



time

Moving forward

Full story on page 2/3



St Helena Hospice
your time...your hospice

St Helena Hospice

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Moving forward

Change is all around us at St Helena as we move into 2011. When you visit Myland Hall, the physical changes are obvious as the work on the Joan Tomkins Day Centre nears completion. This wonderful project, funded through a grant from the Department of Health and the use of restricted funds, will give us an even better environment for day and outpatient care in Colchester. It greatly improves access for people with mobility problems, and the environment will be as welcoming as it was before the development, but with better clinical and social facilities for patients. We are planning to officially reopen the Day Centre at our Summer Fete on Saturday 7th May. We hope you will join us to enjoy the day and look round our new beautifully refurbished facilities.

As soon as the Centre is completed, our additional car park will be made, which will be a huge relief. We will then start the next building project which provides support space for our community team. This doesn't sound very interesting, but these offices are for specialist nurses, the rehabilitation team and hospice at home. They are taking very sensitive telephone calls, discussing patients and writing patient notes and it is crucial that they have quiet spaces in which to work.

Change at St Helena is not just in the physical environment. The departure of two senior members of our team gave us an opportunity to review the organisation's structure and we have redirected resources into the clinical team. In the current difficult financial climate, direct patient services have to come first.

You will probably be aware from the media of the big changes that are going to happen within the NHS. The new commissioning structure through GPs will provide us with opportunities as well as challenges and we are working hard to be in a strong position to meet them.



Paul Burstow, Health Minister, said in the recent House of Commons debate on Hospice Care: *"The advent of GP consortia will change the relationship- quite fundamentally, and in the right way- between hospices and GPs. It will make it natural for doctors to talk to each other and solve problems together, and to draw on different sources of support to help patients get what they need."* (Hansard, 2 Feb 2011: Column 1009). We will have to wait to see what happens, and in the meantime will continue contributing to the developing relationships.

One of the ways of meeting the financial challenges that face us all is to use resources better. We are now providing HR support for a neighbouring hospice, and have another exciting new project to run our lottery in partnership with another hospice, which we talk about in this edition of 'time'. Both of these initiatives will allow us to attract additional income for our own patient services.

Change can be worrying and create a lot of work. It can involve risks. But, as the saying goes, the key to success is often the ability to adapt. We are working hard to prepare St Helena Hospice to be ready to meet the future needs of patients and to respond to the challenges ahead.

None of our work on these exciting projects would be possible without your support and we are immensely grateful.

With warmest thanks,

Rosy Stamp Hospice Director



Education news

The Education team at the Hospice have had an eventful few months and are looking forward to a busy year ahead. Claire Dalling, Conference and Events Manager at St Helena Hospice gives us a quick update on what they have been up to.

"In October 2010, the Education team celebrated the Hospice's 25th Silver Anniversary by having a silver themed day.

In October last year, we saw 11 of our students graduate with a BSc (Hons) Palliative Care. We continue to have a steady stream of students studying here at the Education Centre and progressing through their pathway. We continue to receive excellent feedback from students about our positive learning environment and the expertise of all the lecturers who contribute to the programmes.

Moving forward, the Education Centre is having a two storey extension to accommodate the Hospice Community Team. It is proposed that the building work will commence April 2011 (after the completion of the Joan Tomkins Day Centre refurbishment) and should be completed in September 2011."



St Helena School get involved

We are delighted to hear the news that students and teachers from St Helena School in Colchester are doing their bit for the Hospice and volunteering for a number of our events over the forthcoming months.

The school decided that they wanted to support us in our events as we are an important local charity and have the special 'St Helena' connection.

The students will be throwing themselves into the spirit of the Hospice Summer Fete on Saturday 7th May, and plan to give a performance from a musical group, as well as organising a children's activity and a games stall. The school is keen to get involved in our Midnight Walk on 4th June, with teachers and year 11 students both walking and volunteering for the event, and they are also hoping to have a choir perform at one of our Light up a Life services in December. Staff members have also got involved by selling over £70 worth of raffle tickets at their Quiz Nights.

Megan Lindsay, Personnel Manager at St Helena School, commented "St Helena School understands that as well as pushing the academic boundaries each year to achieve better and better GCSE grades, we also have a

commitment to encourage the personal development of our students.

At St Helena we have a 'Vision' which promotes independence by encouraging our students to develop the 5 'R's, which are to have the ability to Reason, be Reflective, Resilient, Resourceful and Responsible. Charity fundraising is allowing our students to develop these skills, by becoming involved with the community and working as a team.

The school is delighted to be involved in all the up-and-coming fundraising for St Helena Hospice."

We are so pleased that St Helena School is supporting the Hospice and are really looking forward to working with them over the coming months! If any other schools in the area would like to volunteer to help the Hospice, then please contact the Fundraising Office, on 01206 791740.

