



Issue 43

Winter 2011

time

Registered Charity Number 280919

The magazine for friends and supporters of St Helena Hospice



Grrreat ideas
powering St Helena Hospice
into 2012

Dreams and visions

The last few months have been a period of great activity at the St Helena Hospice Myland Hall site, as we finished the rebuild of the Joan Tomkins Centre and started the extension of the Education Centre and the build of the Community Support area upstairs. This will house the community team consisting of the Hospice Community Nurse Specialists, Hospice at Home and the Rehabilitation team. The work of this team is increasing hugely. Last year, the Hospice at Home team made 13,707 home visits to provide care to people at the end of life. Our community team as a whole made over 18,500 home visits. The support area for this team is crucial as the team members need somewhere quiet and confidential where they can make and receive sensitive telephone calls and write up their records.

Feedback about the Day Centre has been fantastically positive from both patients and team members and we are confident that the improvements to the Education Centre and the new Community area will be equally successful. We have also completed an enlargement to the front car park, so visiting should be less stressful.



As with any project here, the objective is improved patient care and we continue to work to lift standards and improve practice in every aspect of our work. Dr Liz Hall, one of the founders of the Hospice, who was our original Medical Director, said when she visited for our AGM that she felt that we were "*bringing all her dreams and visions for St Helena into reality*", a truly wonderful endorsement.



We hope all our supporters will take the opportunity to look at the new areas within the Hospice and that you will be delighted with what we have done.

Rosy Stamp Hospice Director

To keep yourself up-to-date with all that St Helena are doing, simply visit our website:

www.sthelenahospice.org.uk



Solar power and **sunny days** ahead for **St Helena!**

An exciting project, innovative in the Hospice world, was completed at St Helena over Autumn this year. This was to put photovoltaic panels on the roof of the Inpatient Unit and the Education Centre. These will help us in three ways:

- Attract annual feed-in-tariff of £9,600 a year under the current government scheme, for the next 25 years.

- Save electricity of at least £3,500 a year.
- Attract additional income if we contribute unused electricity that we have generated to the national grid.

We were very fortunate to be supported in this initiative through a fantastic grant from the David Cock Foundation and another from the PJK Holland Trust. We are so grateful to both organisations for recognising the value of the project.

It is very satisfying to know that we will be able to provide at least £12,000 more each year for patient care through implementing this project.

Rosy Stamp,
Hospice Director



Join us on

facebook

www.facebook.com/sthelenahospice

to hear all our latest news and event updates, and share your own comments, stories and event photos.

think!

St Helena Hospice Awareness Day

Friday 7th October 2011



The first ever St Helena Hospice Awareness Day took place on Friday 7th October, with the aim of raising the profile of the Hospice throughout the region and get people talking about what it means to our community.

Many organisations, schools, nurseries and clubs took part in the lead up to and on the day, helping to raise awareness of our services in the local community and help raise lots of wonderful pennies for the Hospice. Big thanks to everyone who took part.

We were overwhelmed by the amazing response!



And introducing... Dandy

Our Awareness Day also gave us the perfect opportunity to unveil our new Hospice mascot - Dandy Lion! Dandy has been extremely busy since his first appearance, and has been out and about visiting our supporters in the local community and spreading the Hospice word. He's proved to be a very popular new team member!

If you are fundraising for the Hospice, and you would like Dandy to make an appearance at a local business, school, nursery, club or group, then please call the Fundraising Office on 01206 791740.

p4 time

Hi I'm
Dandy Lion



New for Fundraising in 2011

2011 has been a very busy and productive year for fundraising at St Helena Hospice. We've had several new events and appeals this year, which have proved to be very popular and raised thousands of pounds. Thanks to everyone who contributed and attended! For more information on our fundraising events and appeals, go to www.sthelenahospice.org.uk/newsevents.cfm



Event: Lighthouse Walk
Location: Dovercourt and Harwich Promenade
Date: October



To donate via your mobile phone,
simply text **STHH01**
including your amount
(£3, £5 or £10) to 70070





PDU update

time caught up with Liz Mills, who is part of the Practice Development Unit (PDU), to find out the latest news.

“The PDU is concerned with listening to good ideas from people working directly with patients and turning them into a reality. The goal is always to improve the care and support we provide for patients and their families.

