

# time



Planning  
for  
the future

full story on page 2/3



## St Helena Hospice

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## Contents

- Planning for the future p 2/3
- Hospice at Home launched in Mid Essex p 4
- 25th Anniversary Celebration p 4/5
- 2010 Virgin London Marathon p 5
- Day by Day p 6
- Colchester United Charity Partnership p 6
- Midnight Walk 2010 p 7
- Partnership Group p 7
- Leala's Story p 8/9
- Gardens p 10
- Volunteers' Day 2010 p 11
- Volunteer Survey 2010 p 11
- The Nancy Salmon Trust p 12
- The Friends of St Helena celebrate 25 years and more! p 12
- A walk for all!...Pier to Pier p 13
- Retail news p 13
- Events Guide 2010/2011 p 14
- Light up a Life 2010 p 15
- Planning for the future p 16

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# Planning for the future



This year it has been rewarding and enjoyable to look back over the 25 years since St Helena Hospice first opened for patients. But in an ever changing and developing world, we are also planning for our future. Our Strategic Plan helps us to focus on our goals; clinical, financial and organisational, and it has been satisfying during the year that we have achieved some of these.

Changes can be generated by new government strategy and legislation, for example, at the moment we are looking at how the government white paper on GP Commissioning would affect the Hospice. Planning is also informed by evaluations and surveys and any other feedback we get from patients and families, whether positive or negative. In addition to annual patient questionnaires, our user group is starting regular patient forums to encourage feedback in a supported and friendly environment at the Day Centres. We also now carry out a bi-annual staff survey and our first volunteer survey was completed this year.

One of the exciting developments this year is the modernisation of the Joan Tomkins Day Centre. This Centre was opened in 1989, thanks to the huge generosity of a local business man, Robin Tomkins. Due to the passing of time as well as changes in clinical standards and legislation, we now need to update and improve the building.

Fortunately we were able to attract a grant of £495,000 from the current Department of Health Capital Grants Programme for hospices for this work. This grant, together with money donated specifically for the Day Centre, will allow us to complete the modernisation over this winter. It is wonderful that we are able to do this work without using Hospice funds from patient care.



In addition to modernising the Day Centre, we will be making some extra car parking spaces from an area of lawn near the entrance to St Helena. This will allow us to have a dedicated area for patients and their visitors by the Day Centre. It will also ensure that we have sufficient space for visitors attending the Education Centre and for staff, volunteers and visitors to the Hospice.

The building programme started in October 2010 and will last about six months. An area for team members' offices will be created in the loft to open up additional space for patients downstairs. Doors, rooms and corridors will be enlarged to give better wheelchair access. There will be a fantastic new bathroom with a specialist bath, for those patients who find it difficult to use their baths at home. The hairdressing room will be updated. A new family counselling room will be created, to facilitate work with families. The treatment and therapy rooms will be updated and improved and a large group therapy room will be created.

The terrace area, which looks over the pond, will be made level and improved for better wheelchair access. This is an important area for patients and provides space for family barbecues as well as quiet contemplation.

This work is going to improve the Day Centre greatly, but it is going to be disruptive during the building project. During the programme our Colchester and Halstead area day patients and out patients will be looked after in the front of Myland Hall and this will put pressure on patients,

volunteers and staff. Staff offices have been shifted around to squeeze as many people in as possible and staff and volunteers will not be working in ideal conditions.

At the end of the build, when the Day Centre re-opens, we believe all the disruption will be worthwhile and that our Joan Tomkins Day Centre will continue to offer the best possible care and comfort in a 21st century environment.

With warmest thanks,

Rosy Stamp Hospice Director

**St Helena Hospice**  
your time...your hospice

25th Anniversary



# Hospice at Home launched in Mid Essex

St Helena Hospice is very pleased to announce that they are working in partnership with Mid Essex Primary Care Trust to provide a new Hospice at Home service throughout Halstead, Heddingham and Earls Colne.

Until now, Hospice at Home in Mid Essex has only been commissioned on a very limited, individual patient basis, but now the service will be directly commissioned by the Primary Care Trust from St Helena Hospice for local patients.

Hospice at Home is there for people who would otherwise face unnecessary hospital stays or admissions when it is their wish to die in their own home. The service will be provided by health care assistants who are trained by the Hospice in end of life care and have excellent communication and caring skills. They are managed by a qualified nurse and work in collaboration with the patient's own District Nurse and GP as well as the wider Hospice team. The team provides care and emotional support to patients and families and helps them to feel supported and cared for, to feel safe and listened to and enables patients to die with dignity in their place of choice.

"We are delighted to be able to move forward in partnership with Mid Essex Primary Care Trust to support local patients in this way" said Rosy Stamp. "It is vital that patients can choose to die in their own home if that is what they and their family want. Families tell us how comforting it is to know that they were able to look after a loved family member at home with the help and support of our team. Although this service will start small, we hope it will grow as it proves itself to be valuable to local patients."

For further information contact the Hospice on 01206 845566.

*"I cannot thank you all enough for all the help and care you gave, which allowed me to keep my wife at home to the end, which we all wanted. I tell people I can honestly say I asked for nothing, but got everything. Thank you all."*

Comment received by Hospice at Home, North Essex

p4 time

# 25th Anniversary Celebration



There was plenty of laughter and plenty of tears at St Helena Hospice's heartwarming and heartrending 25th anniversary celebration held at the University of Essex.

Guests were met by the sight and sound of pipers playing under the trees as they made their way to the Ivor Crewe Lecture Theatre on a bright, sunny early August afternoon.