Introducing...Complementary Therapies

The complementary therapy team at St Helena Hospice cover all 3 sites; the Inpatient Unit, the Joan Tomkins Day Centre in Colchester and the Tendring Day Centre in Clacton. The team have been growing rapidly over the past 6 months, so time magazine spoke with Jan Holden, the Complementary Therapy Co-ordinator at St Helena, to find out more about the team and the range of services they are now providing.

"Complementary therapies are a vital part of the whole package of care we offer at the Hospice. Sometimes having a massage or reflexology session can be offered as a gentle introduction to Hospice services; it may be an opportunity to look around and meet the team and allay any fears or myths about what Hospices are like.

All our therapists are volunteers and between them they offer a range of therapies including Aromatherapy, Massage, Reflexology, Shiatsu and M Technique, all of which are available to any patient, family member or carer. Dr Nicky Sexton and Dr Ian McDowell also offer acupuncture which any patient can be referred for.

In the last 6 months, our team has really moved forward and grown from 11 core therapists, some of whom have been



offering their services for well over a decade, to an amazing 33 therapists. This wonderful team of professionals are helping us achieve our goal of offering a therapist every day on the Inpatient Unit and at every day service session in Tendring and Colchester. This includes having a therapist to run our new "Relaxation Hour" between 7-8pm every evening on the Inpatient Unit, to help both patients and relatives unwind and relax before bedtime and hopefully achieve a better night's sleep.

We have also moved our therapy room forward in the Inpatient Unit by revamping the area and creating a wonderfully peaceful environment for those having treatments. We have added some gentle lighting as well as candles and fluffy towels, to really provide a warm and relaxing experience. We now also have 6 Lafuma Chairs which are so comfortable for patients to sit or lie on, and this makes such a difference in our relaxation sessions.

In January, the team delivered over 172 treatments, working to transform what can be a tense, anxious and difficult time

A big thank you to the Clacton Support Group who kindly fundraised to purchase polo shirts with "Complementary Therapist" embroidered on them, so that patients could easily identify and distinguish the therapy team from the many other staff and volunteers they encounter.

for patients and families. That's 172 sessions where, through our therapists giving time, care and expertise, the recipient was hopefully left feeling more relaxed and calm. Without our volunteers we would have no Complementary Therapy service at St Helena Hospice, so a big thank you to them all. You add so much to St Helena!"

Jan Holden
Complementary Therapy Co-ordinator

For additional information about the therapies provided at St Helena Hospice or to volunteer your time to help the team, please contact Jan Holden on 07970 578120.

"I would like to thank you for giving me the opportunity of having a relaxing process of my own. I chose massage and reflexology – what a joy. The therapist was such a lovely welcoming lady and at the beginning of my very first session I felt I was with a friend and then came out feeling very relaxed."

Patient letter,
February 2011



Food matters at the Hospice

Enjoying food and drink is something that most of us take for granted and is a big part of our everyday lives. However, for many patients, poor appetite, feelings such as nausea or having a dry or sore mouth, can make eating a difficult and less enjoyable activity. Yet of course it remains a really important element of the Hospice service. *Time* magazine caught up with Liz Mills, a Registered Nurse on the Inpatient Unit, to talk about a new initiative the team at the Hospice are working on for patients.

"The food at the Hospice is excellent. It is freshly prepared and cooked on the premises using locally obtained ingredients.

The challenge though is to tempt patients who don't fancy food into wanting to eat something and our latest project is to use restaurant styled menu books. The money to pay for these

"Meals look appetising and are enjoyable"

Patient quote

books was raised by a 'mulled wine and flower arranging' event held last Christmas, by a talented member of our nursing team and one of our excellent chefs.

Pictures of delicious food often stimulate appetites and a few years ago we were fortunate to have two professional photographers take pictures of food supplements made up into attractive dishes/drinks to be included in the menu books. We have also recently added to this collection through the services of Chris Bourne, who volunteered to photograph some of our menu collection and snack style meals as shown below.

The menu books contain details and sample pictures of the week's menu and alternative snack style meals. Another section contains advice on appropriate food choices when appetite is impaired, as compiled by the Colchester Hospital and Community Dieticians.

We hope that these new menu books will help make a difference to our patients."

Ken Aldred, Chair of the Partnership Group commented *"At a time when hospital catering is getting a rather bad press, this excellent idea is St Helena showing, once again, how things should be done. The presentation, the explanations and particularly the inclusion of photographs are fabulous and make the books look very professional. We can easily imagine how this would tempt a patient who may not have much of an appetite."*

"Everything is first class"

Patient quote



Williams & Griffin help the Hospice

Time magazine is pleased to announce that St Helena Hospice has been nominated as William & Griffin's charity of the year!

This is great news, as they are about to embark on a fun filled year of fundraising for the Hospice and create some brilliant opportunities for the Fundraising department, helping to build a special charity partnership.



The Colchester department store plan to do a variety of things to raise money for the Hospice including collection pots at till points, entering teams into the Hospice's Midnight Walk and It's a Knockout events, cake sales, and one member of staff is even planning to run the London Marathon in aid of the Hospice in 2012. The Hospice will be fortunate to have a presence at their Christmas window launch on Saturday 12th November, where they will be selling balloons and taking donations.