Achievements to date: Jo and Michelle, two of our cooks, attended a nutrition conference in London last summer. They came back with an idea to buy an ice cream maker as a way of delivering soft, delicious, nutritious ice cream on tap, which is not only simple and easy to eat on its own, but enhances milkshakes and supplements. We have now purchased a reconditioned machine, thanks to money raised by The Rotary Club of Colchester Centurion and Capel Court, based in Colchester.



Other new acquisitions include a Grab Bag, which contains everything that might be needed by nurses when called upon to escort patients to hospital appointments, x-rays etc. This idea came from the assistant nurses and one of them, Carol, also a member of the PDU, has finalised this project.

There will soon be a new wardrobe space for a few items of good quality outdoor clothing for patients should they need something to wear to go out in. It is not always easy to get clothes from home at short notice. This idea came from the 'Pinkies', our affectionate term for the ladies who take care of the housekeeping in the Inpatient Unit.

There are plenty of other ideas being considered and worked on. We will also be listening to ideas from patients and carers. If it is feasible, we are interested!”

Join us on

twitter

...to hear all our latest news and events

www.twitter.com/sthelenahospice

Congratulations to all our amazing Lottery members!

This year has seen the first increase in our prize fund since the Lottery began in 2001.

Whilst our top weekly prize is still £1,000, we now have increased the number of smaller prizes each week, enabling us to say thank you to more of our loyal members. In 2012, we are exploring the idea of introducing an exciting new rollover prize, so watch this space!

Last year, the Lottery raised a record £350,000 for St Helena Hospice, this year we hope to raise even more. This is only possible because of your continued commitment to the Lottery and the renewal of your membership, so thank you all.

If you would like to sign up to our Lottery, or you are an existing member and would like an additional number, please contact us on 0800 285 1390.

Take a look at our new website: www.yourhospicelottery.org.uk for more news and the latest results.



Busy year for The Friends of St Helena Hospice.

time caught up with Chris Nielsen, at the Friends office, to find out more.

“Since the article in the November 2010 edition of *time*, The Friends of St Helena Hospice have become part of the Hospice's Fundraising team, but with our own independence.

By working more closely with the Fundraising team, we can raise more money for the Hospice, by benefiting from Gift Aid.

In March, we hosted a coffee morning, for all those who supported us via an annual subscription. This was held at Marks & Spencer's Café Revive in Colchester. It was a perfect event to give something back to those who supported us over the years.

We are on course to match last year's £24,000 raised! We will soon be writing to all our Friends who have an annual subscription, asking them to continue their support this year.

Thank you to all who have supported us in the last 12 months”.

If you are interested in becoming a Friend of St Helena Hospice, then please call 01206 765326 or email: friends@sthelenahospice.org.uk





A fisherman's tale...

...Bob Chamberlain loves fishing, it's been his lifelong passion and he has the proud photos on his wall to prove it. As he sits up in his bed in the front room of his bungalow, surrounded by his family, he smiles happily as he recalls his recent and unexpected fishing trips, courtesy of St Helena Hospice.

Bob, who lives with his wife Pam in Earls Colne, was diagnosed with pulmonary fibrosis and referred to the Hospice in 2009. He had several short stays in the Inpatient Unit during 2010. After leaving the Inpatient Unit for the third time in the December and given a poor prognosis, he still held out hope of being able to catch a fish, even if it was just for one last time.

Much to Bob's delight, the staff at the Hospice were able to make this happen. On a bright spring day, Bob and his brother David and Bob's son, Anthony, were taken to a fishing lake near Witham, where they happily and peacefully sat and caught fish all afternoon. The afternoon would have also not been possible without the help of Martin Roessler, the Secretary for the Essex Disabled Angling Club, along with the club members, who paid the fees for the afternoon as well as providing the tackle and bait, with many of the committee members turning up on the day to support Bob.

Bob's wife, Pam recalls: "This wonderful trip put a smile on Bob's face. The Hospice and the Essex Disabled Angling Club did everything they could to make it an enjoyable and comfortable day for Bob."



But it didn't stop there. He then decided, with determination, that he was going to go on a week-long fishing trip with all the family. His heart was set on it, so that's what happened!"



