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DEAR FRIENDS

As I write this letter we are approaching the end of yet another year. Indeed, by the time that you read these words, 2012 will be in the past and the first days of 2013 will be ticking by. As we grow older, so the years seem to pass more quickly; this despite the fact that there are still sixty minutes in every hour and 24 hours in every day! But perhaps what drives this perception is the recognition that, for every year that passes, the period of our life remaining grows shorter. One of my birthday presents last year was a book recommending ‘1,000 places to visit before you die’ – quite a challenge!

In providing care for people who are approaching the end of their lives, the hospice tries to ensure that those last months, weeks or days still have a quality to them, both for the individual concerned and for their family and friends. As well as providing supportive care, we might also help people to realise that they still can achieve at least some of their long-held ambitions. We cannot change the reality of death, but we can do everything possible to ensure that the experience, and the time preceding it, is one which, although undoubtedly difficult, is as good as possible. In a world which tends to focus upon preserving and prolonging life, we exist to provide sensitive, professional and understanding support when it is time to recognise that life is coming to an end.

In many of the letters that I receive it is clear that those who have used our services have appreciated beyond measure the support and help that they have received from our wonderful staff and volunteers. However, that support would not have been possible without the generous and regular financial contributions of our supporters and so the appreciation that we receive is also very much yours to share. As we enter another year, which for some of our patients will be their last, please do continue to do what you can to help us to support them.

With my thanks and very best wishes for 2013,

Colin Burgess
Chief Executive
The ‘Quality End of Life Care for All’ (QELCA) programme is an innovation in end of life care education for generalist nurses. The programme has been designed by St Christopher’s Hospice, South London, to enable and empower teams of clinical nurse managers from acute or community settings to lead on the delivery of high quality care to patients and families at the end of life.

St Peter & St James Hospice were invited to take part in the pilot scheme, comprising of a five day course delivered by the hospice, at the hospice, followed by 6 months facilitated Action Learning, to provide ongoing support when the nurses return to their normal work place.

The Hospice welcomed nine nurses from Brighton and Sussex University Hospitals (Brighton and The Princess Royal) to gain an insight into our holistic patient care and Specialist Palliative Care Service for end of life patients from our two Senior Sisters, Sally Stubbings and Rose Herbert.

Both Rose and Sally say that the programme has already resulted in building a stronger rapport between the hospitals and St Peter & St James, one benefit has been an opportunity for our staff to have contact with patients earlier in their journey than when they arrive at the Hospice.

At the time of going to print the early feedback has been positive and we hope that the project will go on to become an established part of our education programme.

Back in June 2011, Charlotte Lawson decided that she would like to raise money for St Peter & St James in memory of her father, Peter, by climbing to the Base Camp of Mount Everest. Charlotte really wanted to use the money she raised to create a room for families and friends to use, as they would have found it really useful when visiting their father and it was something that was not part of the Hospice facilities at that time.

In our Spring 2012 issue of Caring we reported on how Charlotte got on and how successful she had been on achieving her goal. Charlotte went on to raise over £8,000 – an amazing achievement!

We are delighted to announce that we now have a brand new Family Room at the Hospice – all thanks to Charlotte and the wonderful people who sponsored her on this very personal challenge. The room has already been put to good use and is very much appreciated by our families.

Pictured is Charlotte at the start of her climb to Everest Base Camp and also a photo of her and Gill Cronin, Head of Fundraising in the new Family Room.

Thank you so much Charlotte!
My name is Dr Charles Skinner, although most people know me as Dr Charlie, and I am one of the two medical consultants working at St Peter & St James Hospice.

I joined the team at St Peter & St James Hospice exactly one year ago, although I have been working in Palliative Hospice Care since 2003. I fell into the hospice world by accident, taking up a six month post at the Hospice in Leeds while preparing for a planned career in Hospital Medicine, but I loved the Hospice working environment so much that I never looked back and undertook the specialist training for my chosen field of Palliative Medicine. Since then I worked as a consultant in South London for four years, before making the decision last year to move back closer to my roots in Sussex. My first year at St Peter & St James Hospice has by gone in a flash, but I’m enjoying the role very much and am delighted to be part of the excellent work going on at the Hospice.

My role has particularly focussed on the community service, working as part of the team providing support for patients and their carers in their own homes. This means I regularly visit people in their home environment which is a real privilege and allows me to get a much clearer picture of how they are getting on, and how their illness is impacting on their lives. I see patients on the ward, in my clinic and in the Day Hospice, as well as going to the Princess Royal Hospital twice a week to review patients on the wards there: every day is different. I try to keep my schedule fairly flexible so I can respond at short notice if there’s a bit of a crisis. This means that I never quite know what the day may have in store, but that’s all part of what keeps the job challenging and rewarding.

A lot of people comment to me how hard it must be to work in the hospice environment, and it is certainly true that we are often dealing with patients and families who are going through difficult and distressing times. However, because of the broad holistic approach that we take in Palliative Care, I find that there are always important things that we can do to help make the situation easier, even if we can’t change the inevitable, and this is why I find the job so rewarding. Anyone who has visited the Hospice can’t
have missed what a positive and cheerful atmosphere there is, which makes working here a genuine pleasure.