The charitable relationship will also extend to the Hospice's Retail team, as staff from the Hospice shops will have the opportunity to gain knowledge and tips from the team at the store, on topics such as window dressing.

Sally Thomas, Marketing Manager at Williams & Griffin commented *"As always, staff were asked to vote for the W&G charity of the year that they wanted, and we are therefore delighted to be working with St Helena Hospice this year. The Hospice is close to many people's hearts and many staff here give up their own time to raise money. We are all very keen to start fundraising and make this our best ever year yet!"*

If you run a local business or are an employee who would like to find out how your employer can support St Helena Hospice, we would love to hear from you.

Please contact Kate Alden, Corporate and Events Manager, on 01206 791740.

Ladies... walk this way!

Midnight Walk



Registration has opened for our third Midnight Walk, which will take place on Saturday 4th June 2011. The ladies-only event will commence on the stroke of midnight when 2,000 ladies will start their walk through Colchester in aid of St Helena Hospice.

Last year's **Midnight Walk** was a roaring success and raised an incredible £200,000! The atmosphere was electric and everyone had a fantastic night, despite the rain!

This year, we are delighted to announce that **Zoe Tyler**, panelist and vocal coach on the BBC's *How to solve a problem like Maria* and *Any dream will do* and *Loose Women* regular, is supporting the walk and helping promote it across the region.



Zoe Tyler, commented, "I am thrilled to be able to support the St Helena Hospice Midnight Walk and would like to urge as many people as possible to take part in this fantastic event and help us raise as much money for the Hospice as possible. I am a strong supporter of the work that Hospices do

and have seen just how important their work is not only for patients but for the support they give the whole family and their friends. The staff and volunteers who work in hospice care are all angels and what they do makes such a difference to people's lives. I was therefore really pleased to get behind the Ladies Midnight Walk to help support my own local Hospice and help raise thousands of pounds for St Helena."

As with last year, the walk will start and finish at the Weston Homes Community

Stadium, the home of Colchester United and will follow a circular route of 12km (7.5 miles). Participants can look forward to an enjoyable and exciting evening walking for fun or in memory of a loved one. Walkers can join in with friends, family members, work colleagues or simply come along and make friends on the way.

Registration for the walk is just £15 and walkers will receive an official Midnight Walk t-shirt, along with a full event pack containing helpful information and fundraising tips. Each participant will also receive hot drinks on the night and a well deserved medal when they cross the finish line.

St Helena Hospice would like to thank **Colchester United, the Gazette, Red Tiger, Balfour Beatty, Water Direct, Anglia Crown, Capel Plant, Adams Publishing, Eat Natural and Total Car Parks** as supporters of the event and for helping to make the event such a huge success.

Whilst this is a ladies-only walk, there is definitely a part for men to play. The Midnight Walk team needs lots of men to volunteer their support to come along on the night and work as stewards along the route.

The event is set to be a sell out and places are limited, so we would certainly recommend getting your place reserved as soon as possible. You can register online at www.colchestermidnightwalk.co.uk or call the Fundraising Office on **01206 791740** to request your registration pack in the post.

Don't miss out on the best night of the year...register now!

All participants must be over 14 years of age. All under 18s must be accompanied by an adult who takes full responsibility for them throughout the event.



Kim's Story



Kim on Caribbean holiday

Kim Turner will never be forgotten by her family and they will never forget the love and care that St Helena Hospice gave to her while she was ill.

Her brother Lee Woodward paid a loving tribute to his sister who died in the Hospice, aged 52, in September 2009, after a long and courageous battle against cancer over a period of ten years.

Lee remembers Kim as always being really positive, bouncy and feisty. *"She remained really chipper and approached all her treatments positively. When she lost her hair a number of times because of the treatment she was receiving, we always joked that she needed to get the marker pen out, so we could mark the mirror where her eyebrows should be!"* This, said Lee, was a measure of the sort of person Kim was, her sense of humour and her attitude to life. When her partner Steve died unexpectedly early in 2006, she said that it shouldn't have been him that died but her.

Kim, who lived in Halstead, worked for the Ministry of Defence at Wethersfield, who were very supportive of her and where she made a great many friends. Outside of work she always tried to busy herself, she enjoyed many different types of craft work. She inherited the family eye for colour and was very good with her hands. She made all of her greetings

cards and was frequently commissioned by friends to make cards for special occasions. *"She was also very keen on other creative hobbies, including cross-stitch, beading and crochet"* Lee said. *"She had a love of handbags and high-heels, the latter, we always joked was as a result of her lack of inches, but she would always have a witty riposte to any such suggestion."*

Later in the year that Steve died, Kim decided that she wanted a bit of company and got a rescue dog - a Yorkshire Terrier/Jack Russell cross called Benji. A far cry from a Greyhound rescue dog that she had originally thought of getting!

