

Reaching Out

News and Events from St Wilfrid's Hospice Winter 2023

Challenge yourself in 2024



Projects



pg5

Helping bereaved children
feel less alone

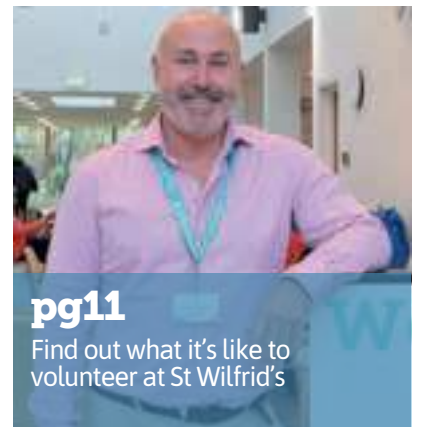
Support



pg7

See the winners of our
Charity Champion awards

People

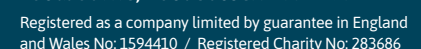


pg11

Find out what it's like to
volunteer at St Wilfrid's

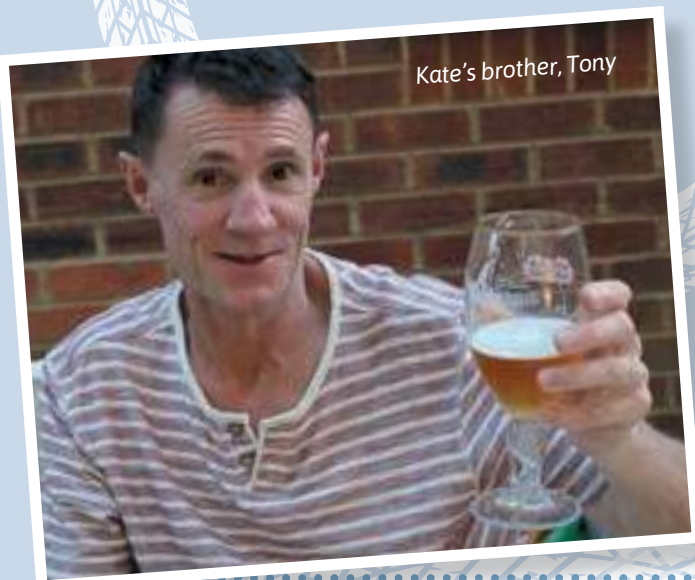


Colin Twomey Chief Executive



Amazing care

Kate, a nurse at St Wilfrid's, is taking on the Hospices to Holland cycle challenge in memory of her brother Tony who was cared for by the hospice in 2018.



Kate remembers her brother as very funny. 'He was a real wind-up merchant with my kids! But he was also very caring and fun, and he adored his daughters, Hannah and Victoria. He enjoyed walking his dog Poppy, building and flying motorised aeroplanes, and gardening. And his Harley Davidson motorbike was his pride and joy.'

During his younger years, Tony was in the Royal Engineers, serving in places such as Northern Ireland and Germany. After he left on medical grounds, he tried his hand at a few different jobs, and was working for a healthcare equipment provider when he died.

Tony was diagnosed with oesophageal cancer at 54-years-old in 2017. His family were devastated, and cared for him at home for several months until he was admitted to the hospice Inpatient Unit in July 2018, where he sadly died after a two-week stay. Kate told us how grateful the family was for the hospice's support. 'Before Tony was admitted, it was good to know the hospice's Care at Home Team was available, as well as its Nurse Line, which offers advice and support at any time of the day and night.'

'Once Tony went into the hospice Inpatient Unit, it was a relief to know other people were taking care of his needs 24-hours-a-day. If he needed something, they could provide it. A huge weight was lifted, and he was in such beautiful surroundings, it meant the family could come in and feel peaceful. Tony had constant care at the hospice, and it would have been much tougher without the support of the doctors, nurses and other staff there.'

Since Tony's death, Kate, has started working at St Wilfrid's as a Nurse. She said: 'Tony received the most amazing care at what was a very difficult time for us as a family, and from what I'd experienced, I was keen to work there. I was already employed as a Nurse in a nursing home but was ready to move to

the hospice to offer a role providing more specialised care. I wanted to support patients and their families in the same way that my family had been helped.

