



St Wilfrid's Hospice
Making a difference to local lives

30
Years
1987-2017

News

St Wilfrid's Hospice Celebrates 30 Years!

Winter | 2016/17

Read memories from the early years



DREAMBUILDING

Public Fundraising Launch

See the special pull-out section for more info and ideas of how you can help

New Shop at Chidham

The beautiful interior must be seen!

Welcome

Contents

3 Retail

4 30th Anniversary Memories

6 Education

12 Volunteers

Look out for your DREAMBUILDING pull-out in the centre pages



You will have seen on the front cover that at St Wilfrid's Hospice we are celebrating our 30th anniversary this year! And, 2017 also sees the launch of the public fundraising phase for DREAMBUILDING, the new, state-of-the-art Hospice we're building in Bosham.

We are very fortunate to have a large number of staff, volunteers and supporters who have been with St Wilfrid's for a long time, indeed some from the very beginning when the thought of a hospice was just a small seed of an idea. On pages 4 and 5 we hear from some of those original pioneers as they share their wonderful memories from the early days.

We also have a special DREAMBUILDING section that will bring you right up-

to-date with this exciting project and our plans for 2017/18. It also gives you details about the many different things you can do to get involved and help us build our new Hospice, fit for the 21st century.

Many thanks for supporting St Wilfrid's and happy reading!

Helen

EDITOR

HOW TO CONTACT US

Address: St Wilfrid's Hospice, Grosvenor Road, Chichester, PO19 8FP

Tel: 01243 775302

Email: general@stwh.co.uk

Website: stwh.co.uk

Registered Charity in England and Wales No: 281963

Follow us @STWHChi and on Facebook

We'd love to hear any feedback you may have about the newsletter, so please get in touch with your comments.

Please contact Helen on 01243 755185

helen.humphry@stwh.co.uk



Innovative new service to improve end of life care

The new service, known as **echo** (end of life care hub for Coastal West Sussex), is now available. The service aims to improve the coordination and delivery of end of life care for patients across Coastal West Sussex by linking key service providers together via a 24/7 telephone coordination hub.

Staffed by trained nurses, **echo** will act as a point of contact for patients, carers, family members and health care professionals. **echo** nurses will provide advice and support, refer or signpost to other services and mobilise rapid response teams. A new website containing information and resources has also been launched at www.echocws.org.

Some of the expected benefits include increasing the number of people who are able to die in their preferred place, a reduction of inappropriate hospital

echo

End of life care hub
Coastal West Sussex

admissions, an improvement in the speed of hospital discharge and better information sharing.

This new approach has been commissioned by Coastal West Sussex Clinical Commissioning Group (CCG) and St Wilfrid's is part of the team delivering the service together with Sussex Community NHS Foundation Trust, Western Sussex Hospitals NHS Foundation Trust, St Barnabas House and Macmillan Cancer Support.

New Hospice Shop in Chidham

We were delighted to open a new style shop in Chidham on October 28th.

This new venture was opened by Alan Copsey, Trustee of St Wilfrid's, and Sue Hyland, Vice President. Customers old and new were welcomed with a glass of sparkling wine to celebrate with the Shop Manager, Nikki Appleton, and her new team.

This spacious new-build unit stocks a range of quality donated goods including ladies, men's and children's garments and accessories, bric-a-brac and collectables, books, DVDs,

CDs and a selection of furniture and home furnishings.

Easily accessed from the A259 with customer parking, the team is ready to welcome everyone!

The shop has already attracted a number of volunteers from the local community who are using their skills to raise funds to support the Hospice services whilst enjoying the friendly environment.

We would love to hear your thoughts on the new look shop fit; please visit and let us know what you think.



Antique Awareness Training

The Hospice shops receive a wonderful selection of bric-a-brac and collectables daily, kindly donated by local supporters. The shops teams carefully sort through these goods and decide how to raise the most from these treasures.

Some of these goods go straight to one of the 13 Hospice charity shops for sale. Other items, that might need to be seen by a wider audience, will be listed on eBay where the Hospice has a dedicated shop. And finally, any real treasures are kindly sold at auction by Strides in Chichester, who are long standing supporters of St Wilfrid's.