Benji proved to be a loving and loyal companion to Kim and was looked after by her very good friends Janet and Tony when she was in hospital and the Hospice and Benji is now happily living with them full-time.



Kim visiting Lanhaybrook House in Cornwall

Such is the level of care and understanding at the Hospice, said Lee, that in her last days there, they were able to take Benji in to see Kim. It is that level of care and understanding that was such a help to Lee, his younger sister Rae and parents.

Lee said it was almost impossible to say how much the family appreciated what the Hospice had done for Kim. The care she received included community nurses looking after her at home, occupational therapy and physiotherapy, help from the North Essex Lymphoedema Service and the care she received while she was in the Inpatient Unit.

Despite the bravery and the positive way in which Kim approached her illness, Lee said it eventually wore her down. But, he said, the Hospice played a vitally important role in her life. *"Kim went through hell and back over the years, but the support she received from the St Helena Day Centre team and the Hospice Community Nurses who visited her at home always made things easier to deal with."*

Lee said: *"During her last 10 to 14 days in the Hospice until she died, Kim had fabulous care and access to all facilities. The staff are beyond praise, they were there not just for Kim but for my parents, sister and all the family. Nothing was too much trouble and I cannot talk highly enough of everyone at the Hospice. They provided fantastic support. In her final days they put every effort into making her as*

comfortable as possible. Personally I struggle with the concept of how these people can give so much, it's amazing. They are very special people."

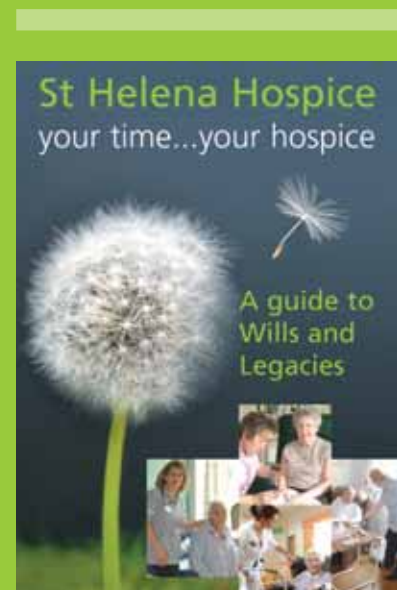
Lee, who used to pop into the Hospice every day to see Kim, said that she was a very giving and organised person and would have hated leaving unfinished business. It was while she was in the Hospice that she redrafted her will and left an amazing legacy to the Hospice - her home.

Lee said: *"She was a fun-loving sister and daughter to our parents. She was also very thoughtful and has left a huge hole in our lives, we miss her dreadfully."*

But, Kim has also left behind two wonderful legacies - the gift to her family of their wonderful memories of her and the gift of her home to the Hospice.



Kim with Mum and younger sister Rae



St Helena Hospice is so grateful to Kim for the wonderful legacy she left in her Will. It is through special gifts such as hers that we are able to continue providing the care and support we do throughout the community. Gifts left to the Hospice come in all shapes and sizes, but every single one of them is so gratefully received and helps to secure the future provision of Hospice care for others in our community.

For more information, or to request a copy of our Guide to Wills and Legacies, please contact us on 01206 791740 or go to our website at www.sthelenahospice.org.uk/makingagiftinyourwill.cfm



Kim with Steve celebrating a birthday



Kim with Mum, Dad, Rae and Lee

Clacton Gazette Hospice Appeal

For 25 years St Helena Hospice has been providing care and support to people with life-limiting illnesses. And for 25 years the Clacton Gazette has been bringing the latest news and information to its readers since its name was changed from the East Essex Gazette.

To mark these two milestones, the Clacton Gazette is challenging itself and its readers to raise an amazing £25,000 for the Tendring Day Centre. Staff have



launched the appeal to raise money to purchase a vehicle for the Tendring Day Centre patients and the remaining funds will be used to provide care and support for patients and their families living in the Tendring area.

Brendan Hanrahan, Editor of the Gazette, said: *"We wanted to honour our 25th anniversary by making a difference in the town. And the Hospice is such a worthy cause that has such an impact on the lives of so many people in Tendring, be it those who use its services, or family members of those who have been helped by the charity. We want to encourage everyone to get involved and donate or take part in sponsored events."*

The team at the Clacton and Frinton Gazette and the Harwich and Manningtree Standard are truly getting in the spirit and getting 100% behind the appeal. Reporters Will Lodge and Dave Lambert did the seven mile stretch of the fundraising Pier to Pier walk three-legged, before continuing on to complete 14 miles with editor Brendan Hanrahan, and Caroline McCalman. Chief reporter Chris Wilkin, entertainment reporter Sue Howlett, Ray Chillingworth, administrative assistant Lynsey Verhelst and her son Jamie also took on the seven mile Clacton to Walton walk.