The theme of the event was to celebrate the past, present and future of St Helena Hospice and those who attended were able to enjoy an afternoon amongst friends and fellow Hospice supporters. Guests to the event included founding members, original fundraisers, trustees, staff and volunteers who had been involved from day one right through to current day as well as families who had been supported by the Hospice and patients who were currently receiving care.

Christopher Pertwee, Chairman of the St Helena Hospice Board of Trustees hosted the day's proceedings. Following a warm welcome to the 400 guests who had come along to the celebration, Christopher opened the event and welcomed up to the front sisters Jo Butler and Claire Wagenaar. Jo and Claire gave a very moving tribute to their mother Janet who was cared for by the Hospice up until she died there last year. Fighting back the tears at times, they showed just how valuable and vital the Hospice is to the community. Even after their mother's death, the Hospice continues to provide them with much appreciated support.

Emotions continued to run high as Billie Joe, a solo singer and young Hospice supporter, gave a moving performance of Bridge Over Troubled Water and Angels. Christopher then welcomed to the front Dr Elizabeth Hall, the first Medical Director and someone who hardly needed introduction to anyone who was sitting in the auditorium. Dr Hall spoke about St Helena Hospice's journey over the years and shared her memories and anecdotes.

The musical theme of the day was then continued by Kelly Jones and Christopher Slatter, who played a couple of beautiful classical pieces on the violin and cello. They dedicated the performance to a close musician friend of theirs, Nick Spall, who had died at the Hospice aged only 26.

The President of St Helena Hospice, the Right Reverend Christopher Morgan, Bishop of Colchester, also paid tribute to the work of the Hospice and its staff.

Following the Bishop, St Helena Hospice were delighted to officially launch and give the first public playing of their new Hospice Video which had been worked on ready to release in celebration of the 25th anniversary. The video showed many patients, families, volunteers and staff talking about what the Hospice means to them and how and why it has made a big difference in their lives. It is hoped that it will help raise awareness of the many services the Hospice offers and that it will allay any worries that people may have about using Hospice services in the future.

The video is now live on the Hospice website and can be viewed using the following website address [www.sthelenahospice.org.uk](http://www.sthelenahospice.org.uk)

Hospice Director, Rosy Stamp was the final speaker of the day and started by thanking everyone who gave their time and took part in the film. Rosy talked about being proud to belong to a community that believes so strongly in its Hospice and supports it so generously through donating and volunteering. She ended by giving her warmest thanks to everyone who contributes to the life of the Hospice and especially to everyone present.

After the formal session concluded, the afternoon was rounded off with a celebratory drink and a chance to enjoy a 25th themed cupcake which had been baked by the superb catering team at St Helena Hospice especially for the occasion. Guests also had the chance to talk about and reflect on the afternoon and how far the Hospice has come in its first 25 years. Many stories and memories were shared and all had a wonderful day.

*"It was a very enjoyable afternoon meeting up with friends and fellow supporters and the guest speakers and musicians were excellent. The refreshments were also thoroughly enjoyed."*

*Quote from 25th anniversary event*

*"Thank you for inviting me to the 25th anniversary event. It was a lovely presentation and such a pleasure meeting up with really good friends and work colleagues."*

*Quote from 25th anniversary event*

## 2010 Virgin London Marathon

On 25th April this year, St Helena Hospice had 11 Gold Bond runners take part in the 26.2 mile, Virgin London Marathon. The team consisted of: Andy Hughes, Steven Long, Tara Humphrey, Lee Hyde, Roy Corneloues, Louise Cassidy, Ruth Wells, Don Goldsworthy-Ellson, Kevin Davies, Louis Mhango and Eddie the Eagle, the Colchester United mascot.

In addition to the Gold Bond runners, St Helena Hospice also had six independent people running for them. These were: Terry Rivers, Jo Denney, Douglas O'Neill, Viv Cassidy, Stephen Wyss and Clare Adams.

Everyone did an amazing job and not only trained incredibly hard leading up to the marathon but also worked really hard at raising money for St Helena. We are very grateful to everyone in the team for all their dedication and commitment to this challenge and are delighted to announce that so far as a group they have raised an incredible £26,755.77.

If anyone has been allocated a place in the ballot for next year's London Marathon or is taking part in any other run, marathon or challenge and would like to raise money for St Helena Hospice we would of course love to hear from you.

**Please contact Kate Alden at the Fundraising Office on 01206 791740.**



# 'Day by Day'

Both Bob and Alan attend the day centre at Tendring on Wednesdays and through sessions of music therapy have not only started playing music again but have formed a band which they have called 'Day by Day'. Alan and Bob tell us how this all came about.

"I was going to the day centre and had some counselling," Alan said. "The counsellor asked me what I missed most from my life and I said playing the guitar; I had played for 38 years and been in bands. I hadn't played since I've been ill though - my fingers are numb from the chemo. The counsellor said that there was music therapy here, and as I'm an optimist I said I would try it, but I didn't see what good it would do.

So I went to see Ruth, the music therapist, and she put a guitar in my hand - a not very good guitar I must add! I had no sense of rhythm in my hand - it was just a bit of plonking really. But the next week, it got a bit better - I got my confidence back to start trying and practicing. Because my fingers were so numb, I've had to

learn to play again with a different style; I don't feel I'm as good as I was, but I'm improving every week.



I realised that Bob, one of the other day centre patients on a Wednesday, had also been having 1-1 sessions with Ruth. As it was coming up to Christmas, we tried playing together, to provide some music for the Family Day...and since then we've kept playing together."