The Hospice again helped with the arrangements for this extra special trip. Once suitable accommodation was found, staff at the Hospice ensured that Bob had everything that he needed for the week, including a special bed with hoists, a supply of oxygen, a mobility scooter, and they even liaised with the local health centre to ensure that a nurse would make regular check-ups on Bob during the week.

As the trip got nearer, it looked as if it might have been touch and go whether Bob could actually make it. He simply said to concerned family "I'm going".

Bob and Pam were joined on their holiday by Bob's two brothers and their wives, Alan and Uthai and David and Linda. The week-long stay took place in beautiful cottages in a peaceful part of Norfolk, with their very own private fishing pond at the bottom of the garden. Frankly, it was perfect for Bob.

"I had a fantastic time." grins Bob. "Within five seconds I caught a fish, and the rest of the week was spent fishing, having visits from the rest of the family, including the grandchildren, having barbecues and staying up late playing cards. The weather was very kind to us too."

Bob, who is currently being cared for at home with the help of his loving and very upbeat family and the Hospice at Home team, quietly flicks through his photo album, a beautiful memento from the holiday. Although he doesn't say too much, by the twinkle in his eye and the smile on his face, it's clear what this trip means to him.

Pam speaks on behalf of both of them: "The Hospice has been amazing throughout and granted Bob's wish to go fishing. The whole family have taken away some very special memories from this trip. We couldn't have asked for more from them."

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.

This year, our appeal focuses on the Kennedy family. Brian died from an incurable disease just after Christmas 2009. His wife, Jayne, tells us of the difficult struggle for all the family during this time, and how the Hospice helped them during and after Brian's death.

If you haven't received your Light up a Life flyer, they are available from any of our shops, Day Centres in Colchester and Clacton, or from the Fundraising Office on 01206 791740. You can also make a dedication and donation online at www.sthelenahospice.org.uk

We would like to welcome you and your family to one of our 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 2nd December

Brightlingsea - 7.00pm, St James Church.

Friday 9th December

Harwich - 6.30pm, St Nicholas Church.

Sponsored by: Harwich and Dovercourt
Independent Funeral Services.

Friday 9th December

Halstead - 6.30pm, St Andrew's Church.

Sponsored by: Daniel Robinsons & Sons Ltd.

Sunday 11th December

Colchester - 4.30pm, Colchester Castle.

Sponsored by: W H Shephard Funeral Directors.

Monday 12th December

Walton - 6.30pm, All Saints Church.

Sponsored by: P G Oxley Funeral Directors.

Tuesday 13th December

Mersea - 6.30 pm, St Peter & St Paul Church.

Sponsored by: J K May Funeral Services.

Wednesday 14th December

Belchamp St Paul - 6.30pm, Hole Farm.

Thursday 15th December

Tollesbury - 7.00pm, St Mary's Church.

Sunday 18th December

Clacton - 4.00pm, Clacton Pier.

Sponsored by: Titfords Funeral Services.

Tuesday 20th December

Colchester - 6.30pm, St Helena Hospice,
Myland Hall.

Sponsored by: Hunnaball of Colchester.

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

Volunteers' Day 2011

We spoke to Gill Mason, HR Assistant at St Helena Hospice, to find out how Volunteers' Day went this year.

"The residents of Dedham village are used to being invaded by tourists, especially in August, however on 31st August, the arrival of four coachloads of Hospice volunteers still caused plenty of interest! The interest deepened as we proceeded to take over first the Assembly Rooms and then the Church.



Jo Green, Catering Manager, and the cooks at Myland Hall, had happily accepted the challenge to provide a two course lunch with wine for more than two hundred and fifty people. This was on a budget that would have most of us resorting to cheese and chutney sandwiches, an apple and a Kit Kat. Industrial quantities of mouth watering food

were transported from Myland Hall, courtesy of our borrowed refrigerated van and the result was a huge success!

After lunch, volunteers were free to chat over their coffee in the mini café (which staff had set up in the back of the church), whilst the energetic ones climbed the bell tower (which was opened especially for us).