In addition to the clinical work, I participate in the wide range of educational activities undertaken by the Hospice to support other healthcare professions to develop their skills in looking after patients approaching the end of their lives. It’s really important that we can develop links with the doctors, nurses and other healthcare professionals working in our community so that we can share expertise and help increase confidence in dealing with advanced and incurable illnesses.

I am very excited to be involved with the incredibly valuable work of the Hospice and I am looking forward to the challenges ahead as we seek to further improve and develop the services that we offer. There’s always more work to be done, and none of it would be possible without the vital support of our local community.

In my spare time I am a keen photographer, and I am really enjoying being back in the Sussex countryside surrounded by nature. I can often be found lurking in the Hospice grounds before or after work with my camera, hoping to snap some of the fantastic wildlife we have within our grounds. After many years living in the city it has amazed me how much I’ve been missing – I’m now getting quite expert at spotting and identifying the local bird life, which can be found in abundance within the Hospice grounds.

I like to travel when I’m not on duty, and with a brother in America and a sister in Jersey, my holiday time usually sees me busy catching up with my young niece and nephew – an excellent way to unwind.
The hospice fundraising team would like to say a huge thank you to the 96 participants who took part, and the volunteers who helped, at the Swimalong on Saturday 10th November at The Triangle in Burgess Hill.

The event was wonderfully supported by the local community and the Mid-Sussex Marlins. A great day was had by everybody involved. Jo from the fundraising team said “We have had such fabulous enthusiasm for the event, which has allowed us to once again make the Swimalong a great success.”

IF YOU TOOK PART PLEASE REMEMBER TO SEND IN YOUR SPONSOR MONEY AND SPONSOR FORMS BY 31ST JANUARY 2013.

WANTED
Open Gardens
FROM MAY TO OCTOBER 2013

Supporting St Peter & St James Hospice
If you or anyone you know would be willing to open your garden to the public, we want to hear from you.

We are looking for a variety of gardens, from small patio gardens to large landscaped gardens. Garden trails are also very welcome if you are able to get a group of gardens to open on the same day.

If you would like to open your garden or just want to know more, contact Carol Hughes in Fundraising on 01444 471598 by 15 February 2013.
A gift from your will...

...can help us to provide the care, love and support that our patients need

What are the benefits for our patients?
With the Government only contributing a small proportion of the costs of providing our Hospice services, the support we receive through gifts in legacies is a vital component of our fundraising income. Over the past two years we have been delighted to see the number of legacies we have received, in amounts large and small, increasing. However, the total amount received can vary considerably from year to year and is very difficult to predict; we would like to encourage you to consider if this is a way you could help our future patients.

As a relatively small charity, we do not have large sums of money held in reserves, so we use our legacy gifts in a number of different ways, sometimes holding it in reserve for a short time for a specific need or purpose.

Like all providers of care, one of our biggest costs is our salary bill. Some legacy income is used to directly cover the costs of our doctors, nurses, healthcare assistants and other staff who provide care to our patients and their families. Without legacy income we would have to reduce our services.

We want the best for our patients, but the equipment we use for them is expensive and has a limited life. Recently we have been able to use money that has been received through legacies to fund the cost of new and improved beds and mattresses for patients. The beds can be adjusted electronically to the most comfortable position, whilst the mattresses are an improved design that will help to prevent pressure sores.

We are continually seeking to improve our facilities to the benefit of those who use our services. Some of you may be aware that until recently, despite having grounds of 28 acres, we had very limited car parking space. We have recently invested some of our legacy income in extending and improving our car park, creating an additional 27 spaces with discreet, but effective, lighting which has had a direct benefit for those visiting patients.

We like to think all those who have been kind enough to remember St Peter & St James in their Will would be pleased with the way in which their gifts have been used.

What are the benefits for you?
Leaving a gift in your Will enables you to make a planned gift to a charity you care about, whilst making sure that your family and friends are also taken care of. Any legacy, large or small, that we receive plays a vital part in funding our work. For many people this is one of the easiest ways to support a charity, because the availability of funds may not allow you to make gifts during your lifetime.

All gifts from your Will to a charity are deducted from the estate prior to the calculation of any inheritance tax that may be due.

Where do I go from here?
Your solicitor will be able to advise you on all matters relating to your Will. We strongly advise you to use a solicitor when making or changing your Will as this will ensure your instructions and wishes are carried out as intended. Whilst we fully understand that you may wish to set out how you would like your gift to be used, given that our patients’ needs may change over time it is most helpful if your gift is left to be used in the way we determine is most appropriate at the time. Solicitors are best qualified to explain the types of gift that can be made, and the terms that must be used when writing a Will.

For further information contact Gill in Fundraising, pick up our information leaflet, or visit the Remember A Charity website (www.rememberacharity.org.uk) for more details.

