

Bernard is one of our Bradbury Wellbeing Centre patients and he and his wife Kate are members of the hospice's Feel Good Friday Club. Here they share with us how the hospice has helped them in a really practical way.



Bernard on the Motormed

“ We’ve been together for 42 years and married for 38 and feel joined at the hip. Bernard has always been fit and active and even played for Chelsea FC in 1946 as midfielder, as well as being very active in other sports including tennis.”

– Kate, Bernard’s wife

Bernard was diagnosed with colon cancer just over a year ago. The diagnosis came as a shock, after what was a routine examination at the doctors, when they discovered a tumor. Immediately he was referred to an oncologist at St. Luke’s Hospital.

After coming to terms with this devastating news it was recommended and agreed that Bernard would undergo a weeks worth of intense radiotherapy treatment. This left Bernard completely wiped out both mentally and physically and was overall a very distressing time for him and Kate.

“When our GP mentioned the hospice we were so grateful for their help. A Clinical Nurse Specialist came to see us both at home and it was perfect timing. We both felt so down on our knees and couldn’t see a way out, especially at night time which was much harder to deal with.

We’ve had the pleasure of meeting many hospice staff including Dr Eleni, a consultant in Palliative Medicine, Lyn, the senior Physiotherapist, who provided us with some equipment to use at home and Becky, the Therapy Team Leader, who has really gone the extra mile in supporting us.

Despite a series of health challenges over the years, including three heart attacks on the tennis court, heart disease and a pace maker, Bernard has always been so determined and focused, he has a ‘never give up’ attitude.

Last year we celebrated Bernard’s 90th Birthday and, although he had been seriously ill, it was nothing short of a miracle that he was able to enjoy such a wonderful day,” adds Kate.

“ It’s been a roller-coaster ride but I’ve always chosen to have hope and stay positive. The hospice has done a brilliant job in providing practical care for me.” – Bernard

Bernard and Kate have been coming along to our Feel Good Friday Club since May 2018. This was where they learned about the therapies available and have both enjoyed weekly visits with Nic, Complementary Therapy Co-ordinator and the team in the



Kate and Bernard at the hospice

Bradbury Wellbeing Centre where they meet other people in a similar situation, in a social setting, enjoying coffee and cakes, as well as benefiting from treatments and one-to-one physiotherapy.

“Bernard always looks forward to coming and we love that this place is always welcoming. For us it has dispelled any misconception of what hospice care is, not just end of life care but the support provided by all those around us helps us both. I am so pleased that someone at 90 can still have a positive outlook, enjoy life and get the most out of it. The hospice is a constant source of hope,” says Kate.

By supporting our hospice care you can help us continue to provide much needed support to others like Bernard and Kate.