Bob, who is a drummer, had also played in bands before, but again hadn't felt able to play since he had been ill. "When I first came to see Ruth, I had the shakes so much that I couldn't play the drums. But by slowly starting to play I don't have the shakes so much anymore, and I can play again. My drum kit was rusting away in the garage, so I donated it to the Hospice, thinking that someone else could get some pleasure from playing it. But now I'm playing it!" said Bob.

Since Christmas, Bob and Alan have also co-opted Mark Ambrose, Hospice Chaplain, into the band, so now it's a four-piece, with Alan on lead guitar and vocals, Bob on drums, Mark on bass and Ruth on piano. The band have now done three gigs in total, two in Tendring and then one 'on tour' to the Education Centre at Myland Hall. The backbone of the group is a weekly 'band practice' session.

Alan says "I find it very invigorating when we play. I forget about everything when I play my music - we're called 'Day by Day' because you never know what's going to happen." Bob adds "This shows to other patients that we can still do things and so gives them encouragement that they can still do things too. A Hospice isn't always what you think! In closure, I like to feel we are 'born again' musicians!"

Recently Alan has written a song called 'I'm in a Band' which the group have recorded and released. The song was written to encapsulate some of what the Hospice has meant to Alan, gaining back control after a life limiting diagnosis.

Copies of the song 'I'm in a Band' are available to purchase for a donation and can be obtained by contacting the Fundraising Office on 01206 791740.

## Colchester United Charity Partnership

We are thrilled to announce that Colchester United have chosen St Helena Hospice as one of their four designated charities for the 2010/11 campaign. The Hospice have always been incredibly well supported by Colchester United but this new partnership scheme will enable us to receive levels of backing not previously offered to any charity.



Included in the partnership package are a whole host of superb benefits not only to help us raise awareness of Hospice services but also to provide fundraising opportunities at the Weston Homes Community Stadium. The club's General Manager Tim Waddington said of the new initiative for the club;

"Our new Charity Partners will have our full support and there are numerous ways that we feel we can help them with the facilities we have at the Weston Homes Community Stadium and access to the people of Colchester

and the surrounding areas."

John Ward, Colchester United Manager will also be an Ambassador for the Hospice over the coming year and we look forward to welcoming John to our events and activities and thank him and everyone at Colchester United for their ongoing support and generosity.



# Midnight Walk 2010 – What a night!

The moment we had all been waiting for finally arrived when the clock struck midnight on Saturday 5th June and 2,000 ladies started their walk through Colchester in aid of St Helena Hospice.

We are delighted to announce that we had £156,000 pledged in sponsorship money on the night and every penny of this will be used to support the work of St Helena Hospice. Well done to everyone for taking part and helping to raise an incredible amount of money.



A big thank you as well to all our wonderful volunteers for your help and support. Your enthusiasm and encouragement of all the ladies and of the event generally was really appreciated and made the night a true success. The atmosphere really was amazing and the spirit amongst all the walkers, volunteers and supporters wasn't even dampened by the rain, which descended in the second half of the event.

Thank you for all the lovely comments, which have been flooding in. We really appreciate your feedback and it sounds like everyone had as much fun as we did!

## STOP PRESS

We are really pleased to announce the date for the Midnight Walk 2011, which will be taking place on Saturday 4th June. Registration for the 2011 event will open in January but if you would like to register your interest in advance please email us at [midnightwalk@sthenahospice.org.uk](mailto:midnightwalk@sthenahospice.org.uk)

For more information about the 2010 Midnight Walk or to view photos taken on the night, please visit our website at [www.colchestermidnightwalk.co.uk](http://www.colchestermidnightwalk.co.uk)



## Partnership Group

The Partnership Group works very closely with the Hospice and is made up of patients and carers who use or have used Hospice services.

The Group carry out a patient survey each year and also work hard to raise awareness in the community of what the Hospice can do to help. Ken Aldred, chair of the group, talks below about some of the awareness work they are currently involved in.

“Some years ago, The Partnership Group offered to help spread the word of St Helena and has since taken a leading role in writing and producing the Patient Information Guide, which stresses the extensive range of services



available to patients and their families. Now, a copy of this booklet is provided every time a person is referred to the Hospice.

“I didn't realise the Hospice could do so much to help. I thought it was just somewhere people came to die.” We hear this comment so often, particularly when people become involved with the Hospice for the first time.

Fear of the unknown is understandably a common feeling and led the group members to wonder how many people decline a referral to the Hospice because of it. We have therefore been distributing copies of the guide to places where people tend to gather in an attempt to inform as many as possible in our community. Copies have been given to hospital departments, GP surgeries, libraries, community centres, activity

centres, churches, childcare groups and pharmacies.

There are, of course, groups of people who are more difficult to reach: those who are mobile such as students, military personnel, travellers etc. and those who do not engage with the community. Helping these people to know about the services available to them is a challenge so we have been researching key contacts for each group and providing them with copies of the local services directory. Our hope is that if someone goes to their contact for advice they can be directed to the most appropriate service, and if that should be the Hospice - well that will be great.”

Membership of the Partnership Group is open to anyone who has experience of Hospice services. Please contact the Hospice on 01206 845566 if you would like to join or find out more about the group.

# Leala's Story

Leala Milleare; a beautiful, trendy, scatty, funny and funky 29 year old girl was diagnosed with cervical cancer in October 2007. Leala was big sister to Ben and twins Luke and Jamie and was always a bubbly happy girl. She was born on 5th November - in with a bang! Her positive and outgoing personality touched the lives of her family and friends forever.