STOP PRESS • STOP PRESS • STOP PRESS • STOP PRESS • STOP PRESS • STOP PRESS • STOP PRESS • STOP PRESS

Don’t forget that our second Will Writing event starts from January 1st 2013 until March 9th 2013! Local solicitors are taking part once again offering to write simple wills for a donation to St Peter & St James. Look on our website, in our shops or call the Hospice on 01444 471598 for more information.
3 weeks of community radio to celebrate the bonfire in Lewes

On 21st October 2012 many of our staff, volunteers and patients took part in a special programme about the services offered by the Hospice, including the experience of some of our patients. Dino Bishop (DJ) and Melanie Lockett, (Patient & Family Support Service Manager) co-hosted this two hour programme.

Hannah one of our patients, spoke about her first impressions of the Hospice when she visited her Community Nurse. She was surprised to see that it was light, friendly, informal and very supportive, not at all the image she had in her mind before she met us. She thought she was coming to a “building with dark corridors, nuns in nurses’ uniform, statues looming overhead and an atmosphere of gloom.” She was astonished and delighted that her preconceptions of St Peter & St James were incorrect.

Another patient wrote a poem about the Day Hospice, whilst others chose music ranging from Norah Jones ‘Come Away with Me’ to ‘The Magic Flute’. Two of our relatives who have benefited from our bereavement service spoke about their experience and gave advice on how to take care of yourself following a close bereavement.

Dr Steve Dyer and Michelle Miles, Clinical Nurse Specialist, talked about their roles and explained what palliative care is, expanding on what the Hospice can do to help patients live for whatever time they have left. We learned about volunteering at the Hospice, nursing care, the counselling service, welfare, meditation and the carers’ befriending service. Colin Burgess, Chief Executive, described the newly completed building programme and our future plans to ensure the comfort and excellent care our patients expect from their Hospice.

Gill Cronin, Head of Fundraising, spoke passionately about her role and emphasised that although fundraising is about raising money, it is also about having fun and invited listeners to join in the many activities planned to help raise the £5,300 a day target.

After some initial nerves but encouraged and guided by DJ Dino, staff and volunteers could be seen in the 6ft x 6ft studio dancing to ‘Love is in the Air’, which was followed by a Day Hospice patient’s choice to close the programme, Edward Elgar’s ‘Nimrod’ from Enigma Variations.

Following the success of the programme Melanie is exploring the possibility of a regular programme with one of the local radio stations.

To listen again to the special broadcast go to www.rocketfm.org.uk and click on Listen Again.
Dr Steve Dyer retired at the end of 2012 and here shares some of his recollections.

The times they are a’ changing

It seems almost surreal writing this! It is equally true to say “it feels like yesterday”, and “it feels like an era ago”, since I arrived at St Peter & St James in April 2003.

As the Hospice’s first full time consultant, my challenge as the job advertisement had said, was to develop palliative care in Mid Sussex. (I’ve always liked a challenge!) No one can do that single handedly and it has been amazing to see the whole Hospice grow into the fully fledged facility and organisation it can now boast to be. I started by visiting virtually all the local general practitioners, and sought to build relationships with them, as well as seeking their views on what they wanted of specialist palliative care. I was pleased to be part of the group that set up the Medical School Palliative Care Curriculum, and to establish our Hospice as a full teaching unit. There have been many changes in the health economy over my years here, but what has been constant is the opportunity to offer individualised care to our patients and families. I have thoroughly enjoyed these opportunities and feel I have received far more than I have given.

I would like to thank all my colleagues for the support and often fun that we have had along the way. I can look back to previous staff here with fond memories and am proud that our present team is the strongest yet.

It is with mixed feelings that I am now retiring from clinical practice, but this is a case of ‘adieu’ rather than ‘goodbye’, as I will still be living locally and intend to stay in touch.

Well, what of the future? It is fairly open, but I hope to include some palliative care teaching, perhaps in second and third world countries – something I have found very rewarding in the past. I am sure the Hospice will go from strength to strength and I look forward to watching it continue to flourish.

Dr Steve Dyer
Will Writing 2013

From 1st January to 9th March 2013

Local solicitors are offering to write simple wills for a donation to St Peter & St James. Look on our website, in our shops or call the Hospice on 01444 471598 for more information.

Nutley Support Group Coffee Morning – St James the Less Church Hall, Bell Lane, TN22 3NA

Nutley Support Group invite you to join them for their Coffee morning in support of the Hospice. Further details from Wilma Porter on 01825 712462.

Ditchling Support Group Quiz Night – Ditchling Village Hall, 18 Lewes Road, BN6 8TT

Quiz night hosted by Ditchling Support Group. 7pm for 7.30pm start. Tickets £12 including Fish and Chip supper. Tables of 8. Tickets from Henry Upshall. 01273 842100. In support of the Hospice.

Ringmer Support Group - Quiz – Ringmer Village Hall, Ringmer BN8 5QH

Popular Quiz night in Ringmer. Tickets £6 per person (tables of 4) from Bob Cairns 01273 812784. In support of the Hospice.

