it was Jackie, it was Yvonne. They became part of our family rather than the external strangers we had imagined.”

“What people don't realise until they've lived through something like this is just how much care like Treetops' can lift the whole family”

Our roaming nurses visited when Terry's nighttime distress became difficult for the family to manage alone. This support then meant Mark, his mum and his sister could finally rest, knowing Terry was safe.

“It allowed us to get some sleep at home knowing that mum was resting too. It also meant our families got a better version of us, because we weren't burnt out or running on empty.”

Terry's beloved wife of 60 years, Lyn, was able to step back from the role of full-time carer and simply be his wife again. Mark said: *“When Dad became poorly, mum stopped going out at all.”*

“But when Treetops started coming, it gave her the chance to go out for a couple of hours. It might not sound like much, but that time is invaluable when it gives someone a sense of normality and a chance to do things they need to, like going to the shop.”

As Terry approached the end of his life, our nurses guided the family gently through each stage, helping them understand what was happening and what to expect. Their expert care meant Terry could remain at home, surrounded by the people he loved most.

On the day he died, he was held by his family, with one of our nurses, Rachel, hand in hand with both Terry and Lyn.

“Dad was able to pass away with his close family around him” Mark said.

“He saw his grandchildren the day he died and we were all there with him. As a family man, I know it is exactly what he would have wanted.”

To find out more about making a donation, visit:
Treetops.org.uk/donate



Stories like Mark's show what Hospice at Home truly means for a family. The care we provide is only possible because of the people who choose to support Treetops, who make sure families like Terry's have Treetops to turn to when they need us.

Your generosity helps bring skilled nursing care into the heart of a home, but it also brings something less visible and just as important: reassurance in the middle of the night, space for a carer to rest and the chance for families to spend meaningful time together rather than feeling they must cope alone.

By becoming a regular donor, you can ensure that Treetops is able to continue providing this vital care in the community for our patients and their families.



Make your donations* worth 25% more at no extra cost to you with *giftaid*

Gift Aid is a government scheme that allows charities like Treetops to claim an extra 25p for every £1 you donate, helping your generosity go even further. If you're a UK taxpayer, whether through employment, pensions or savings, you're eligible.

That extra 25% really does make a difference. It helps us continue providing compassionate care and support to local people and their families when they need it most.

For more information about Gift Aid, visit: treetops.org.uk/giftaid

* Monetary donations and pre-loved donations to our charity shops.



Shop Sustainably, Support Local Hospice Care

If you love fashion, treasure a bargain, or simply prefer pre-loved over pricey, our hospice charity shops are the perfect place to explore. With 20 shops across central and southern Derbyshire, you're never far from a friendly welcome and a fantastic find.

We're always grateful for donations of good quality pre-loved items. Shopping or donating, you're making a meaningful difference to the people we care for.

- **Womenswear**
- **Menswear**
- **Childrenswear**
- **Furniture**
- **Toys**
- **Books**
- **Electricals**
- **And much more!**



Lottery Winner: Leah's Story.

Since 1996, the Treetops Lottery has raised **MILLIONS** to support local families. Your weekly entry could be next to make a difference.

Every week, the Treetops Lottery gives our supporters the chance to win amazing prizes while helping fund vital hospice care across Derbyshire. This month, we're celebrating a special winner.

One of our long-standing players, Leah White, has scooped an incredible **£6,000 rollover prize** – and her story is a brilliant reminder of how every lottery entry helps local people while giving you the chance to win big.

Leah spent nine years working at Treetops as an Occupational Therapist in our Wellbeing team, supporting people living with life-limiting illnesses and those who are bereaved. Throughout that time and even after moving on to a new role, she kept playing the Treetops Lottery every week.

During her time with us, Leah saw firsthand how vital community support is. Every ticket helps us provide expert nursing care, emotional support, and wellbeing services to families across Derbyshire.

Last year alone, our teams delivered over 34,000 hours of care to more than 2,000 patients.

Leah's win has already made a difference at home, too. She's put some of her prize towards "sensible things" like clearing debts and she's also planning some special family holidays with her husband and little girl.

As our Lottery Relationships Manager, Eldon McKenzie, puts it: "For less than the cost of a coffee out each month, our players help fund essential hospice care whilst getting the chance to win fantastic prizes like Leah did."

"I signed up because I knew how much the hospice relies on donations and playing the lottery felt like a simple way to give something back."

"I never thought I'd win anything, so it was a huge surprise"

Treetops Lottery Winner, Leah White



Lottery Relationships Manager, Eldon McKenzie



Moonlight Walk

with Treetops Hospice

Sponsored 5k or 10k walk for your local hospice

Friday 18 September 2026
Derby Market Hall, 6.30pm



Photo by JAKT Photography

Find out more:
treetops.org.uk/moonlight