'I've been working at the hospice for more than a year now and happened to be working on the anniversary of Tony's death, but it didn't faze me, it actually made me feel close to him.'

Kate will be cycling over 280 miles from St Wilfrid's Hospice to Amsterdam as part of the Hospices to Holland cycling challenge in September. She is part of a team helping to raise funds for St Wilfrid's. She said: 'The fundraising felt a bit daunting but it's actually easier than I expected. I'm trying lots of different approaches, along with others who are taking part. I've cleared out the loft and sold items at car boot sales, made up hampers to raffle off, created a guess the number of sweets in a jar and raffled a bunny I made myself. I'm so excited to do the ride even though it will push me out of my comfort zone mentally and physically.'

Kate on a previous cycling challenge



There are still spaces available for the Hospices to Holland challenge, find out more on page 8.



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Children's Grief Awareness Week

16th to 22nd November 2023 was Children's Grief Awareness Week. The Seahorse Project – our bereavement support service for 6-18-year-olds – marked it with a special project.

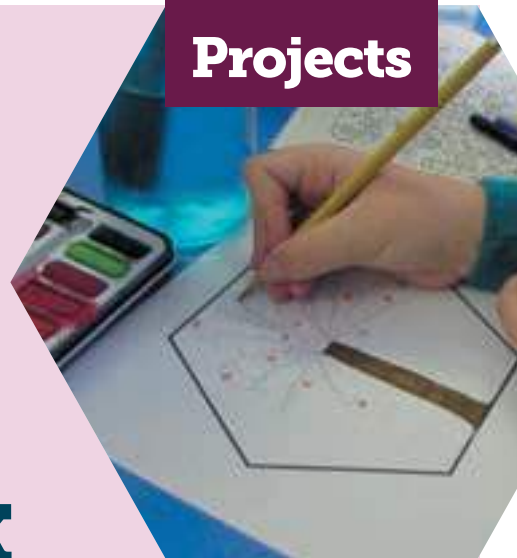
The Sharing Shapes Project was devised by the Childhood Bereavement Network. The project is based on the simple idea of asking children and young people to decorate a hexagon, which is then placed into a larger mural. Its aim is to show children and young people that they are not alone in their grief.

'In October we ran a creative workshop for St Wilfrid's staff families and our Seahorse families to design a hexagon for a mural at the hospice. The children designed beautiful images involving stunning patterns and powerful messages. We also worked with students at West Rise Junior School, The Turing School and Pevensy and Westham School, who created their own hexagons for the mural.

'The mural was then displayed in the hospice during Grief Awareness Week for the public to see, helping to raise awareness of this important issue.

You can find out more about the seahorse project at stwhospice.org/seahorse

You can find out more about the seahorse project at stwhospice.org/seahorse



Kathryn Sutter, Maria Tayao (Diversity Resource International) and Lucy Cheshire

Spreading the word about our care

New hospice FAQ leaflets are now available in Arabic, Polish, Portuguese, Romanian and Ukrainian. Developed in collaboration with local organisations Diversity Resource International, Sanctuary Eastbourne and the Sompriti Project (run by Sussex Community Development Association), the new information is helping us to connect with different groups to ensure everybody is aware of our care. We have been busy visiting places such as Eastbourne Mosque, local Ukrainian Groups, and churches to spread the word!

The leaflets are available for download at: stwhospice.org/translated-leaflet. For more information contact Kathryn Sutter, Community Engagement Navigator on 01323 434279 or kathryn.sutter@stwhospice.org.



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Charity Champions



St Wilfrid's Hospice Charity Champion Awards recognises the support that businesses in our local community give to the hospice.

The event, sponsored by Birchwood Group, took place on Wednesday 15th November and saw key members of the local business community sharing their success. There were six categories with up to six nominees in each and one triumphant winner.

Loyal Supporter Award

Winner: The British Queen pub in Willingdon, one of our Bronze Partners, for their continued fundraising efforts over many years.

Other finalists: Hydro Hotel, Haulaway, Cornfield Accountants, Gardners Books and Ansvr.