St Peter & St James Lights of Love Service – Martlets Hall, Civic Way, Burgess Hill RH15 9NN

The Hospice’s annual Lights of Love remembrance service is again being held at the Martlets Hall in Burgess Hill. For free tickets please contact Carol Hughes in Fundraising on 01444 471598.

Wivelsfield Support Group - Bridge Afternoon

Wivelsfield Village Hall, Eastern Road, Wivelsfield Green RH17 7QG

Bridge Afternoon. Please bring your own cards and cloth. Tea and raffle. Tickets £30 per table. Contact John Jefferson 01444 471324. In support of the Hospice.

Sussex Chorus - in Celebration of Benjamin Britten – Lancing College Chapel, BN15 0RW


Brighton Marathon – Brighton

A number of our fantastic supporters have been training since before Christmas to take part in this year’s Brighton Marathon. Go along and see if you can spot one of our running vests passing by! Good luck to those taking part and thank you.

London Marathon – London

A number of our fantastic supporters have been training since before Christmas to take part in this year’s London Marathon. Watch out on your tv to see if you can spot one of our running vests passing by! Good luck to those taking part and thank you.

Plumpton Support Group - Bluebell Walk – Equestrian Centre, Plumpton College, Ditchling Road, Plumpton BN7 3AE

Reg Lanaway, local naturalist will be the guide on this walk. Please wear sensible shoes as the paths can be muddy. £2 for adults £1 for children. In support of the Hospice.

Nutley Support Group - Concert by the Surrey Yeomanry Band

Memorial Hall, High Street, Nutley TN22 3NE

Concert with the popular Surrey Yeomanry Band. Big Band Music, Jazz, Military Music, Music from the Shows and Films. Tickets £8 (including light supper) from Pam Marks 01825 713672 or Rosemary Shaw 01825 713188. Bring your own bottle and glasses, raffle. In support of the Hospice.
Lights of Love

Our annual Lights of Love remembrance service will again be held at the Martlets Hall, Burgess Hill. The service will be on Sunday 17th March 2013 at 3.30pm. Doors open at 3.00pm.

The dedication leaflets are enclosed in the magazine, or are available from the hospice. Dedications need to be returned to us by Friday 1st March. Due to seating at the Marlets Hall, you will need to let us know that you are coming and entry is with a free ticket we will send you on receipt of your dedication.

Please contact Carol Hughes, Community Fundraiser for more information. 01444 471598.

Fundraising on-line is the future, we are told, so we have tried to embrace this new form of much needed income generation, starting with a match-funding event on localgiving.com last year. Thanks to the willingness of our supporters to travel this new road with us, we secured £1,000 in match funding, the maximum available, raising over £3,000 in one day!

This overwhelming success encouraged us to try for the Big Give’s Christmas Challenge, which we knew would be a much bigger ‘ask’ all round. At first sight this seemed a horribly complicated affair, but thank goodness our supporters once again rose to the occasion, and 14 very special people came forward to pledge £9,000 during the first phase last October. This was then doubled by the Big Give, thanks to the Reed Foundation, to give us a total match fund of £18,000. Thank you so much for coming forward to help so generously with our very first attempt at raising funds through this event.

Our task was then to encourage new and existing supporters to raise £18,000 in on-line donations commencing on 6th December - the Challenge phase – which would be doubled from our match funding pot, potentially raising £36,000 towards our community team’s work. Well, why did we ever doubt that our fantastic supporters would again rise to this particular challenge? Not only did we reach our £36,000 target, but with the addition of Gift Aid we exceeded it by raising over £40,000!

‘Thank you’ seems rather inadequate at such times, but never has it been more sincerely meant.
Black Mountain Challenge, Wales

On the 20th October 2012, I undertook a 20 mile walk in honour of my Gran and my 40th birthday across the Black Mountain and Brecon Beacons. Starting at 8.30am, with a back pack full of goodies to keep the morale up, I was pleased the rain had stayed away but still recognised the strength of the wind in force. A steady pace was maintained with a radio for company, together with a mobile and people phoning offering moral support as I had undertaken this walk on my own. The walk took just over six hours and the views were fantastic! I was pleased to raise £267 for the Hospice, thank you to all my sponsors.

Dawn Graham

Great South Run

In memory of the Revd. Eddie Matthias, our loving, caring Dad, Grandpa and Great Grandpa, some of his grandchildren ran the 10 mile Great South Run in Portsmouth on 28th October to raise funds for St Peter & St James Hospice, who were so kind and caring to him and his family during his last few days.

With seven of his grandchildren and partners running, the majority of the rest of the Matthias family were there to support and encourage them on a very cold day! We bravely cheered on Jonny, Scott, Steve, Amy, Anoushka, Lauren, and Kirsty, all of whom completed the run between 1 hour 14 minutes and 2 hours 2 minutes.

The amount raised to date is a magnificent £1,615 for the Hospice. In addition to this Jonny and Anoushka raised a further £500 for the Stroke Association.

We, as a family, would like to thank all those people who kindly sponsored the runners and made it possible to reach these figures.