In their speeches, Rosy Stamp, Hospice Director, and Christopher Pertwee, Hospice Chairman, gave heartfelt thanks to all the volunteers and outlined the year's activities in all of the Hospice areas. Ninety seven long service badges were awarded, including one badge for 25 years and 13 badges for 21 years' service. I will let you work out the maths of the number of hours those volunteers may have worked over the years!"

A big thank you to all who made Volunteers' Day such a wonderful success.



Photos courtesy of Daily Gazette

Could you spare a little time?

St Helena always welcomes new volunteers. If you have a little time and are interested in becoming a Hospice volunteer, please call us on 01206 845566. Thank you.

News from the High Street

After more than a month in post, Indi Allen, the newly appointed Head of Retail Operations, is taking responsibility for developing and increasing income for



St Helena Hospice. We caught up with Indi to find out the latest retail news.

“With increasing costs for Hospice services, there is a need for the Hospice to be a leader in the local charity retail sector.

Lots has already happened within my first month here at St Helena: the St Botolph's planned shop closure has taken place, which was closed to make way for another retail outlet in the town, which is in the planning stages. There are also further proposals to explore alternative premises for the warehouse, the furniture shop and the Fundraising team, and the potential development of retail premises at Tiptree is also being discussed.

With the increase in charity and second hand shopping in recent times, we've got plans to offer shoppers vintage clothing, selling items on internet shopping sites and we're looking at the idea of holding clothing parties at various social functions. Plans to improve the shopping experience of regular shoppers and encourage new customers are all on the agenda.

I'm really excited to be working with a vibrant team across the organisation, and its loyal and hard working crew of volunteers. Our retail shops raised £854,673 during the last financial year, which is an amazing amount, and we are so grateful for the support of the volunteers and those who provide donations and choose to shop at St Helena outlets” .

It's bags of fun, volunteering...

...Fancy helping out in one of our shops?

Please contact the Fundraising and Marketing Office, on 01206 791740.



Events Guide 2012

January

Viennese Café

New Year Concert

Sunday 29th January, 3pm
Princes Theatre, Clacton.

An afternoon concert to celebrate 2012.

£8 including coffee/tea and cake. Accompanied children, under 16s free. Please contact Tony and Brenda Ellis, on 01255 223455.

February

Mascot Race at Colchester United v Sheffield Utd

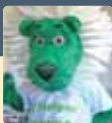
Saturday 4th February
Kick off 3.00pm

Weston Homes Community Stadium, Colchester

Have you got a mascot who would like to take part in the half-time race?

Minimum donation £250.

Please contact the Fundraising Office, on 01206 791740.



St Helena Hospice Head Street Shop's Book Sale

Saturday 18th February
10am - 3pm

St Helena School,
Sheepen Road.

A wide range of good quality fiction, non-fiction and children's books - £3 per bag.



March

Pig Race Night

Saturday 3rd March
Firs Caravan Park, Little Clacton. A fun racing night with pink mechanical pigs. Tickets £10 includes sausages and chips. Please contact Barbara, on 01255 427271.



Casino Night

Friday 16th March
7.30pm

Weston Homes Community Stadium, Colchester. Tickets £25. Please contact the Fundraising Office, on 01206 791740



Pier to Pier

Sunday 25th March
Clacton Pier to Walton Pier (and back again for those who want more of a challenge). A walk for all. Please contact the Fundraising Office, on 01206 791740.

May

St Helena Hospice May Ball

Friday 11th May
7.00pm drinks reception for dinner at 7.30pm
Le Talbooth, Dedham. Tickets: £60 per head.

To purchase tickets or enquire about providing an item for our auction, please contact the Fundraising Office, on 01206 791740.



St Helena Hospice Summer Fete

Saturday 19th May
11.00am - 3.00pm

St Helena Hospice, Myland Hall, Highwoods, Colchester. A family fun day out in the beautiful Hospice grounds. This event will incorporate Rainbow of Ribbons. Entry by donation.

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

Rainbow of Ribbons -

a time for reflection

Sunday 20th May
Time to be confirmed
St Helena Hospice, Myland Hall, Highwoods, Colchester.

A quiet day for reflection in the beautiful Hospice grounds. For more information, please contact the Fundraising Office on 01206 791740.

June

Midnight Walk

Saturday 9th June
Starting and finishing at the Weston Homes Community Stadium, Colchester. Registration opens in February and is £15 per person. Please contact the Fundraising Office, on 01206 791740.