New Supporter Award

Winner: ECF Car Care, one of our Platinum Partners, who recently donated the use of a lease car for two years for our Care At Home team.

Other finalists: Biffa Polegate, Beechwood Grove Care Home and Enterprise Rent A Car UK.

Event Supporter Award

Winner: Clarke Roofing Southern Ltd, one of our Platinum Partners, for their fantastic support and sponsorship of our main event, the Starlight Stroll.

Other finalists: Whiteline, AFH Payroll Solutions Ltd, The Park Lane Group, Eastbourne UnLtd and Eastbourne Audi.

Outstanding Charity Champion Award

Winner: Paula Kemp from Birchwood Group for her commitment to championing the St Wilfrid's cause and helping to instigate thousands of pounds worth of fundraising for us.

Other finalists: Kim Hatcher-Davies (Morrisons), Valerie Pope (Marks & Spencer), Ella Weeks (Southern Co-Operative) and Natalie Lennol (The Lamb Inn).

Most Creative Fundraising Idea

Winner: Gibbs & Dandy, one of our Gold Partners, for their brilliant in-store golf challenge!

Other finalists: Iain Attwood (Beechwood Grove Care Home) and Lightning Fibre

Small Business Supporter Award

Winner: Chatfields for their support at our 2022 Gala and 2023 Lunch At Saffrons events.

Other finalists: Gelato Famoso and Simply Patisserie.

This event is our way of saying thank you to our local business community, we really do appreciate your support!

If you would like to know more about our Partners scheme then please contact either Simon or Debbie on 01323 434230.



Gibbs & Dandy



The British Queen pub in Willingdon



Clarke Roofing Southern Ltd

50:50 challenge

If we gave you £50 and 50 days, how much money could you raise?

We want to find out!

The St Wilfrid's 50/50 Challenge, kindly sponsored by PRG Ltd, runs from Monday 5th February until Tuesday 26th March and we are looking for as many individuals and organisations as possible to take part. There will be leader boards and prizes for the most money raised so sign up and show us how much you can raise. **To sign up or for more information contact Simon on 01323 434230 or email simon.cosham@stwhospice.org**





Take the plunge and go the distance this March!

Swim the Distance 1st-31st March

Returning for the second year, Swim the Distance is all about challenging yourself to swim a set distance to raise funds for the hospice!

- Choose 5km and swim the length of the River Cuckmere
- Choose 15km and swim the length of Lake Windermere
- Choose 34km and swim the distance of the English Channel
- Choose this year's new challenge of 56km and swim the distance of Sussex's River Ouse! This mega challenge can also be completed as a team.

Signing up for the event is FREE, but you will be asked to pledge to raise a minimum of £150 to support patient care.

Sign up at stwhospice.org/swimthedistance

Fancy something different? We have more events and challenges on our website at stwhospice.org/events. If you would like more information about any of our events, or some help choosing, please contact the Fundraising Team at fundraising@stwhospice.org or on **01323 434284**.

Eastbourne Half Marathon Sunday 3rd March

With lots of local support and a great atmosphere to keep runners motivated and help them enjoy the challenge, the **Eastbourne Half Marathon** is ideal for a first half marathon or for aiming for a personal best time.

By choosing to run for St Wilfrid's Hospice, we will guide and support you through your fundraising journey and connect you with other runners, as well as providing you with a Fundraising Pack.

Find out more at stwhospice.org/eastbourne-half



Join #TeamWilf and take on the home half!



A challenge of a lifetime



Hospices to Holland 18th-22nd September

Take on the challenge of a lifetime and cycle from Eastbourne to Amsterdam!

Raise vital funds for hospice care on this challenging five-day European charity bike ride! We are teaming up with St Michael's Hospice (Hastings and Rother) on this wonderful cycling challenge which will take place in four countries, as we ride more than 280 miles through the beautiful European countryside.

Interested? Contact the Fundraising Team on fundraising@stwhospice.org or call **01323 434284** if you would like to speak to someone about the challenge.

Sahara Trek 16th-21st October 2025

Take on mighty sand dunes and scorching temperatures to trek in the vast and beautiful wilderness of the Sahara for St Wilfrid's.