Leala had abnormal smear tests for about 3 years and was a patient at Colchester Hospital. In October 2007 she underwent a 'loop' biopsy and cervical cancer was diagnosed. Although angry and frustrated, Leala remained positive and calm.

Leala had a radical hysterectomy in December 2007 as the cancer had grown into her womb. She was devastated that she would never have children herself - she was only 28. A few weeks later she started the first of many cycles of chemotherapy - and a six week course of radiotherapy and this was the first time that she had felt really ill.

In the summer of 2008, Leala was given the all clear to the delight of herself, family and friends. Everyone was smiling once more.

Leala was desperate to start living her life once more but also to raise awareness of cervical cancer and the support available for people like herself. She did an interview on Essex

Radio to talk about her experience, then she and her brother Jamie rail-roaded 30 of her friends into jumping out of an aeroplane at 15,000 feet for St Helena Hospice raising over £6,500. "She whooped with delight during the jump" Leala's Mum said. "You could hear her before you could see her. She loved that day."



She and her mum Jill went away for a week to Kefalonia and her mum says "I have some wonderful memories of that week when she was so carefree and full of vitality." After the holiday Leala started to plan a trip of a lifetime travelling round Australia and booked her ticket for the November. However the results of a routine blood test were to bring everything to a halt as they revealed that her liver was showing signs of distress. Further investigation showed that not only was the cancer in her

liver, but that it had probably been present since the hysterectomy was carried out, it was then discovered that she also had tumours in her lungs.

On 19th November when she should have been on her way to Australia, Leala was researching alternative treatments. She had been told it was terminal but Leala refused to give in - she had a life to lead and was determined to do just that. Her mum says "She found an inner strength that we had to admire and through her positiveness we found ours."

This time the chemo was more intensive and the thought of losing her hair scared her. She asked Carey, her friend and a hairdresser to shave it all off. She made it an occasion with her friends all having a snip! "She looked beautiful," her mum said.

Christmas 2008 was to be Leala's last Christmas with her loving family and friends. Her pain was becoming intolerable and on Saturday 3rd January Leala was admitted to St Helena Hospice for the first of her 3 stays in the Inpatient Unit. She was due to fly to Germany for alternative treatment but could not fly until her pain was under control. "Everyone was so kind" her mum said. "They let her friends stay and she became calm and pain free. She said she felt as though she was in a 'love bubble' as so many people cared for her. Her brothers and sister in law visited her every day." After a couple of relaxing nights in the Hospice with her friends and family around her, Leala's wish was granted and she was approved to fly.



She had various treatments whilst in Germany but sadly flew home 10 days later very ill and returned to the Hospice for additional support and pain control.

On 21st March, to her absolute delight, her nephew George was born (to her brother Ben and wife Adele). She was smitten, just brimming over with love for George. Unfortunately, as she was getting more acquainted with George, Leala's pain was increasing and in April it was confirmed that the cancer had spread to the bowel as well. Her pain management was very difficult and on 6th May she returned to the Hospice so that they could care for her and support her family. She never returned home. Her brothers and sister in law visited her every day. George was christened at the Hospice on 19th May by the Hospice Chaplain, Mark, and Leala was Godmother.

George and Leala's mum and dad stayed with her at the Hospice during that last month and her mum said *"we were all looked after by the staff and nurses. We were cared for with the same kindness and generosity offered to Leala and we just became part of the 'big family'. I don't think we can ever express our full gratitude to them."*

Leala sadly lost her battle with cancer on June 6th 2009 at St Helena Hospice with her family by her side.

*"I am still grieving the loss of my beautiful daughter but I am so proud to have been mother to this unique and courageous girl."*

Leala's family still receive support from St Helena Hospice and know that the services will always be there for them at any point in the future, and as a family they continue to raise money for the Hospice in Leala's memory.



# GARDENS

The gardens at the Inpatient Unit and the Day Centres are simply beautiful and an important place for patients, families and visitors to be able to go. Spending time in the gardens can give spiritual comfort and peace to people at a difficult time and a familiar sight is seeing beds and wheelchairs pushed out onto the terrace and patients, families and friends relaxing under the trees or sitting on benches.

**time** magazine spoke with the Colchester and Clacton volunteer gardening teams to find out more about their work.

Clacton Gardeners



*The highlight of the morning however is coffee time, punctuated by "goodies" made by one of our gardeners. We are a very happy, supportive band of people and I personally have made a lot of new friends."*

**Jill Mitchell**  
Head Gardener, Colchester

Colchester Gardeners

## Colchester Gardens

*"On a Tuesday morning the Hospice gardens in Colchester are filled with "green ants", working away in the flower beds, carting muck/compost (generously donated by local farmers) mowing lawns, clipping, sweeping and raking.*

*Gradually over the last few years we have been revamping the gardens, ably helped by garden designer, Christine South. We grow and sell plants to help towards the cost of revamping the gardens and we are indebted to the generosity of Beth Chatto who gives us plants, together with various generous donations.*

*A few of the many projects our team have been working on include the replanting of the St Helena Hospice rose bed, the building of a sensory garden and the creation of a flower bed in front of the inpatient unit.*

## Clacton Gardens

*"The courtyard garden at the Tendring Centre, Clacton is looked after by four volunteers working half a day per week. It started as a patch of mud and now, is a colourful yet peaceful outlook for patients, visitors and staff. In this garden we have incorporated a herb patch, arbours of climbing clematis and roses, a tranquil green shrubbery area and a large number of containers, the plants of which are changed every season. There are also lots of seating areas to enjoy.*

*The garden at the front of the Hospice is still a work in progress - as all gardens are! We are however transforming it into a long herbaceous border and are trying to soften the brick walls of the building to create a really warm and welcoming entrance to the centre.*

*Our latest addition, via a very kind donation, is a beautiful seventy year old, gnarled twelve foot tall olive tree. The olive tree is a universal symbol of peace and union so was felt to be really appropriate for St Helena. This is a centre piece in the courtyard and is surrounded by colourful Mediterranean plants. It brings a touch of sunshine to the garden and you never know, we might have our own St Helena virgin oil to sample one day!"*

**Susan Littlemore**  
Head Gardener, Clacton

We are very grateful to our volunteer gardeners for all the work they put into the gardens to make them so beautiful and for their amazing commitment to turn up whatever the weather!

