

REFLECTIONS

Dear Supporters

Following many months of preparation and negotiations, I'm thrilled to be able to report that work has now actually started on the new Hospice off Broadwater Way in Eastbourne. It's such great news and amazing to see work in progress after so long in the planning.

The new Hospice is going to make such a difference to everyone involved in the work of St Wilfrid's. In addition to the desperately needed additional in-patient beds and vastly improved facilities for Day Therapy, or Well Being as we'll be calling it in future, we've worked hard to ensure that the new Hospice will be able to be a base from which we can reach out to our community. We know there's so much we can do to help other organisations and partners across our catchment area to improve end of life care and we're really excited about the new education facilities the new Hospice will bring.

As we approach the end of this momentous year for the Hospice, I must take a moment to thank you all for your continual support for St Wilfrid's, without which we could not help so many people and their families.

May I wish you all a peaceful and restful Christmas.

*Kara Bishop
Chief Executive*



Work has started

It's really exciting to see work finally underway at the new Hospice site. Embankments around what will be the new building have been formed and the embankment at the western end of the site is now ready for the planting of the orchard. The foundations have also been started and we're beginning to get a real feel for the shape and size of the new building.



Work begins on the site

We're delighted to announce that we've appointed Mansell as our main contractor following a very thorough and competitive tender process. Their appointment was followed by a period in which we examined all costs to ensure every element of the build is as competitive as possible. We're confident the new Hospice will represent excellent value for money and we estimate the costs to be up to £3m less than other equivalent size similar buildings.

It's important to remember though that a Hospice is so much more than a building. Two thirds of our patients are cared for either in their homes or through our Day Therapy sessions. The new Hospice has been designed to not only double the number of in-patient beds available to meet demand but also as a base from which to reach out to our community to transform end of life care for everyone that needs it.

Site dedication

In late November we held a dedication service on the site attended by many staff, volunteers and friends of the Hospice, including Eastbourne's MP Stephen Lloyd and the Mayor Cllr Carolyn Heaps.

The service took place on the day the work on the foundations officially started and was led by Hospice Chaplain Reverend Tom Duncanson. Seven white doves were released to mark the occasion, following a reception very kindly hosted by the David Lloyd sports club - our neighbours on the new site.



Left & Below:
Site dedication



Winter Update 2011

Registered Charity No. 283686

We welcome your support
01323 644500
www.stwhospice.org

OUR WORK

LEADING THE WAY

The clinical team at the Hospice are really proud of the representation they had at the national Help the Hospices Conference in Bournemouth in September. Following a call for abstracts about innovation seven out of the 200 posters exhibited were produced by members of the team at St Wilfrid's.



Carolyn Skilton (Specialist Nurse Practitioner) was also invited to deliver a presentation on her work around clinical audit.

Such a presence at a national conference is really putting St Wilfrid's on the map for its innovative work.

Developments in Day Therapy

Day Therapy Drop-In clinics have really taken off this year. The sessions are open to all Day Therapy patients who wish to take part. The Drop-Ins are an opportunity for patients who no longer need regular sessions to keep in touch and still feel part of the Hospice, which has a really positive effect on their well being. The sessions are broad in theme and cover symptom management such as fatigue and breathlessness and also exercise and relaxation through Tai Chi.

The creation of a gardening group has been particularly popular, especially with male patients who have regained their passion and energy for something close to their hearts. Day Therapy patients have also been benefitting from treatments by Health and Beauty students from Sussex Downs College which they really enjoy.

Some of the Day Therapy patients are feeling so empowered by the care they have received that they have created their own social Drop-In session in the department giving them the chance to maintain the social benefits attending Day Therapy has created.

Encouraging words...

I am writing to express my thanks to you and your team at the Hospice for the incredible compassionate levels of palliative care that you all gave to my late father.

During the six days that he was with you he was always shown the highest standards of medical care and compassion. You and your team ensured that he retained his dignity despite the difficulty of his condition. In the community we hear about the very different approach to patients in a Hospice; my family and I were privileged to see and hear this at first hand.

There really are not enough words powerful enough to describe our feelings of gratitude as we watched your team caring for Dad with the same love and care as we have for him.