Matthias Family

New York Marathon

Following Hurricane Sandy devastating the East Coast of America, the New York Marathon was cancelled. One supporter, Tamara Lester, was due to run in support of the Hospice and, despite the setback, we are proud to say Tamara joined thousands of other disappointed runners to complete the 26.2 mile distance around Central Park. Tamara's boyfriend, who had not registered to run the marathon, joined her for the first 18 miles and the final 2.2 miles at the end. Tamara's current total stands at a magnificent £1,500. Thank you!

London2Lisbon

The London2Lisbon team successfully completed a punishing 1,300 mile cycle in 14 days. They overcame heat of up to 36 degrees, 20mph headwinds and enough punctures to start a collection! The team arrived in Lisbon on 28th September, raising £6,000 in the process. Matt, Russell and Richard said “It was a tough journey but a great success. We saw some amazing places and met some lovely people. Thanks so much for everyone’s support and sponsorship. It’s great to have achieved our sponsorship target and help the Hospice to continue to provide such fantastic care to people in the future.”
**Iron Man Challenge**

After running marathons, duathlons, and triathlons, Phillip decided he wanted to do something challenging - the Ironman challenge! Phillip has long been a much valued supporter of the Hospice raising nearly £4,000 so far! Thank you so much Phillip, we look forward to hearing what your next challenge will be!

**Lands End to John O’Groats**

A fantastic experience! We arrived at Lands End at 6pm on Tuesday 28th August following 12 days in the saddle from John O’Groats. Carrying everything we needed on the backs of our bikes, including tents, camping equipment, food and clothes, made some of the very steep hills in Scotland, Devon and Cornwall a real challenge but also great fun! It was an amazing experience, and it’s only when you look back, you realise what you have done and how far you have cycled, over 100 miles on a couple of days, resulting in such a great feeling! I will always remember the great sensation of accomplishment and for such a great cause when we got to the end. I am so glad I have done it and I highly recommend it to other people. I hope what I have raised can help St Peter & St James as much as possible.

Polly Miles

**24 Peaks in 24 hours**

I took on the 24 Peaks Challenge with next to no knowledge of how tough it was going to be but plenty of gusto to raise money in honour of a family friend who was looked after by St Peter & St James Hospice. I set about training for the challenge some months in advance but nothing prepared me for the physical and mental stamina the two days of constant walking up and down steep hillsides demanded. A combination of team work and honouring our donations kept the team battling each hill, and I am proud to say we finished the whole challenge in 23 hours.

Polly Miles

**Record Breaking Zumbathon raises over £20,000**

Esther Featherstone from Zumbalive has set a new Guinness World Record for the ‘Longest Aerobic Marathon’ on 15th – 17th September 2012 raising over £20,000 for St Peter & St James Hospice.

This new record of 39 hours and 20 minutes was achieved by 230 participants and over 70 volunteers helping to run the event. In order to meet the strict requirements for world record status the whole event was filmed and at least 10 fitness fans had to be on the floor at all times. Esther smashed the previous record of 29 hours and was thrilled with the level of support from the local community. “The atmosphere was just amazing! I was completely overwhelmed by the fantastic response from everyone involved. Even Aled Jones gave us a huge shout out on Radio 2! I am so thrilled that we managed to raise over £20,000 for this wonderful Hospice.”

**Sahara Trek, October 2012**

This was an amazing experience! To trek part of the Sahara desert, view the spectacular Atlas Mountains, meet new people and experience a new culture, a fantastic opportunity! I loved every minute, although with some challenging moments, realising what we take for granted was something I will remember. Sleeping under a star lit sky was a memorable experience, the sky was alight with stars.

Fiona De Caux with Graham Mundy and Jane Collins

Thank you to Fiona, Graham and Jane for taking on such a fantastic challenge and raising over £3000 sponsorship for St Peter & St James.

**24 Peaks in 24 hours**

I took on the 24 Peaks Challenge with next to no knowledge of how tough it was going to be but plenty of gusto to raise money in honour of a family friend who was looked after by St Peter & St James Hospice. I set about training for the challenge some months in advance but nothing prepared me for the physical and mental stamina the two days of constant walking up and down steep hillsides demanded. A combination of team work and honouring our donations kept the team battling each hill, and I am proud to say we finished the whole challenge in 23 hours.

Polly Miles
Hospice shops

...not just any

“A Funny Thing Happened on the way to the Auction House!”

From time to time kind supporters donate valuable antique items that need to be valued before they are put on sale. Recently, a tiny silver pin cushion in the shape of a ‘chick’ was donated, which led to quite an adventure as the Head of Retail, Thérèse Wilson, will tell you...

“When the little ‘chick’ pin cushion was discovered and brought into my office it was clear that it should go for valuation, and possibly be auctioned, as it was Hallmarked 1904 and made by famous silversmiths Sampson & Morden.

“So, as I was planning a visit to the Auctioneers the next morning, I carefully wrapped the ‘chick’ in soft tissue paper and popped it in the bottom of my handbag to keep it safe.