Clacton Gazette Appeal Update

The team at the Clacton Gazette have been furiously fundraising and raising awareness of the Hospice as part of their Clacton Gazette Hospice Appeal.

There's been charity football matches, including one in which the Gazette team took on the Clacton FC Men's Reserves, and lots of fundraisers have been out and about in the community. We've also seen a fascinating blog from the Gazette Editor Brendan Hanrahan about his week of volunteering with the Hospice.

The appeal was launched earlier this year to mark 25 years of the Clacton Gazette and the 25th anniversary of the Hospice. The Gazette's aim was to raise £25,000 for a mini bus for the Tendring Day Centre. So far the appeal has raised an amazing £8,200.



In March, some of the team from the Clacton Gazette and the Harwich and Manningtree Standard successfully took part in the Pier to Pier walk, whilst in

July, three reporters from the Harwich and Manningtree Standard completed the Harwich Triathlon.

Lorraine Price, Reporter from the Clacton Gazette, said: "Everyone has got behind this campaign. We really want to reach our target and now we just need more people to come forward and help us get there."

If you would like to donate to the Clacton Gazette Appeal, then please go to: www.justgiving.com/clacton-gazette-hospice-appeal

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 forthcoming services are as follows:

- **December 2011**
Light up a Life Services.
- **25 March 2012**
Myland Hall.
- **29 April 2012**
Tendring Centre.
- **27 May 2012**
Myland Hall.
- **24 June 2012**
Tendring Centre.

- **30 September 2012**
Myland Hall.
- **28 October 2012**
Tendring Centre.
- **25 November 2012**
Myland Hall.

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

Photos courtesy of Harwich and Manningtree Standard

Help us by sponsoring a nurse... ...for as little as £3 a month



My name is Liz and I'm a Nurse within the Inpatient Unit at St Helena Hospice. I'm part of a caring team, who have a variety of specialist skills and knowledge and each day I work here is a privilege for me.

We work closely with the other Hospice nursing teams that work in the Day Centres in Colchester and Clacton and out in the community in people's homes.

It costs roughly £15,900 to run the Hospice per day, and for as little as £3 a month, you could sponsor a nurse like me to help us to carry on caring for people throughout our community.

We rely heavily on the kindness of people like yourself, so your gift, however large or small, really counts towards helping patients and families at a really difficult time.

The work that we do is so important and I want to make sure that we continue this wonderful service within our community now and in the future.

Thank you for your kind support – we really do appreciate it and simply couldn't do what we do without you.

Yes: I would like to sponsor a St Helena Hospice nurse
By standing order

Title: Mr Mrs Miss Ms Other

First name: _____ Surname: _____

Address: _____

Telephone: _____ Postcode: _____

Email: _____

Please pay St Helena Hospice Account Number 27939847 Sort Code 60 06 06

Your Bank	
Bank Address	
Account Name	
Account No	<input type="text"/>
Sort Code	<input type="text"/>
Quoting Ref:	<input type="text"/>

To be completed by the Hospice

Please pay St Helena Hospice (please tick box)

£3 each month

On the: 1st or the 15th of every month from now *until further notice*.

Please pay St Helena Hospice (please tick box)

£5 each month

On the: 1st or the 15th of every month from now *until further notice*.

Please pay St Helena Hospice (please tick box)

£10 each month

On the: 1st or the 15th of every month from now *until further notice*.

Please pay St Helena Hospice (please tick box)

or my chosen amount of **£**

On the: 1st or the 15th of every month from now *until further notice*.

Signature _____ Date _____

Please complete and return to:
St Helena Hospice,
Fundraising Office,
95-97 Magdalen Street, Colchester,
CO1 2LA



Please treat (Please tick the appropriate box)

- 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.

- 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.
- Tax claimed by the charity**
- The charity will reclaim 25p of tax on every £1 you give.
 - 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

Signature _____

Date _____

Your details will not be disclosed to any third party but we may, from time-to-time, send you news about St Helena Hospice. If you would prefer not to receive this information, please tick the box.

Please note that all money raised through our Sponsor a Nurse appeal may not go to fund a specific nurse, but will be used by the Hospice to provide care and support across all our services.