# Volunteers' Day 2010

To thank all our wonderful volunteers for their hard work, enthusiasm and dedication to St Helena, the Hospice held a special 25th Anniversary Volunteers' Day at Layer Marney Tower on 19th May.

Gill Mason, HR Assistant, gives us a review of the day.

"I once read a book (or attempted to - it was not a quick read!) called "Silence and Honeycakes." We could have followed suit and dubbed this year's Volunteers' Day "Chat and Cupcakes" because after volunteering for twenty five years our longest serving volunteers found plenty to chat about and had definitely earned their celebratory cupcake.

It was agreed that we would hold this Volunteers' Day 2010 in our anniversary week, to celebrate our 25th anniversary year as close as possible to the date when St Helena opened its doors to the first patients. For the first time we were presenting twenty five year awards, in addition to

the existing ones for twenty one, fifteen, ten and three years and a considerable amount of detective work followed as we did our best to ensure that no one missed out.



The owners of Layer Marney Tower kindly offered to lend us their historic "monument" for the day for a very low charge, a setting which would have been difficult to match anywhere else in the county as the skies were clear and the view over the River Blackwater outstanding. We were able to take the group photos of the award winners against the backdrop of the beautiful gardens and tea was served in the wood panelled Long Gallery. After tea the speeches and

award ceremony followed in the special marquee which had been brought in for the day. Christopher Pertwee, Chairman and Rosy Stamp, the Hospice Director paid tribute to the vital help which the volunteers lend on a weekly basis. The picture they drew was one which resonated in many different ways with everyone present. Irene Martin and Liz Matthews, both volunteers for twenty five years shared their thoughts and feelings on their volunteer career which gave a new insight and encouragement to everyone listening.

And the cupcakes? Once again the Hospice cooks had come up with a winning formula and had together baked and decorated celebration cakes which were almost too pretty to eat-but eat them we did! There was a rising murmur of appreciation around the marquee as the cakes and glasses of bubbly were served: a fitting end to the afternoon. Although in terms of the hours of volunteer help (approximately two thousand a week at the last count!) it is a token gesture, we hope our Volunteers' Day does go some way to saying "thank you."

## Volunteer Survey 2010

This year our volunteers were asked to complete a survey about St Helena Hospice and how they felt about being a volunteer. Time magazine caught up with Becky Carter, HR Administrator to find out more.

"The purpose of the survey was to establish any areas that could be improved for our volunteers and also to help plan for the future so that we really make sure we are utilising the time, skills and knowledge of our volunteers.

St Helena Hospice wouldn't be what it is today without the many volunteers who give up their time to support the Hospice, and many who have done so for years. We often find that our volunteers underestimate how important they are to us and how much their work is appreciated and this is something we are working to improve in the future so that all our team know just how valued they are. The survey found that overall around 98% of our volunteers enjoy their time at the Hospice and are proud to be a volunteer.

All volunteers will be given the opportunity to attend 'feedback' sessions as a result of this year's survey so that they can discuss the outcome and help plan improvements for the future. Thank you to all those volunteers who took the time to complete the survey, your views are so important and really do matter to us."

"I find being a volunteer for the hospice a very worthwhile and rewarding experience."

Volunteer Survey 2010

## The Nancy Salmon Trust



Nancy had a dream but it was not one that she lived to see come true.

Following a mastectomy, Nancy, a GP in Castle Hedingham, suffered

from lymphoedema, a condition that causes swelling of limbs and/or the body. Nancy found that this condition was greatly relieved by Manual Lymphatic Drainage (MLD) but, to her dismay, she found that there were not enough practitioners to meet the need for this treatment. Part of her dream was to therefore increase the number of patients able to receive MLD.

The North Essex Lymphoedema Service (NELS) based at St Helena Hospice was started in 2008 by St Helena Hospice and Macmillan Cancer Support. The service was established to meet the needs of the many patients struggling to live with lymphoedema secondary to cancer.

Shortly after Nancy's death, her family sat talking about her and were determined to try and make some of her dream come true. They decided a memorial fund would create an opportunity to remember Nancy in a practical and lasting way and have to date raised an amazing £17,000 - way beyond their expectations.

The fund has already been put to use and amongst many activities has been instrumental in developing NELS by ensuring it has been at the forefront of practice by assisting with numerous training and development needs of the practitioners. On top of that, the open and enlightened approach that Nancy's fund adopts in looking at education and accessibility to lymphoedema treatments has meant that the NELS team have been able to tackle far more issues than they might have been.

Nancy's family are also keen that the Trust funds an annual Nancy Salmon Memorial Lecture to be held in association with St Helena Hospice. This will be an awareness lecture for professionals by professionals. By doing this, they believe they will be helping her dream live on.