“That evening I popped around to babysit for my daughter and put my handbag on the floor next to the sofa and thought no more about it. Having read a bedtime story and put my granddaughter to bed I returned to the sitting room to discovery my handbag open on the floor with its contents spread across the room! The culprit was Tiger Lilly the tabby cat, who loves nothing better than to climb into bags and boxes and play with any goodies that she may find there. A wave of panic passed over me as I rushed to my bag... no sign of the little chick, just empty tissue paper strewn across the floor!

“Checking my handbag first, to no avail, I quickly looked everywhere else, but no luck! All manner of thoughts rushed through my head – the chick was so small, had the cat swallowed it!? Had the chick fallen out of my bag in my car?

“I checked the cat, she seemed to be fine. My daughter and her husband returned at this point so all three of us searched but there was no sign of the chick.

“Once home I decided to search my handbag again and rather disconcertingly emptied its contents out onto the sofa and to my complete surprise, sheer joy and utter relief, the little bird rolled out of the bag amongst the scrunched up tissue paper! The little chick was so small that it had become caught up in a fold of the tissue paper and had been completely overlooked in the original search.

“The next day an expert valued the little pin cushion and confirmed that it should fetch a good price... let’s hope it flies when it goes to auction.”
1,000 Sign Up to Gift Aid Their Donations

As supporters will know, a new electronic point of sale system has been introduced to enable donors to Gift Aid the goods they donate to the shops, which means that the charity is able to claim an additional 25% from HMRC on these sales.

Since the introduction of this scheme over 1,000 donors have signed up to Gift Aid their donated goods.

Operations Manager, Brian Paddock, said recently “This additional 25% on the sale of Gift Aided donated goods should create a sizeable new income stream for the Hospice, which will be a very welcome bonus. So don’t forget, if you are a taxpayer in the UK and donate any goods via the shops or the warehouse, please sign a Gift Aid Declaration Form to help us to maximise the sales of your donations”.

Pudding Heads!

Once again our shop in Burgess Hill did a roaring trade in festive ‘Christmas Pudding’ hats which were lovingly knitted by Mrs Maureen Plummer whose husband, Norman, was cared for in the Hospice last year. Sales were really brisk for these unique hats, making over £200. Shop Manager, Caz Pettett said “We owe a huge thank you to Mrs Plummer as these fun hats really made everyone smile”.

HOSPICE SHOPS

OPENING HOURS
Monday to Saturday

1 The Martlets, Burgess Hill
(9:00am - 4:30pm) 01444 250771

21 Sussex Road, Haywards Heath
(9:00am - 4:30pm) 01444 456111

58 High Street, Lewes
(9:00am - 4:30pm) 01273 481080

Furniture & Home Shop
11 East Gate Street, Lewes
(9:00am - 4:30pm) 01273 479898

94 High Street, Uckfield
(9:30am - 5:00pm) 01825 760850

Simply Fashion
142 High Street, Uckfield
(9:00am - 4:30pm) 01825 760966

Retail Office (& Vintage China Hire)
(9:00am - 5:00pm) 01444 470817

Furniture Donation Line
01444 470205

1,000 Sign Up to Gift Aid Their Donations
Westmeston Flower Demo

60 ladies were treated to an inspirational evening of spectacular flower arrangements entitled “Show Stoppers” by Gillian Sadler at Westmeston Parish Hall on 8th October. The event, which was organised by Doreen Kallman, was a sell-out and £527 profit was made for the Hospice. Gillian, who demonstrates and runs floral workshops throughout Sussex, delivered several different designs with wit and enthusiasm, and the audience was left in no doubt as to which shows were being depicted. Starting with Phantom of the Opera and including Calendar Girls, Chelsea Flower Show, Singing in the Rain, Snow Queen and finishing with a flourish as they watched and listened to the frenzied music of Riverdance!

Yorkshire Bank

Customers and staff at the Yorkshire Building Society, Haywards Heath nominated charities to support through their ‘Make a Difference’ week. Members could choose to donate the ‘pennies’ from their interest to the Yorkshire Building Society Foundation, which then distributed the money through these nominations. St Peter & St James Hospice was chosen to receive £100 through this scheme. Pictured is Jo Claxton from the Hospice fundraising team, Branch Manager Paul Green and Assistant Branch Manager Tim Dock.

Fred Bayfield

Mr Fred Bayfield celebrated his 100th birthday in October 2012 and kindly asked for donations to St Peter & St James Hospice in lieu of gifts from his friends and family. Still very much independent, Mr Bayfield still lives in his own home in Cuckfield, and looks after himself including growing vegetables in his garden and gained recognition for his gardening expertise in 2005 by scooping the village’s Best Allotment holder award. Mr Bayfield visited the Hospice following his birthday to present the envelope of cheques to the Fundraising Department, totalling a fantastic £1,145! He then celebrated with the team with a specially made chocolate cake, made by the hospice kitchen staff, and showed off his telegram from the Queen.

Mark Jordan

Mark Jordan visited the Hospice following a generous donation of £746.04 by the members of the Mid Sussex Triathlon Club. The club select a charity each year by way of an open vote following nomination by members of local charities. The club, with just over 100 members, are keen to try and give something back to the local community.