Local Berber guides will lead your trek across ancient dried-up river beds, sand dunes and sun-baked plains. Camping each night gives you the chance to experience the stunning stars of the desert nightscape as well as the traditional cuisine of the Berbers.

Find out more at stwhospice.org/sahara



You could join us in 2025!



Events and Challenges 2024

St Wilfrid's Hospice has plenty of fundraising events available to take part in throughout 2024. **Get involved and help raise money to support hospice care!**



★★★
You could join us in 2024!

Rainbow Run 18th May 2024

Join us in Hailsham for the most colourful fun run in East Sussex!

Our 5km, rainbow coloured, afternoon of fun will be returning in 2024 with the addition of a brand-new foam station. Rainbow Run is the perfect event for families, friends, colleagues and anyone else who wants to experience the joy of running through seven colours of the rainbow, whilst raising funds to support hospice care. If you're not covered in enough paint by the time you cross the finish line, we bring the event to a close with a spectacular paint party!

Over 600 people took part in 2023; you could join us in 2024!

Sign up at stwhospice.org/rainbowrun



★★★
Let's go on a walk!

Wilf Walk 22nd June 2024

Whether you want to join us for one section of the walk, or the full 30 miles, we would love to have you! All the walks take place in our back garden – the South Downs. Our routes are easy to follow, with support along the way from our Wilf Walk checkpoint crews. Whatever level of challenge you choose, there are stunning views to enjoy, a great sense of achievement to savour and a special Wilf Walk medal to collect at the finish line!

Section 1: Ditchling Beacon to Southease

Approximately 11 miles/17km

Section 2: Southease to Alfriston

Approximately 8 miles/12km

Section 3: Alfriston to Eastbourne

Approximately 11 miles/17km

Register your interest at stwhospice.org/wilfwalk

Thrill-Seeker Challenges All year round!

Calling all thrill-seekers, daredevils and adrenaline enthusiasts; sign up to take on an exhilarating charity challenge and have the experience of a lifetime!

Whether it's skydiving, bungee jumping, wing walking, abseiling, or something else, there's a thrilling challenge with your name on it!

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★★★

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Volunteer in the new year

If you are looking for a volunteering opportunity in 2024 then we've got something to suit everyone. **Here, four volunteers talk about their experiences.**



Andrew Welcome Point Volunteer

'My mother was cared for at another hospice before her death and since then I have always wanted to give back to a hospice.'

The best part for me is working as part of a team; that is the thing I missed the most after retiring early from my job, so I really enjoy working with the team at St Wilfrid's.

'Working on the Welcome Point means that you meet a lot of people coming into the hospice for many different reasons. Every day is a surprise and I never know what to expect or what is going to come through the door. That makes it very fun for me as I love helping people and I also love a challenge.'

Nicola Retail Volunteer

'I started volunteering in the shops as a way to give something back and help the hospice by raising money and by sharing the great work that they do within the community.'

'My son Daniel was cared for by the wonderful staff at St Wilfrid's for three months. He passed away in there on 18th August 2019 – a day I will never forget. Everyone was so kind, compassionate and accommodating for all our needs as a family and especially Dan, and I cannot thank them enough.'

'The best thing about my role is meeting and helping people and contributing within the community. It has been delightful to meet and work with other volunteers too. I like talking so this is a great role for me to do.'

Alan and Brenda Community Support Volunteers

'We started volunteering after we popped into The Street Café at the hospice one day for scones and coffee.'

A friend who volunteers told us what they do there, so we got in touch with the St Wilfrid's Volunteering Team and the rest is history.

'We enjoy doing what we do and have both met some incredible people. We feel supported in our roles by the team at St Wilfrid's and love what we do; we will always continue to do so.'



Alivia Young Clinical Volunteer 2022-2023

'I decided to volunteer as I really wanted to help people in any way possible. My favourite part about the role was talking

to the patients and seeing how happy the company made them.'

'The main challenge I found was overcoming the loss of a patient you had spent a lot of time with. But there is a huge support team that can help you with this or any other challenges you have.'