In addition to the Pier to Pier Walk, the three Harwich and Manningtree Standard reporters, Lorraine Price, Caroline Tilley and James Cox, will be taking on the Harwich Triathlon in July as a relay team to raise money for the appeal. Lorraine will be tackling the 1,500 metre sea swim, Caroline the 40k cycle ride, and James the 10k run.

To keep track on their progress, read the reporters' blogs at www.harwichandmanningtreestandard.co.uk

where they will be giving you up-to-date information on trips, falls and the trials of training. You can also show them your support and donate to the appeal, by sponsoring them for this wonderful challenge at

www.justgiving.com/reporterstriathlon



Photo: Courtesy of Clacton Gazette

Why not try something different this year?

If you fancy doing something special for charity this year, why not take on a personal challenge or get involved in one of our events? Whether you enjoy cycling, driving, walking, skiing, running or even the rush of a bungee jump, we have something for everyone!

All of the Hospice's services are free, and as a registered charity, we rely heavily on the support of the

community. A large part of our funding comes from people taking part in community organised events and those we run ourselves, so that's why we welcome anyone to take on a challenge to help raise money for St Helena Hospice.

For more information or to request a copy of our Events and Challenges Guide which details lots of exciting options that you could get involved in, please contact the Fundraising Office on 01206 791740.

Beth Livermore skydiving for the Hospice



Justin Felton doing his Three Peaks Challenge for the Hospice

Colchester United partnership update



At the start of the 2010/2011 season, Colchester United adopted 4 local charities to become their official Charity Partners for the year, and St Helena Hospice was thrilled to be named as one of these. As an ambassador for St Helena, the Hospice was delighted to welcome John Ward, the Colchester United Football Manager to the Light up a Life service at Colchester Castle in December where he provided a reading as part of the service. John kindly started the walkers off at the Hospice Pier to Pier

Walk in March when he cut the ribbon, and will also be opening this year's Summer Fete on Saturday 7th May.

Colchester United also kindly hosted our Casino Night at the Weston Homes Community Stadium in March and provided us with a range of fabulous prizes, not just for the Casino Night, but also for our May Ball on Friday 13th May.

We are incredibly grateful to Colchester United and John Ward for their fantastic support of St Helena Hospice and look forward to an exciting schedule of events working together over the coming months.

John Ward, Colchester United Football Manager said *"I am pleased to be able to support the Hospice in their endeavours this season and the club is working hard to ensure that the partnership is a success. The Pier to Pier walk appears to have been a great event and the club are looking forward to hosting the Midnight Walk once again."*



Retail news

The retail team is also moving forward this year, with lots of exciting new developments in the shops.

Gift Aid is proving to be a great success since it was launched in August last year. The shops and warehouse teams are working hard to increase the number of donations they are able to Gift Aid, and have so far generated an additional £10,000 for St Helena Hospice through this scheme.

Signing up for Gift Aid is an easy way to help the Hospice maximise the value of its donations. If you are a UK tax-payer and donate goods to sell in our shops, by signing one simple form, St Helena Hospice can reclaim tax from HM Revenue & Customs (HMRC), and most importantly there is no cost to you.

This means that for every £1 of your donated goods sold, we can claim an extra 25 pence. For full details of the Gift Aid scheme, please ask when you next bring in goods to donate in our shops or warehouse.

With sales in all our shops roaring away, the demand for high quality items grows too. Please do remember us when you find items you no longer want or need, and please recommend our shops to your friends and family so that they can come and browse the many wonderful items we have for sale. Don't forget that we can also arrange to collect larger, saleable items of furniture for free with our Hospice van, so if you would like additional information about this service, please call our furniture shop on 01206 793937.



You will notice some exciting changes over the next few months in many of our shops. Our clothing shop in Dovercourt has been opened up to create more space on the shop floor, and our Halstead shop is looking to convert one of the rooms behind the main area into a new book room, which we believe will be very popular with our customers.

We are also extending our opening hours to give our customers more opportunity to visit us. The Head Street shop in Colchester is now open from 8.45am to 4.45pm (Monday to Saturday). We are also planning to open our coastal shops, (Frinton, Clacton and Dovercourt), on Sundays from 17th July until 4th September, 11.00am to 3.00pm. We will also be opening our Magdalen Street furniture shop on Sundays from 5th June onwards.

Obviously, we can't do all of this without the help of our wonderful volunteers. If you have any time to spare - especially at weekends, and would like to volunteer in one of our shops or our warehouse distribution centre, please do contact either a Shop Manager or Jayn Lone, Retail Administrator, on 01206 866563.

Thank you as always to our generous supporters, customers and donors as we couldn't do it without you. We look forward to welcoming you to one of our shops soon.

Lana Meade
Retail Manager



Your Hospice Lottery



We are incredibly grateful to all our lottery members for the wonderful support you have shown to St Helena Hospice over the last ten years. After costs, you have helped raise an amazing amount - more than £1.7 million, which has all gone straight to caring for people in our local community. We would sincerely like to thank all of you for your loyal and valuable support, as this fantastic achievement would not be possible without you.