To find out more about The Nancy Salmon Trust visit <http://salmon64.com>

To find out more about the North Essex Lymphoedema Service call: 01206 848168.

p12 time

## The Friends of St Helena Hospice celebrate 25 years and more!

While St Helena Hospice celebrates its 25th anniversary, it is perhaps a good time to raise the profile of The Friends of St Helena Hospice, whose history goes back even further. The original Hospice appeal was launched in May 1980 to provide a place of excellence for the terminally ill. During the previous year, a meeting took place at which the concept of bringing together a group of individuals, later to become the "Friends" of the Hospice, was first proposed. The proposal was agreed and from then on these enthusiastic individuals played an important supportive role for the Hospice team.



*In the year ended April 2010 the Friends were able to hand over a cheque for £22,000, in respect of the money raised throughout the year. The photograph shows Di Reeves, one of the volunteers, presenting the cheque to Rosy Stamp, Hospice Director.*

They organised fundraising events and secured valuable donations. They even provided many of the original Hospice furnishings. For a while over half of the Hospice volunteer force came from this group.

In 1985 a committee was formed to establish formally the identity of the Friends and to plan the way forward. By June of that year a recruitment campaign had taken the membership to almost 1,500. In those days, regular newsletters were produced and distributed to all members. Initiatives included a trawl for Green Shield and Coop stamps, which raised over £1,600!

The Friends are still active today. They comprise a volunteer force of around a dozen individuals, who are prepared to give their time to help the Friends' fundraising efforts. These efforts focus on the placing of green collection pots in shops, pubs, clubs etc., indeed in any location in which the proprietor is happy to host a pot. The volunteers also administer the membership of Friends. There are currently over 200 members of Friends, each of whom has been generous enough to donate a minimum of £5 for a year's membership.

If you were a member of Friends in previous years but have not yet renewed, your support would be greatly appreciated. The Friends can be contacted on 01206 560112 and would be keen to hear from anyone who can host a collection pot, or who wishes to become a member.

# A walk for all!... Pier to Pier

Come and join us at 10am on Sunday 27th March 2011 and be part of the first Pier to Pier event in aid of St Helena Hospice.

Participants can choose to either walk from Clacton Pier to Walton Pier for a 7 mile challenge or can walk there and back again for a 14 mile challenge.

Whichever challenge is chosen, everyone can look forward to an enjoyable time walking for fun or in memory of a loved one. Bring along your friends, family, work colleagues or even the family dog... the more the merrier!

It is absolutely free to take part in the walk but we are hoping that everyone will be able to raise some money through sponsorship for St Helena Hospice.

**Don't miss out ...register for free now!**

For more information Call: **01206 791740**

Email: [piertopier@sthelenahospice.org.uk](mailto:piertopier@sthelenahospice.org.uk)

Visit: [www.sthelenahospice.org.uk/piertopier](http://www.sthelenahospice.org.uk/piertopier)

Supported by:

Clacton Gazette



Clacton & Walton Gazette



## Retail news

The retail team is always planning for the future and looking at ways in which we can increase funds for the Hospice. In August we launched a system, which enables us to claim Gift Aid on donated goods. Our shops and warehouse can sign up donors to this scheme which is something that many other charities already do as it gives an additional opportunity to make more money from donations received. The way it works is simple! A supporter brings in an item or bag of goods that they want to donate to us and if they are a UK tax payer they can fill in a form and join our Gift Aid scheme. From that point onwards any items they donate to us and that are sold in our shops will help earn St Helena Hospice an additional 25p for every £1 they are sold for. Therefore, if we sell a jumper for £4, we can claim back £1 from HMRC making this now worth £5 to St Helena! The extra funds this will bring in will quickly add up and it doesn't cost our supporters a penny.

Our two Dovercourt shops together with our Colchester shops and warehouse are having a very successful year thanks to the hard work and dedication of our wonderful team of staff and volunteers. The pilot project to open the Frinton bookshop on Sundays during the summer proved hugely successful and we will therefore also open our thriving Clacton shop too for summer 2011. Our shop on St Botolphs Street in Colchester has recently opened an exciting new "Retro Room" selling exquisite 50s, 60s, 70s and 80s clothing, shoes and



*Our first Gift Aid Donor was Patrick Kehoe who generously donated a beautiful Victorian American Rocker Chair.*

accessories. The Head Street shop has a new linen room upstairs and has a range of high quality clothing and the Halstead shop has been doing very well with exciting ideas to further increase this improved income.

**So with all this going on and with the team being busier than ever, we are asking: Can you help us please?**

More volunteers are needed to help at the weekends in our warehouse and furniture showroom in Colchester. We also need volunteers to help sign up new Gift Aid donors in all our shops. Shifts vary and our managers are happy to discuss with you times to suit. If you or any of your friends, family or neighbours could spare some time to help in one of our shops or the warehouse please contact Jayn or Stacey, Retail Administrators on 01206 866563.

Demand is also very high from our customers for good quality furniture, clothes, jewellery and collectables so if you have any of these that you may be able to donate to us we would be incredibly grateful. You can take your donations into any of our shops or bring them into the warehouse which is located on Magdalen Street in Colchester. We can arrange to collect larger items of furniture for free with our Hospice van so if you would like more information about this service please call the Furniture Shop on 01206 793937.

Thank you very much to everyone for your help and support and we look forward to seeing you in one of our beautiful shops very soon!

Lana Meade, Retail Manager

# Events guide 2010/2011

## November 2010

### St Helena Hospice Christmas Bazaar

**Friday 19th November**

12:30pm - 3:30pm

**Saturday 20th November**

9:30am - 3:00pm

Lion Walk United Reformed Church, Colchester (Opposite Boots the Chemist) Stalls include: jewellery, cosmetics, menswear, raffle, tombola, toys, Christmas cards, Christmas decorations and much more...