'One surprise was the amount I was able to learn from the experience, from being able to observe various medical procedures performed by nurses, to simpler practices like learning how to make patients comfortable, both being equally as important.'

Find out more about volunteering at stwhospice.org/volunteering or call 01323 434205



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WORLD
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Virtual Reality comes to St Wilfrid's

Patients have been enjoying the opportunity to try out a virtual reality (VR) headset to take them to faraway places.

Sue attends the Living Well Drop-In Group at the hospice on Tuesday afternoons and was one of the first to try the headset. She said: 'When it was suggested I have a go, I was worried there would be flashing, but it was fine. It's quite comfortable to wear and is amazingly clever.

'I visited Thailand a few years ago and wanted to go again to celebrate my 70th birthday but due to ill-health, I couldn't go, so I settled for the VR instead. I virtually went to Bophut Beach and the Big Buddha and it was exactly as if I was there. I might take a trip around Lake Garda next as we used to enjoy going there,' Sue said.

'I'm so grateful that the Living Well Drop-In Group exists. I enjoy going and the staff are incredible. The hospice feels calm and peaceful when you walk in. It's not what you expect a hospice to feel like,' Sue added.

The project is being organised by the hospice's Digital Health Lead, Rachael Findlay-Geer, who said: 'We have two Meta Quest 2 VR headsets available, thanks to funding from Worshipful Company of IT and a generous donation by one of our patients.



Sue trying out the VR headset

'VR offers a wonderful opportunity to experience something a bit different and users can virtually walk down streets, visit numerous places across the world, play instruments or just enjoy guided meditations. There really is something to suit everyone,' Rachael said.

Could you support patients and families?

It is St Wilfrid's Hospice's mission to enable people to live well at the end of life, and to support families pre- and post-bereavement. But we can only do this thanks to the generosity of our local community.

Could you help families like Tony and Kate's (page 3) have the support they need when facing a devastating diagnosis?

£20

can fund a session with our Seahorse project for a bereaved child, making them feel less alone in their grief.

£42

could run a community car for a morning, allowing people like Tony to stay at home as long as possible.

£118

could sponsor a nurse like Kate for a day, allowing her to offer the same level of care to patients as her brother received.

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You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

Valerie Wells died in the St Wilfrid's Hospice Inpatient Unit in January last year aged 80. She kindly left a legacy gift of £2,500 in her will.

Her son, David, told us more about her and her reason for leaving this generous gift.

'Always thinking of others'

'Mum was so appreciative of the care she received from everyone at St Wilfrid's. First from Drs Celine and Edwin, and the lovely nursing team who provided care at home. And then from the exceptional team at the hospice when it was no longer viable for mum to stay at home. This was her way of saying thank you,' said David.

Valerie's early childhood was spent in London, until she was evacuated to Hillingdon for safety as London came under threat of bombing. Val left school aged 15, and married her husband Brian aged 20. They became a family a year later with the birth of their only son David.

Sadly, Brian died in 1986, a victim of mesothelioma. Valerie had to face the future without the love of her life. She became a cleaner, then messenger and then clerical worker in the Government Communications Bureau - otherwise known as MI6. David says this job was 'something she held close without even telling her grandchildren, despite working there for over 20 years!' Val bought a house for herself in Lewisham and then, when she felt that it was time for a change of pace, she moved to East Sussex.

David and his wife Helen both work for the Diplomatic Service. In August 2020 David told his mum that he was due to take up a posting to Nairobi. 'In that case,' his mother told him – 'there's something you need to know...'



Valerie had been diagnosed with maxillofacial carcinoma. After surgery, Val was eventually referred by a district nurse to St Wilfrid's Hospice.

David, and Valerie's sister Audrey, both made use of the hospice's Nurse Line for advice and help with caring for Valerie at home before she went into the Inpatient Unit at the hospice – where family and friends continued to visit her and support her during those last months.

During that time, Valerie's stoicism and strength of character was still very much in evidence. She was determined to say goodbye to all the important people in her life, without sentimentality – seeking to assure them of her equanimity after a good life. Her favourite flowers were white lilies, which she would get from the man at the flower shop in Eastbourne. She liked to give him £10 every Christmas, and – in a typical display of kindness – made sure someone dropped this into him even when she was in her Inpatient Unit room at the hospice.