To help staff and volunteers to recognise the value of donated goods, we hold an annual Antique Awareness Training Day. This informative session is organised and run by experienced antiques expert, Pat Dyer, and his team, covering ceramics, glass, silver, memorabilia, books and much more.

It's a very full but enjoyable day and everyone takes away a lot of knowledge to help them recognise the value of donations with increased confidence.



eCommerce Volunteers

We sell carefully selected donated goods through our dedicated eBay shop. This really successful operation, which is based at our Terminus Road outlet in Chichester, raises around **£43,000** a year for the Hospice and lists a huge range of goods from clothing and books to the really unusual and rare. Have a look - you will be very surprised at the donations we receive!

The eCommerce Manager, Stuart Loversidge, runs a team of dedicated volunteers that research, list, pack and post around 12,000 orders annually.

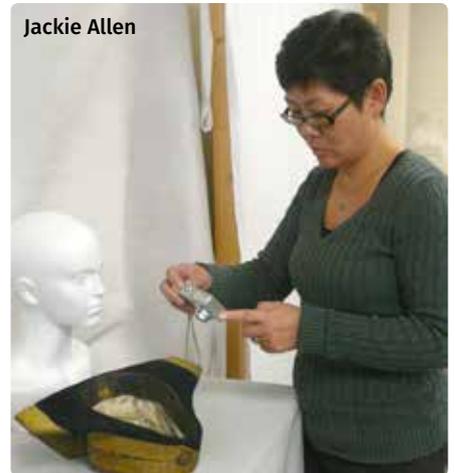
Jackie Allen has been an eCommerce volunteer for 13 months.

What do you enjoy about the role?

I enjoy the varied nature of working in eBay. You never know what items will be donated and opening up the deliveries from the shops each week is a bit like Christmas or Birthdays – except the items aren't for me!

I particularly like the fact that I can use my computer skills to research and list items to raise the most money possible for the Hospice, but I am also learning new things. I didn't know much about glass, ceramics or silver before working here but, through the training provided and research, my knowledge has increased greatly.

Jackie Allen



What is the most unusual item you have researched or listed?

In terms of the most unusual item, it is so unusual we still don't know what it is! We are still researching through different sources and hope to find out soon!

Why did you choose to volunteer for St Wilfrid's?

I was on a career break from teaching and wanted to use my time out to do voluntary work. I saw the opportunity on the do.it.org website and it appealed to me to be able to use my computer skills and help a worthwhile local charity.

Go to stores.ebay.co.uk/St-Wilfrids-Hospice-Chichester

Our 30th Anniversary Memories

"Forty years ago, when I was a newly qualified doctor, I realised that no-one really knew how best to treat dying patients. I remember my feelings of shock and sadness while witnessing a patient dying of cancer, being vigorously resuscitated by a team of doctors including me, while the relatives sat in another room with no idea what was going on, separated from their loved one in the last few rather undignified minutes. How wonderful it is now that patients are cared for by St Wilfrid's and have a dignified death."

Sandra Sedgwick Founder Trustee, Vice President

"My mother, Gwen, was the first patient at St Wilfrid's and when she arrived, the nurses were still unpacking the crockery! However, the care and kindness she and the family received, could not be faulted."

Mrs E J Stoner



Fundraising launch

The Hospice appeal was officially launched at the Assembly Rooms in Chichester



Commemorative brochure

The Hospice opened its doors to its very first patient, Gwen

Time Line Feb 82 – Oct 84 – Oct 86 – Nov 86 – 5th Jan 87 – Nov 87 –

The first support group in Bognor was formed

The Architects handed keys to the Chairman

Seaward Construction moved on to the site and started the construction work

The first shop opened in Crane Street, Chichester

"In 1981, St Wilfrid's Hospice (South Coast) Limited was formed to raise money to build a hospice for the provision of care for those terminally ill with cancer. After an amazing fundraising effort, mainly driven by the then 20 local Support Groups, the dream of building a hospice turned into reality and St Wilfrid's opened its doors in January 1987 - on time, to budget and with no outstanding debts. Little did we realise at that time that the acorn we planted would grow into today's mature and very healthy oak tree."