Free entry, all proceeds to St Helena Hospice For additional information please contact the Fundraising Office on 01206 791740

### Stoke by Nayland Christmas Fair

**Saturday 20th November**

10:00am to 2:00pm

Stoke by Nayland Village Hall, Church Street

Stalls include: Ceramics, silk work, fine art, jewellery, woodwork and children's toys Refreshments available

Entry £1 -

All proceeds to St Helena Hospice

Contact:

Wendy Prescott 01206 262087

### Charity Ball

**Saturday 27th November**

7:00pm

Stoke by Nayland Golf Club

Tickets: £38.50 per head

Contact:

Jane Sheffield 01206 210689

### Christmas Bazaar

**Saturday 27th November**

10:00am to 2:00pm

St Helena Hospice Tending Day Centre, Jackson Road, Clacton

Admission: £1 Adults and 25p Children. To include mulled wine or tea or coffee and mince pie

Toys, bric-a-brac, tombola, cakes

Contact:

Barbara 01255 427271 or

Joyce 01255 420520

## December 2010

### A Christmas shopping morning

**Saturday 4th December**

10:30am to 1:00pm

Stanway Rovers Football Club Tickets are available in advance or on the day and cost £3.50 for adults (including a drink) and children enter for free.

Any tickets bought in advance will be entered into a draw to win a cash prize of £20.00.

Contact

Anna Yell 07894 040924 or

Alison O'Brien 07970 154175.

### Christmas Barn Dance

**Saturday 11th December**

7:30pm to 11:00pm

Holland on Sea Public Hall

Tickets: £6.50 - Bring your own food and drink

Contact: Joyce 01255 420520

## January 2011

### Viennese Café

#### New Year Concert

**Sunday 30th January**

3:00pm

Clacton Concert Orchestra

Enjoy an afternoon celebrating New Year in true Viennese style Tickets: Adults - £8.00 including coffee/tea and cake

Family ticket - £15.00 -

accompanied children U16 free

For additional information

please contact: Tony and

Brenda Ellis on 01255 223455

## February 2011

### Bargain Book Sale

**Saturday 26th February**

10:00am - 3:00pm

St Helena School, Sheepen Road, Colchester

All proceeds to

St Helena Hospice

## March 2011

### Pig Race Night

**Saturday 5th March**

7:00pm for 7:30pm tote

opening

Firs Caravan Park, Little Clacton

A fun racing night with pink mechanical pigs

Tickets £6: Includes fish and chips

Contact Barbara 01255 427271

or Joyce 01255 420520

### Pier to Pier

**Sunday 27th March**

10:00am

Clacton Pier to Walton Pier

A walk for all between Clacton and Walton.

Free registration

For additional information

please contact the Fundraising

Office on 01206 791740

## May 2011

### St Helena Hospice Summer Fete

**Saturday 7th May**

11:00am - 3:00pm

St Helena Hospice, Myland Hall, Barncroft Close, Colchester

A family day within the beautiful grounds of the Hospice. Food, drink, children's activities and great entertainment.

Free entry (donations welcomed)

For additional information please contact

the Fundraising Office

on 01206 791740

### St Helena Hospice May Ball Friday 13th May

Le Talbooth, Dedham

Tickets: £60 per person

Includes drinks reception,

3 course meal and live music

To purchase tickets or enquire about providing an item for

our auction please contact the

Fundraising Office on 01206

791740

## June 2011

### Midnight Walk

**Saturday 4th June -**

**Sunday 5th June**

11:00pm onwards

Starting and finishing at

Colchester United

12km Midnight Walk through Colchester

Registration opens in January

Registration is £15 per person

Contact Fundraising Office on

01206 791740

## Light up a Life 2010 A time to remember... a time to help others

St Helena Hospice's Light up a Life appeal gives you a personal way to let a friend, family member or a loved one know that you are thinking of them.

Dedication forms are available from each of our shops, as well as Myland Hall, the Fundraising Office and our two Day Centres in Colchester and Clacton. Forms can also be obtained by phoning St Helena Hospice's Fundraising Office on 01206 791740.

By completing and returning the dedication form, with your donation, we will send you a card bearing your own dedication. Your message will also appear in a

special "Light up a Life Dedication Book", which will be displayed in the Town Halls in Colchester (High Street) and Clacton (Station Road) and in the St Helena Hospice shop in Halstead from January 2011.

### 2010 Light up a Life services

We would like to welcome you and your family to one of our short Light up a Life events this Christmas. These special events bring together people who are missing a loved one. Each event includes Christmas carols and readings.

Friday 3rd December  
Brightlingsea - 7.00pm  
St James Church, High Street

Monday 6th December  
Harwich - 6.30pm  
St Nicholas Church, Church Street

Wednesday 8th December  
Mersea - 6.30pm  
St Peter and St Paul Church, High Street

Friday 10th December  
Halstead - 6.30pm  
St Andrews Church, Parsonage Street

Sunday 12th December  
Colchester - 4.30pm  
Colchester Castle

Monday 13th December  
Walton - 6.30pm  
Emmanuel Church, New Pier Street

Tuesday 14th December  
Clacton - 6.30pm  
URC Church, Carnarvon Road

Wednesday 15th December  
Belchamp St Paul - 6.30pm  
Hole Farm, Knowl Green

Thursday 16th December  
Colchester - 6.30pm  
St Helena Hospice, Myland Hall, Barncroft Close

For more information on any of these, please contact the Fundraising Office on 01206 791740.



