

Rehabilitation & Wellbeing

Raymond Sharp

A story of independence

Raymond Sharp was a man who valued independence. When faced with a diagnosis of metastatic renal cancer in February 2024 he met it with characteristic resolve. Given only months to live, he survived for nearly a year.

Raymond's final weeks were spent at Highland Hospice, where the focus shifted from treatment to quality of life. After immunotherapy and oral medication proved ineffective, and complications including anaemia and a seizure further weakened him, Raymond was admitted to the Hospice's Inpatient Unit in early 2025.

"When you're admitted to the Hospice, everyone comes to see you and see what you need," Raymond's daughter Marisa recalled. That's how he was introduced to the Rehabilitation and Wellbeing team at Highland Hospice's Inverness base.

Despite his illness, Raymond remained determined to stay active. "When he was there, he looked forward to going to the physio department," Marisa said.

Using equipment like the elliptical machine, Raymond engaged in daily sessions that gave him not only physical stimulation, but also a sense of routine and autonomy.

"I think it was just a change of scene from the room," Marisa said. That daily shift - from

clinical setting to supported activity - became a meaningful part of his day.

Raymond's time with the Rehabilitation and Wellbeing team wasn't just about exercise - it was about connection.

He was supported by Mal, part of the Rehab team, who made a lasting impression. "She was great," Marisa said. "Just so nice."

These gym sessions were an opportunity for a moment of fun and release. Raymond and Mal shared a love of classic rock and would often listen to The Beatles and Pink Floyd while singing along.

"For Raymond, maintaining some level of activity was closely tied to his sense of independence," said Mal. "Our role was to support that in a way that respected his preferences and priorities. Even small routines can offer a sense of stability and purpose, particularly during a time of significant change."

Though Raymond's illness was aggressive, his final weeks were marked by a rare sense of calm. "It was peaceful for him," Marisa reflects. "And for the type of person that he was, that was important."

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