Newick Bowls Club

Members of the Newick Bowls Club visited the Hospice on 20th September to receive a tour of the Hospice and present a cheque for £465 to Gill Cronin, Head of Fundraising, following the members’ decision to nominate St Peter & St James to receive donations.

Buxtons Flooring

A special thank you from the Hospice, to Buxtons Flooring of Brighton, for your kind donation of 27 square metres of flooring tiles. They have been put to great use in one of our key offices within the Hospice.
Barn Dance

William and Suzanne Craig very generously allowed the Southdown Hunt supporters use of their grand Elizabethan barn to welcome 70 ‘barn dancers’, including Hospice Trustee Jacqui Royal, and volunteers to Gote Farm on Saturday 6th October. Despite 3 inches of rain during the week enough firm ground was found to park the cars and a fine evening followed with a clear starry night. Music was provided by the lively Ceilidh Crew and guests were left with little option but to get up and dance by the excellent caller Gill Emerson.

Organiser, James Otway, expresses a special thank you to Mr & Mrs Tyhurst of the Glynde Forge for donating a weather vane, topped with a rampant black horse; to Mr & Mrs McClelland of St Leonards Groceries for a fruit and vegetable hamper, and the Charleston Trust for tickets to the house and gardens. He would also like to thank all who turned out to support. The barn can certainly accommodate more dancers, so he hopes word gets around and encourages more dancers along next time!

Hats for Hospices

Thank you so much to everyone who took part in Hats for Hospices, as part of Hospice Care Week 2012. Staff, volunteers and visitors of the Hospice on the day raised a magnificent £120! A sample of our supporters within the community joining in the day are seen here – thank you!

Piltdown Golf Club

Peter Merrett pictured here with wife Juliet, recently raised over £3,000 for St Peter & St James Hospice from a charity golf day he organised at Piltdown Golf Club. Peter and some 30 other golfers played together to raise the money.

Peter would like to thank his sponsors: Equity Red Star, The Caravan Club, South Lodge Hotel, Bolney Wine Estate, Bolney Nurseries, Ashdown Park Hotel, High Beeches Gardens and the Green Man Horsted Keynes. Golf Escapes of Horsted Keynes also generously sponsored the 18th hole and provided a holiday for auction, which considerably added to the monies.

Peter said “I know this amazing establishment does so much good for really special people in times of need. They receive so little in the way of government funding, I wanted to try and contribute something myself.”
Support groups

We would like to say a huge thank you to our Support Groups for their help with our stall at the Ardingly Craft Fair between 15th to 18th November. Thank you too for those who helped with the Reindeer Experience at Garden Pride, Garden Centre at Ditchling, for five weekends from November 24th to December 23rd. We would not be able to put on these events, which both raise vital funds as well as show our presence in the community, without our wonderful volunteer support.

Newick & Chailey Support Group Pleasure Ride

The ten mile Pleasure Ride took place last September, organised by the Newick and Chailey Support Group. Four adjacent farmers gave their kind permission to ride over their farms in a very picturesque part of the Sussex Weald. Raising £1,000 for the Hospice, sixty riders set off in fine weather and really enjoyed the carefully marked ride. By popular request we shall, if possible, repeat this event again in 2013.

Waitrose True Community Partnership

Waitrose in Uckfield and St Peter & St James got together in early November to ask shoppers if they could spare an item from their normal shopping basket, to donate to our patients and families in the local communities we serve.

On Friday 2nd and Saturday 3rd November, members of the Hospice’s Uckfield Support Group, led by Margaret Kirby and some of our invaluable volunteers, handed out flyers to shoppers coming into the store, asking them to donate an item from their shopping that we could distribute to those who receive our care, love and support in the local communities we serve.

Once the hampers were made up by yet more volunteers (!) our Clinical Nurse Specialist Team were able to take hampers with them on visits to patients in December, bringing a little festive cheer.

Maggie Galletly, Clinical Services Manager at St Peter & St James said: “This is amazing! People who shopped in Waitrose on those days were incredibly generous, and I am sure that I speak for all the families who benefitted from this, when I say a HUGE thank you.”

We’d like to say thank you to Martin Bowling and his team at the Uckfield store for giving us this wonderful opportunity and being so generous with both items to show what we would like people to donate and his time and effort in making sure the event ran so smoothly.