## Light up a Life

Andrew and Lucy loved Christmas and enjoyed 15 together before Andrew lost his brave fight with cancer in January 2010, aged 34 years old. He left behind family and many friends, but in particular his young wife Lucy and baby daughter Chloe May, only eight months old.

Lucy was five months pregnant with Chloe, when Andrew collapsed in a fit on Christmas Eve 2008. He was taken to hospital where on Christmas Day they were told the devastating news that Andrew had a large tumour on the left side of his brain. Despite this news they remained hopeful and doctors planned for Andrew to undergo surgery as soon as he was stable. On December 31st, while the world celebrated the New Year, Andrew underwent an eight-hour operation to remove and diagnose the tumour whilst family and friends waited. "When he came round and could speak and recognise me, the relief was so immense, I was overjoyed, he was ok, it was New Year and we had a new start" said Lucy.

The relief however was short lived and Andrew was diagnosed with Glioblastoma Multiform Grade 4, a rare form of cancerous brain tumour. The surgeons wanted to operate again and after spending a few days at home, Andrew bravely underwent the procedure again just days before his 34th birthday. Again all seemed to have gone well until Lucy received a call saying he had slipped into a coma and was undergoing emergency surgery. They were told to prepare for the worst but after he was taken off sedation, Lucy saw some reaction and said to him: "It's Lucy can you squeeze my hand", which amazingly he did. "We were blessed that he'd been given a second chance."

It was at this point that Andrew first became involved with St Helena Hospice and started regularly coming to the Day Centre in Colchester along with Lucy.

"The Hospice were simply fantastic. They sorted everything out for us so that we didn't have to worry about anything and just led us through a really tough time. It was a place where Andrew felt safe and nothing was taboo. He loved being able to talk with other patients his own age and was always first in line for the massages and relaxation treatments."

Chloe was born at home in May 2009, and Andrew was the first person to hold her. "He was so proud and loved her so much. We had a lovely summer together as a family, coming to the Hospice every week with baby Chloe, making friends and having fun safe in the knowledge that the Hospice was there to help us. In the September, we were all christened in the Hospice chapel. It was a really beautiful day and we were so grateful to the Hospice for making the arrangements for us to be able to do this as a family. Andrew simply didn't have the strength to do it any other way."

By late December, despite additional radiotherapy and chemotherapy, Andrew's tumour had returned. Things became more difficult and Lucy found herself phoning the Hospice daily. Andrew managed to make it through Christmas, and with the invaluable help of the Hospice and supporting services, was able to stay at home, where he died peacefully on the 4th January with Lucy and Chloe by his side.

Andrew's memory will live on forever for Lucy and Chloe. They shared very special memories of Chloe's first Christmas which was sadly the only one they were to have together as a family, but one which they will treasure for a lifetime. They are so grateful to the Hospice for all the support during Andrew's illness, and still come to the Day Centre for counselling and support as they adjust to their new life alone. "When people think of Andrew and the illness he battled they tend to feel sad and uncomfortable, but they should be happy and thankful for each new day and the people they love, just as Andrew was every single day. I am so thankful for the extra year we were given, for the chance for Chloe and Andrew to meet, and for all the love and support the Hospice gave us. They help give you life in more ways than one."

"Andrew was our bright star and St Helena Hospice helped keep him shining." Please remember the special stars in your life this Christmas; you never know when you might need a helping hand.

# Planning for the future

No one can see into the future and in reality would we really want to? If we could, would we run the risk of missing out on all the wonderful and special moments today whilst waiting for tomorrow to come?



live for today and supporting their families into the future is a really important part of the care and support that the Hospice provides. In fact, the Hospice is as much about helping family and loved ones as it is about caring for patients, which is why arranging Christenings, birthday parties and even weddings are not unusual for the Hospice team.

Specific assistance can be offered from the Hospice on the practicalities of caring and can include topics such as preparing meals for the patient, handling medications, discussing illness and treatments, making wills and preparing family members for the death of someone close. Members of the Hospice team such as counsellors, social workers, therapists or a chaplain are all available to offer support.

St Helena Hospice has a Bereavement team of staff and volunteers who are available to lessen the isolation of bereaved adults, families and children, including grandchildren. This may be through 1-1 support, counselling, therapy or membership of one of our Link groups. This support is available not just immediately after a death, but

when it is needed, and this can sometimes be years down the line.

It is vital that the services of St Helena Hospice are here to support people in our community now and in the future but we need your help to do this. No one can ever predict who will need our help tomorrow or the day after, all we can do is work together as a community to make sure that the support will be there whenever it is needed.

Please help us provide for the future by making a donation today!



## St Helena Hospice your time...your hospice



This year St Helena Hospice has been looking back over the past 25 years but with every moment of reflection and celebration, we have also been planning ahead to make sure that the services we provide are still improving and still here for our community in the years to come. As you will have read in this edition, helping people like Leala and Andrew

## Yes, I want to support St Helena Hospice in its work

would like to make a donation of £25  
 would like to make a donation of other £

Mr  Mrs  Miss  Ms  Initials    
 Surname \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_ Postcode \_\_\_\_\_  
 Telephone \_\_\_\_\_ Email \_\_\_\_\_

### 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.

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

## giftaid it

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.
- The Government will pay to the charity an additional 3p on every £1 you give between 6 April 2008 and 5 April 2011. This transitional relief for the charity does not affect your personal tax position.

- Tax claimed by the charity**
- The charity will reclaim 28p of tax on every £1 you gave up to 5 April 2008.
  - The charity will reclaim 25p of tax on every £1 you give on or after 6 April 2008.
- 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.