I also want to add my personal thanks to you and your team for extending the caring and compassion to me. All of those caring, encouraging words and actions helped and strengthened me through the difficult days and held me safely when dad died.

You must be so very proud of the standards of care demonstrated by your team. Please pass on my thanks to everyone who cared for my father during his stay with you. Be assured that I will be ensuring that everyone I meet comes to know and understand how valuable the Hospice service is to patients and their families.

Recent Letter from a Relative

**For details about tribute giving please contact
John Summers on
01323 637865**



WORKING WITH CARE HOMES

At St Wilfrid's we are committed to reaching out to people who need our support in which ever setting they are in. We recognise that for many people this is a care home. St Wilfrid's Hospice supports residents of care homes by ensuring the homes have access to appropriate medications and expertise in end of life care. With our support many people are able to remain in the place they consider home and we will be extending our work in this area over the next few years, reaching out further and wider into our communities to transform end of life care.

THANK YOU!



The Boots store in Eastbourne town centre raised over £950 at their Festival of Delights in August. Our thanks to all the team at Boots who organised the event.



Dan Park has recently completed a half marathon and three marathons in 4 weeks followed by an ultra-marathon of 46 miles in the Brecon Beacons – all in aid of St Wilfred's Hospice. His 46 mile run involved carrying all supplies and 11 1/2 hours of running! Amazing work Dan.



Dave Watson raised over £1000 in May by jumping out of plane at 15000ft. He raised sponsorship through family, friends and work colleagues.



This year's season of Open Gardens raised a total of £13,427. Our sincere thanks go to the owners of the gardens and all the volunteers who organised and ran the events.



Stone Cross Primary School raised £491.20 from a cake sale and mufti day in July. Our thanks to all the children that took part.

Left: Tanieth and Elliot Kerr raised £722.50 by being sponsored to walk to the summit and back of Snowdon. Their challenge took them 6hrs 45 mins.



Nearly 400 walkers raised over £11K at this years Jim Jam Walk. Special thanks go to BBC Breakfast presenter Sian Williams who started the walk and to both Eastbourne College and the Langham Hotel for their support.



LOTTERY SUPPORT

Jane's story inspires us all

Having recently returned from three weeks travelling around America, Jane Millett really is an inspiration to everyone she meets.

Jane has been fighting cancer for over 20 years, having been diagnosed initially when she was 38. Jane is now in her late 50's and having been a patient since 2010 she discharged herself from Day Therapy in September feeling well and ready for another adventure.

Having previously travelled to New Zealand, Australia and, her favourite destination, Venice, Jane felt it was time to see the United States of America. Starting with New York she went on to San Francisco and San Diego, finishing her trip in Newark. The highlight of her trip was San Francisco which she describes as having beautiful scenery and an atmosphere that is very laid back!

Speaking to Jane recently we asked her about her decision to take the trip, she said: "Day Therapy sessions gave me my confidence back. I realised that you don't have to be scared. Thanks to the support the Hospice gave me I was strong enough and optimistic enough to be able to not have to attend every other week. This meant I was able to fulfil another of my lifelong ambitions – to see America - and it was amazing!"

On her return from the States Jane came into the Hospice to catch up with staff and tell them all about her trip, as well as to find out about the recently launched new Lottery scheme.



Jane with Dr David and Nurse Freya who feature in the lottery advertising



Jane has been keen to promote the Lottery since she first learnt that the Hospice was going to introduce one.

Following a summer of preparation, the Hospice launched the Lottery scheme in September with the first draw having been on the 9th of December. Staff, volunteers, patients, supporters and canvassers have been working hard to sign up players to the weekly draw over the past two months. Jane first heard about the Lottery whilst attending her Day Therapy sessions and is keen to encourage people to sign up because, as she puts it: "It's a different way to be able to support St Wilfrid's and it will allow the Hospice to continue to provide the kind of services that I've been fortunate to benefit from."

All being well Jane is off to Venice again in May. She now drops into the Hospice to catch up with staff and friends at the new Drop-In sessions running once a week.



We need your help!

Our seven shops are urgently in need of good quality clothing, bric a brac and furniture.

Can you help? Please call 01323 412745 to arrange collection, or drop off your donations to your local shop.