Contact details for support groups

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<tr>
<th>Support Group</th>
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<tr>
<td>Barcombe</td>
<td>Alan &amp; Gwen Cannings</td>
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<td>Burgess Hill</td>
<td>Mike Moysen</td>
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<td>Buxted</td>
<td>Ginny Heard</td>
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<td>Ditchling</td>
<td>Henry Upshall</td>
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<td>Hassocks &amp; Keymer</td>
<td>Sharon Saunders</td>
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<td>Haywards Heath</td>
<td>Janice Brooks</td>
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<td>Lewes</td>
<td>Helen Clement</td>
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<td>Newick &amp; Chailey</td>
<td>Glenda Blackaller</td>
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<td>Nutley</td>
<td>Wilma Porter</td>
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<td>Plumpton</td>
<td>Reg Lanaway</td>
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<td>Ringmer</td>
<td>John Payne</td>
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<td>Scaynes Hill</td>
<td>Christine Holden</td>
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<td>Uckfield</td>
<td>Margaret Kirby</td>
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<tr>
<td>Wivelsfield</td>
<td>Richard Spencer</td>
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<td>The Friends</td>
<td>St Peter &amp; St James</td>
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Our wonderful team of volunteers is made up of people who find they have some time to offer to a grateful local charity. There are opportunities within the Hospice, in our lovely grounds or in our Retail department so do contact the Volunteer Services Department on 01444 470812 if you would like to know more or visit our website: www.stpeter-stjames.org.uk

Rachel Broadbridge helps in our warehouse sorting and preparing items for our shops and her husband, Philip, keeps our lawns looking immaculate. They have written about their volunteer experience, together with Sue Wise who is a whiz on the computer!

**RACHEL’S STORY**

Instead of presents for our Ruby Wedding Anniversary 5 years ago we asked for donations which we collected for the Hospice which was the time when I decided to volunteer. After nearly 15 years volunteering at the Princess Royal Hospital I wanted a change.

We are very grateful for all the generous donations which come to the Hospice warehouse which, of course, all have to be sorted ready for selling in the shops. My role is to sort the china, bric-a-brac and glass and all the time looking for collectables and well known names which sell at a higher price or go to auction. It is quite an eye opener as to what gets donated and we have some surprises which all add to the excitement of what is in all the boxes which come to the Hospice. I used to work with Maureen Crosse (who has now retired) who worked very hard volunteering for the Hospice and she helped me with deciding what was valuable.

I really enjoy my role and am learning all the time, with the help of Thérèse and all her knowledge of china and glass, etc. Since starting, the donations have increased and I now work all day Monday and Thursday mornings. It has been lovely to meet new friends and to talk about where they volunteer and what they do to see how everybody is involved in the running of the Hospice. These last 5 years have gone by very quickly and I hope to carry on helping for many more years to come.

**PHILIP WRITES...**

Wivelsfield has always had a special place in my heart as I attended the local Primary School. Jumping 10 years, I joined my father’s business (Broadbridges in Haywards Heath – one of seven menswear shops in the town at the time) becoming MD on my father’s retirement in 1968. On my own retirement in 2007 my wife and I both decided we would like to continue to help in the local community. A loyal member of staff was ill with a brain tumour, being treated in Haywards Heath and day care in the Hospice. Being impressed with the wonderful people that work in the Hospice we soon found useful roles, my part being caring for the lawns and grounds.

For me this involves using a push mower for the lawns (it has an engine but not self-propelled – any offers?) this is the hardest part, and a tractor for the meadows and longer grass. I like to think that when the grass is cut the whole garden is improved, although I know hard graft comes from many other dedicated gardeners. There are many great people to talk to, the birds to listen to and the wonderful views of the Downs to admire. What more could one want? Just a noisy leaf blower in the winter!

**SUE’S EXPERIENCE**

Being a volunteer can be fun, rewarding and satisfying, which I have certainly found to be the case at the Hospice. Having worked for over 25 years as a PA/Office Manager in London the time came for me to finish full-time employment and to pursue other interests. I had always had the thought in the back of my mind that I would like to do voluntary work, but with the myriad of choices out there the question was: where?

Despite having no connection with the Hospice I was somehow drawn to it, so with a little trepidation I went along for my interview with Christine. Why did I worry? Christine immediately put me at ease with her friendly and welcoming style and explained the work of the Hospice and the many opportunities available for volunteers from all walks of life. Liking everything I heard, and following induction, I signed on the dotted line and began my new career as a volunteer some three years ago. I have helped in a number of departments carrying out various tasks, but have found my niche in the Counselling department where I help out a couple of afternoons a week doing all things admin! The Bereavement Service Co-ordinators and Volunteer Counsellors are wonderful, caring people who have such empathy with the people they come into contact with, who are going through such a difficult time in their lives. The work they do helps to support people through their worries, pain and grief and is such a valuable part of the Hospice environment. As a volunteer I feel very appreciated and valued not only by the team I work with, but all those I come into contact with at the Hospice. It truly is an inspirational and very special place.

If anyone is thinking of becoming a volunteer, just pick up the phone and call Volunteer Services. It could be the best call you’ve ever made!
Do you dream of a balmy midsummer afternoon and evening full of your favourite music, having fun with your friends? A glass of wine, bar-b-que, maybe some dancing? Well dream no more......

MidSummer Music on the farm...... is coming

22nd
June
2013
Save
the
date!

St Peter & St James Hospice & Continuing Care Centre

Ladies & gentlemen, boys & girls...

Don your PJs & join us for our 6th SLEEP WALK

Finisher’s Memento—Breakfast 10k (6.2miles) around Haywards Heath

Save the Date!
Saturday 13th July 2013