Christopher Bateman
Founder Trustee, Vice President

"I've been involved with St Wilfrid's since the beginning. I was, and still am a Ward Volunteer, making sure the patients have all they need. I really remember the first Matron, Pat Camilleri - she was absolutely super, so warm and motherly. Pat really set the high standards at St Wilfrid's, both on the clinical side and the caring, compassionate side."

Elizabeth O'Hea
Volunteer



"We admitted our first two patients in January; I remember them both and guess I always will. As our knowledge grew so did our reputation and our beds were seldom empty, we also had lots of laughter alongside the tears. All of the staff were actively involved in fundraising & we were able to witness the wonderful generosity of the community we served."

Sue Allen
Former Sister



"I really can't believe it's been 30 years since I came to work at St Wilfrid's. I remember walking around with Matron Pat after my interview and thinking to myself, I could make something of this! Before we opened we were so busy getting things ready, ironing curtains, unpacking furniture - it was all so exciting. The past 30 years have flown by and now we can look forward to the future with our new Hospice."

Gloria Smith
Housekeeping Manager



"In the early days our mascot was Gregory the Gorilla. He could often be seen around the local area helping with fundraising. We also took him to the London Marathon each year; Gregory sat in a wheelchair while we rattled collection tins amongst the crowds.

I will never forget the day St Wilfrid's was officially opened by the Duchess of Kent. It was a super day with policemen everywhere. Everything was going smoothly until the sniffer dog jumped up onto the table which was being laid for tea with the Duchess – Matron Pat hit the roof and left the policemen shaking in their boots!"

June Fellows
Housekeeper

"My first volunteer role was to answer the phones - what a disaster! After losing calls and cutting people off, I was quickly moved to the ward, which is where I wanted to be anyway. Things quickly improved and here I am still, 30 years later!

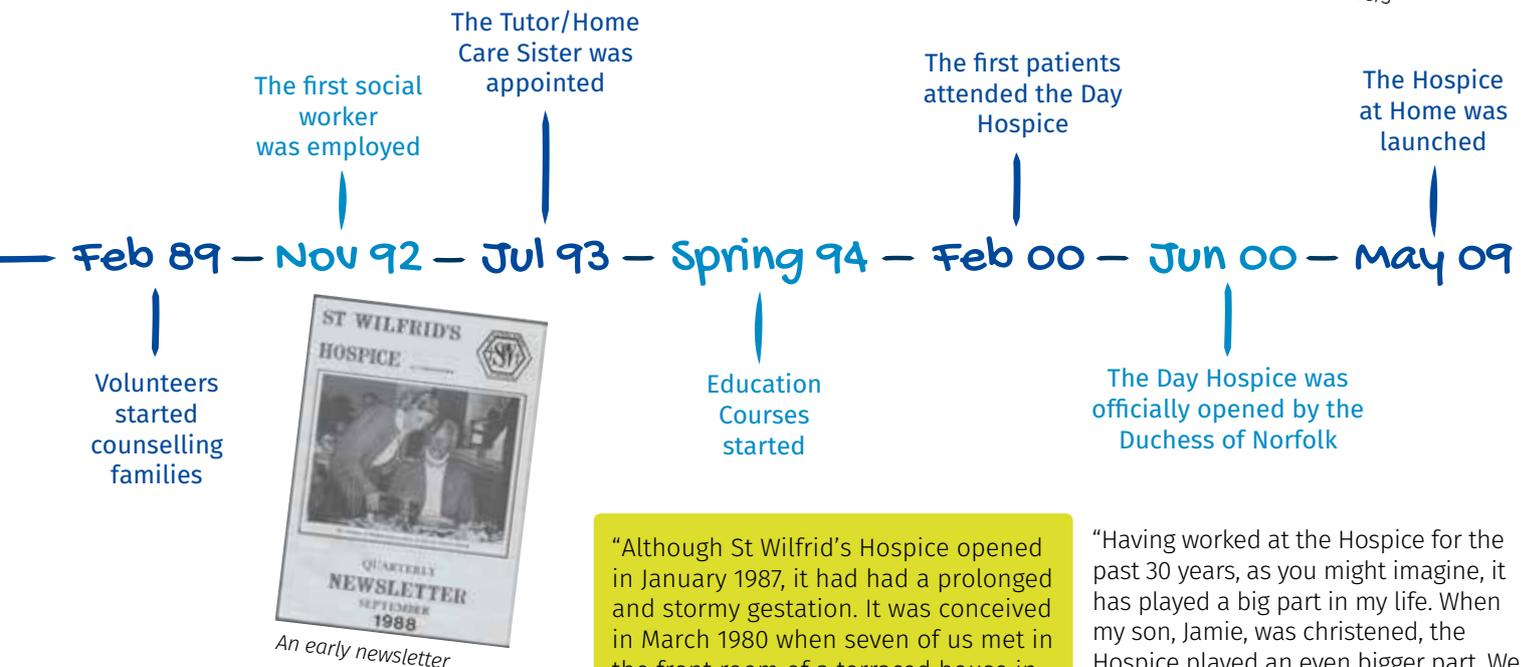
In those early days volunteers were often asked to do more practical jobs like making beds and making supper for the patients. One memorable evening I was tasked with cooking poached eggs for everyone but without the use of an egg poacher, just a vast saucepan of boiling water. About 24 eggs later, Matron Pat came down to chase up supper, to find me struggling...she took over, cooked the eggs and supper went up to the ward – not only a wonderful nurse but also an excellent egg poacher!"