In real terms, this means that our lottery players have raised enough money for St Helena Hospice to run our Inpatient Unit at Myland Hall for almost an entire year!

Put another way, your contributions have enabled St Helena Hospice to fund the annual salaries of over 70 nurses in the last ten years.

As you can see, your lottery membership has made a huge impact on St Helena Hospice.

However, as with all things, the amount of money it costs to run the Hospice is ever-increasing and we are always looking for new and greater ways to raise funds - either by reducing our costs or encouraging new members to join our lottery.



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Breaking news

We would like to announce some important and exciting news! We are very excited to be able to inform you that we have the opportunity to extend the lottery into Cambridgeshire, in association with the Arthur Rank Hospice Charity. This is very exciting, as it means more funds can be used to support patients and their families throughout our communities.

Arthur Rank Hospice Charity is based in Cambridge and has been serving the people of Cambridgeshire for 30 years. Although very successful in raising funds, it has never had its own lottery and has asked St Helena Hospice to promote a lottery in Cambridgeshire on their behalf. This means that we are not only able to help another hospice raise funds for their local community, we also have the opportunity to increase the amount we raise through the lottery. As a result of this relationship, we will be able to support more patients and their families within Essex.

We would like to emphasise to our lottery players that there will be very few changes to the lottery and the way that it is run, all your contributions will continue to solely support the work of St Helena Hospice.

One noticeable change taking place however, will be the name of the lottery. Continuing to use the name St Helena Hospice Lottery would be too confusing for those supporters who live in Cambridge and who wish to contribute to Arthur Rank Hospice Charity. As a result, we would like to announce that we are now going to be called Your Hospice Lottery.

Your Hospice Lottery is owned and run by St Helena Hospice. It will continue to be operated at the same location at Magdalen Street in Colchester and will be run by the same lottery team. We will continue to provide a high quality, efficient and professional lottery for the benefit of the two Hospices.

In addition to this exciting news, we are also thrilled to report that our weekly prize fund will be increasing from £1,500 to £1,750 every week, giving our members a greater opportunity of winning a prize. We are always conscious of how money is spent, but we felt that it was time to increase the prize fund as it has remained the same ever since the lottery was first launched back in 2001, whilst the number participating in our lottery has grown to a membership of almost 12,000.

This year it will cost £5.1 million to run St Helena Hospice. We hope that you, our members, will continue to support us by playing the weekly lottery to help carry on its wonderful work.

Thank you for your support!



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Your questions answered

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Q. Why doesn't St Helena Hospice Lottery carry on as it has done up to now?

A. *In the current financial climate, everybody's costs are increasing and St Helena Hospice is no exception. At the same time, there is an ever increasing need for the Hospice's services. We are always conscious of costs and with Arthur Rank Hospice Charity looking at the idea of running a lottery independently, there was an opportunity for both hospices to gain income and save financially, by working together to create this lottery scheme.*

Q. Why is the St Helena Hospice Lottery changing its name?

A. *As we are now extending our lottery into Cambridgeshire, it would be very confusing for Arthur Rank supporters to be supporting their own Hospice by playing a lottery that was called the St Helena Hospice Lottery.*

Q. Does this mean that there is less chance of winning a prize in the weekly lottery?

A. *The purpose of Your Hospice Lottery is to raise vital funds for hospice care for those people in our communities with a life-limiting illness. However, we recognise that whilst the lottery is a fun way for supporters to help the Hospice, it is always nice when your number is selected as a winner. As the total prize fund has never changed since it began ten years ago, we have decided to add an extra £250 in to the prize fund, split into several prizes. This will therefore give players a greater chance of winning.*

Q. Will my £1 still go to St Helena Hospice every week?

A. *Yes. All proceeds from St Helena Hospice supporters' weekly £1 will be given solely to St Helena Hospice.*

Q. I pay my subscription by standing order - will this have to change?

A. *No. Your payments will still come through to us in the same way as before and you will carry on being entered into our draw as before.*

Q. I pay my subscription by cheque/credit card - will I have to send my payments to a new address?

A. *No. Your Hospice Lottery will be run by St Helena Hospice and will continue to be administered by the same lottery team from our existing location at our Fundraising Offices in Magdalen Street, Colchester. We will however, ask you to make your cheques payable to Your Hospice Lottery.*

Q. When will the changes start to happen?

A. *The lottery scheme will be starting this spring.*

Q. What is the Arthur Rank Hospice?

A. *The Arthur Rank Hospice Charity works in partnership with the NHS to support patients and their families in Cambridgeshire. This year the charity must raise over £1 million to meet their financial commitments at the Hospice. Arthur Rank Hospice Charity is dedicated to providing specialist palliative care and support, free of charge to adult patients and their family, friends and carers.*

Stuart Smith has been playing the Lottery since its first draw in June 2001 and has recently won the £1,000 jackpot cheque

"It was a great surprise to open up the letter and see that I'd won first prize. I've won the odd £10 prize over the years, but never expected to get such a huge amount! Some of the win has been put aside to help cover the cost of visiting Orlando in the summer with my family. I also felt it was right to send a small donation to the Hospice, which our family has supported whenever we can."