After Valerie died it became clear that this kindness extended to the provisions made in her will. 'Mum recognised how fortunate she was to fall under the care of St Wilfrid's,' said David. 'An opportunity that not everybody receives.'

'Although mum expressed her appreciation to the team at every opportunity, she also wanted to make a donation, both to say 'thank you' and to make a small contribution that will hopefully help others have the same opportunity to receive high quality end of life care. I guess that was mum. Always thinking of others.'



If you would like to find out more about leaving a gift in your will please visit stwhospice.org/giving/wills or contact **Roz Bristowe** on **01323 434214** or at rozelyn.bristowe@stwhospice.org



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Shops



St Wilfrid's shop comes to Polegate

On 17th November 2023 we opened our 11th hospice shop, in the heart of the Polegate community.

The new store, located by the train station on Polegate High Street, has something for everyone; from soft furnishings to books, children's toys to kitchenware and ladies dresses to men's suits. It also features a denim department consisting of jeans, jackets and accessories.

Cllr Dan Dunbar, Mayor of Polegate, officially opened the store and said 'It was an absolute privilege to welcome local residents into a brand-new store in the centre of our town. It was fantastic to see so many people at the grand opening at such a great time of the year to open a new shop. I look forward to visiting the shop again and I wish St Wilfrid's Hospice the very best for the Polegate shop in years to come.'

The shop joins our 10 other shops in raising vital funds for the hospice, making a huge difference to the care and support given to patients across Eastbourne and the surrounding areas.

You can find out more about all of our shops at stwhospice.org/shops



Volunteers needed!

If you would like to volunteer in Polegate or at any of our shops please get in touch.

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Clearance Shop

Unit 5, Technology Park
Moy Ave, Eastbourne
01323 409589

Please support our patients

I would like to make a gift of: ☐ £20 ☐ £42 ☐ £118 ☐ Other £ _____

I am donating in memory of their name (optional)

☐ I enclose a cheque made payable to St Wilfrid's Hospice (Eastbourne) ☐ Please debit my card:

Card number Expiry date /

Type of card ☐ Credit card or ☐ Debit card

Date / /

I would like my gift to be acknowledged Yes ☐ No ☐

Your details (your full first name, surname and address are needed to identify you as a current UK taxpayer)

Title

Address

Postcode

Direct Debit

I would like to donate £ Frequency of donation: ☐ Monthly ☐ Quarterly ☐ Annually

Direct debits can be taken on the 1st or 15th of the month. I would like this to start on ☐ 1st ☐ 15th of _____

Account name

Sort code / /

Address

5	3	8	6	9	2
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Instruction to your bank or building society

Please pay RSM2000 re St Wilfrid's Hospice Direct Debit from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with RSM2000 re St Wilfrid's Hospice and, if so, details will be passed electronically to my bank/building society.

Signature

Date / /



Gift Aid (If you can, please add 25% to your donation at no additional cost to you)

☐ **Please tick if the following statement applies to you:** I am a UK taxpayer and I would like St Wilfrid's Hospice (Eastbourne) to treat any donation I have made for the four tax years prior to the year of this declaration, and all donations I make from the date of this declaration until I notify St Wilfrid's Hospice (Eastbourne) otherwise, as Gift Aid donations.

Date // Please notify us if you want to cancel this declaration, change your name or address or no longer pay sufficient tax on your income and/or capital gains.

Can we keep in touch?

If you have helped the charity in the past, we like to thank you and keep you informed about our news and events. We feel there is a legitimate interest in keeping you up to date with the work we are doing and letting you know how you can get involved. **This would normally be by mail.**

☐ **Tick here if you wish to stop all contact from St Wilfrid's Hospice (Eastbourne)**
(Please note, you will be removed from all mailings and we will never contact you again if you tick this box)

☐ **Tick here to consent to be contacted by email; please provide us with your email address, above.**

We will never sell or share your data with a third party. For details about how we use your data, please go to stwhospice.org/yourdata