Carlo Guglielmi the proprietor of the Waldegrave Post Office who has been actively supporting and promoting the Lottery for the Hospice since March 2003 said,

"St Helena Hospice is something very close to our hearts having had close friends supported by the Hospice. All their wonderful work and efforts are really appreciated by us and we hope as many people as possible will get involved in the Lottery to help support their amazing work."

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More questions?

We are only too happy to answer any questions about the new lottery scheme or indeed any of your lottery questions.

If you would like to contact us, please call us at the Your Hospice Lottery Office on 01206 791175

Events guide 2011

April

Charity Race Night

Saturday 23rd April
7.00pm

Rovers Tye, Highwoods, Colchester

Tickets £10 includes

Fish & chip supper

For further information and tickets,
contact 01206 845345.

May

Summer Fete

Saturday 7th May
11.00am - 3.00pm

St Helena Hospice, Myland Hall,
Barncroft Close, Colchester

A fabulous family day within the
beautiful grounds of the Hospice.
Refreshments, entertainment and
activities for all ages!

The official reopening of the Joan
Tomkins Day Centre will take place
at the Fete at midday.

May Ball

Friday 13th May

Le Talbooth, Dedham

Attendees to the Ball
will enjoy a drinks
reception on the lawns.

There will be a delicious 3
course meal followed by an
auction with some fabulous lots
and live music will be provided by
"The Short People". Carriages this
year will be at 1.00am.

Tickets £60, contact the Fundraising
Office on 01206 791740.

Garden Open and Plant Sale

Sunday 22nd May
2.00pm - 5.30pm

Old Hill House, Halstead Road,
Aldham CO6 3PP

Entry £3 adults, accompanied
children free.

June

Open Garden

Saturday 4th and Sunday 5th June
2.00pm - 5.00pm

4 Stambourne Road,
Gt Yeldham CO9 4RA

Entry £2.50. Cream tea and scones
available £2.50.



Midnight Walk

Saturday 4th June - Sunday 5th June
Registration will open at 10.30pm
with the Walk starting at midnight.
Starting and finishing at the Weston
Homes Community Stadium.

12km Midnight Walk through
Colchester.

£15 registration (places are
limited). Women walk, men support!
Contact the Fundraising Office on
01206 791740.

Brightlingsea Open Gardens and Scarecrows weekend

Saturday 25th and
Sunday 26th June
10.00am - 5.00pm

40 gardens open over the weekend
Entry to gardens and programme:
£4 per adult, accompanied children
free. For further information,
contact 01206 303157.

September

It's a Knockout

Saturday 17th September
10.00am

Lower Castle Park, Colchester

Contact the Fundraising Office on
01206 791740

Night Vision Relay

September (date to be confirmed
once Colchester Utd fixture list is
released)

Night Vision Relay is a 12 hour fun-
filled team relay event and is
designed for people of all ages and
abilities. As it's a twelve hour
challenge, there is no limit on the
number of people per team. Teams
can be made up of friends, family
members, colleagues or groups and
associations...the more the merrier!
10.00am - 10.00pm

Weston Homes Community Stadium.

October

Voices for Hospices 2011

Sunday 9th October

7.00pm for 7.30pm start - Midnight
Westcliff Theatre, Clacton, Tower
Road CO15 1LE

Tickets £7.50, available from the
Theatre Booking Office,
on 01255 433344.

November

East End Delight

Friday 4th November
7.30pm - Midnight

The Firs Caravan Park, Little Clacton
Tickets £10 including supper,
available from 01255 427271.



St Helena Hospice

Christmas Bazaar

Friday 25th November

12.30pm - 3.30pm

Saturday 26th November
9.30am - 3.00pm

Lion Walk United Reformed Church,
Colchester (opposite Boots the
Chemist)

A wide range of stalls.



Sally Noyes Fund in aid of St Helena Hospice

Margaret Carouth and her family and friends started fundraising in 1982 and below is a list of events where you will be able to find them this year:

Open Garden

by kind permission of
Mr and Mrs Colin Lorking
Sunday 8th May
12:00pm - 6:00pm
Rosedale, 40 Colchester Road, Bures
Teas and plant stall. Admission: £3.00

Drinks tombola stall at Hospital Radio event

Monday 30th May
11:00am - 4:30pm
Lower Castle Park, Colchester

Game, tombola and books at Aldham Olde Tyme Rallye

Saturday 11th and Sunday 12th June
10:00am

Drinks tombola and books at Scottish Band Show

Sunday 12th June
11:00am - 5:30pm
Lower Castle Park, Colchester

Pixie Cottage Weekend

Brook Street, Dedham
Friday 24th June - coffee morning
10:30am - 12:00pm
Saturday 25th June - This and That Sale -
Books 10:00am - 5:00pm
Sunday 26th June - This and That Sale -
Books 10:00am - 5:00pm

Drinks tombola at Tendring Hundred Show

Saturday 9th July

Books and tombola stall at West Bergholt Vehicle Show

Saturday 30th and Sunday 31st July
11:00am - 5:00pm

Tombola stall at Five Parishes Show

Langenhoe
Sunday 7th August
11:00am - 5:00pm

Antique and collectables stall

Dedham Square
Monday 29th August
10:00am - 5:00pm

Drinks tombola at Gt Bentley Show

Saturday 3rd September
1:30pm - 5:00pm

Drinks tombola and puzzles at Lions Vehicle Show

Castle Park, Colchester,
Date to be confirmed

Your Hospice... your magazine!

We hope you have enjoyed the spring edition of time magazine. As we move into the warmer months, here at time magazine, we are looking onwards and upwards!

So that's why we are pleased to announce that the next issue of the magazine will be in a brand new format! This new format will be printed at a smaller size, but will still include the full range of interesting and informative articles, as well as our regular news and event updates.

Saving funds for the Hospice has always been our priority, so this is a perfect opportunity to reduce costs on paper, printing and postage. This will therefore contribute more funding from the magazine towards Hospice services and patient care, whilst helping the environment at the same time.

We will also be launching our new electronic version of time magazine which will really help to further reduce our costs and carbon footprint. So, watch this space for our new look magazine - we really hope you like it and thanks for helping us make your donations through time magazine go even further.



Go electronic!

If you would like to have your copy of time magazine emailed to you in the future, please sign up for your e-newsletter by emailing us at newsletter@sthelenahospice.org.uk or by calling Claire Hudson or Abbie Beckford on 01206 791740.

Services of Remembrance

St Helena Hospice holds a Service of Remembrance on the last Sunday of every month and everyone is welcome to attend.

The Service gives you an opportunity to give thanks and remember the life of a loved one.

All services are held at 3.00pm and are followed by refreshments and an opportunity for an informal talk with Hospice staff.

The dates of the coming services:

- Sunday April 24th - Tendring Centre
- Sunday May 29th - Myland Hall
- Sunday June 26th - Tendring Centre
- Sunday September 25th - Myland Hall
- Sunday October 30th - Tendring Centre
- Sunday November 27th - Myland Hall

For additional information about the Services of Remembrance, please contact Reverend Mark Ambrose, Hospice Chaplain, on 01206 845566.

Rainbow of Ribbons

Do you know somebody who has brought **colour** into your life?

Celebrate this special person by dedicating a Rainbow Ribbon in their name.

We are inviting you to make a dedication on behalf of a special person who has brought meaning to your life. By giving a donation to the Hospice, you will be able to dedicate a ribbon in their name, which will be tied to a tree in the beautiful Hospice grounds.

We would love for you to come and see the wonderful sight of all these colourful ribbons, so we are holding an Open Garden Day on Saturday 18th June, 11am until 4pm.

Please come along and see the ribbons and have a look round part of the Hospice grounds. There will also be a range of light refreshments for you to purchase and enjoy on the day.

If you would like to dedicate a ribbon to someone special, please take a moment to fill in the form below.

Thank you for making the Hospice such a colourful place!

Yes, I would like to dedicate a ribbon to someone who has added colour to my life

Mr Mrs Miss Ms Initials

Name

Address

Postcode

Telephone Email

I wish to dedicate a ribbon to:

Amount enclosed:

We hope you can join us at our Open Garden Day on Saturday 18th June.

Yes, I shall be attending:

No, I am unable to attend:

Please tick the appropriate box

Tick box

Tick box

Methods of Payment

To process your donations by credit card, we will need your three digit security number from the back of your card. Please supply a contact number so that we can obtain this from you when we process your payment.

Please make your cheque payable to St Helena Hospice

Please debit my VISA Mastercard

Maestro card by £

Valid from / / Expiry date / / Maestro Issue No. / /

Card No:

Signature:

Please tick if you do not require an acknowledgement of your donation.

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Please treat (Please tick the appropriate box)

The enclosed gift of £ as a Gift Aid donation; **OR**

All gifts of money that I make today and in the future as Gift Aid donations; **OR**

All gifts of money that I have made in the past 4 years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

You must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that the charity will reclaim on your gifts for that tax year.

Signature

Date

Please notify the charity if you:

1. Want to cancel this declaration.
2. Change your name or home address.
3. No longer pay sufficient tax on your income and/or capital gains.

If you pay income tax at the higher rate, you must include all your Gift Aid donations on your Self Assessment tax return if you want to receive the additional tax relief due to you.

For more information about Gift Aid please visit www.hmrc.gov.uk

Tax claimed by the charity

- The charity will reclaim 25p of tax on every £1 you give.

Please return this form to **St Helena Hospice Fundraising Office, 95-97 Magdalen Street, Colchester CO1 2LA**