Sally Macleay
Volunteer

30
Years
1987-2017



Peggy Lee, one of the original fundraisers



"Felpham Supporter Group started when a group of 8 ladies, who met on a regular basis to chat, drink tea and make crafts, saw an advert to 'buy a brick' and decided to raise money for the Hospice – I joined the group a little later in 1993. Sadly, most of the founder members of the group have died, but Mrs Pamela Tate, one of the founder members, is still extremely supportive to this very day!"

Peggy Gumbrell
Felpham Supporter Group

January 1987 - Pat Camilleri and I were appointed as the first Matron and Bursar - how old-fashioned those titles seem now! I was introduced to one patient as the Bursar, and she declared with delight "My name is Bertha too!"

Gillian Plowman
Former Bursar

"Although St Wilfrid's Hospice opened in January 1987, it had had a prolonged and stormy gestation. It was conceived in March 1980 when seven of us met in the front room of a terraced house in Chichester. Our only assets were zeal and enthusiasm for a hospice to be built in this area.

Eventually, after a few difficult years of not much progress, a new committee was formed. We had learnt our lesson: we needed to appeal to the local community with the message that this will be your Hospice, serving you, your family and your friends and if you want it built you must support it!

From then on we never looked back, and I am sure DREAMBUILDING will be based on the same policy. "There must be a beginning of any great matter, but the continuing of it until it be thoroughly finished, yields the true glory."

David Lacey
Former Medical Director, Vice President

"Having worked at the Hospice for the past 30 years, as you might imagine, it has played a big part in my life. When my son, Jamie, was christened, the Hospice played an even bigger part. We had a patient called Estelle who came in regularly for respite care throughout my pregnancy and was so excited when I had Jamie that I asked her if she would like to be godmother to him. Happily she accepted and my son was christened at the Hospice."

Paula Honeywood
Chef



The Education Centre has moved!

The Education team is delighted to announce that they have moved to new premises, next to our existing retail outlet in Terminus Road. This newly refurbished, self-contained and re-designed area will be operating in the New Year and not only gives the team double the space for delivering education, alongside easy access to public transport but frees up much needed space within the Hospice building in Donnington. The Education team will, however, continue to play a role within the Hospice itself, both, currently and with the DREAMBUILDING!

The role and purpose of the Education Centre at St. Wilfrid's Hospice is to share our expertise in specialist palliative care. By sharing this expertise we aim to play our part in ensuring all patients in the local

area receive excellent, high quality care at the end of life. We offer a wide range of courses mostly for health and social care professionals but also for complementary therapists and a small number for the general public. Courses are commonly charged at very competitive rates but we have been fortunate to have had support from Coastal West Sussex Clinical Commissioning Group in funding many of the health and social care professional courses. As you may have read on page 2, with the introduction of **echo** (End of Life Care Hub for Coastal West Sussex) our local Clinical Commissioning Group has a high priority for end of life care and this is reflected in the education portfolio at St. Wilfrid's Hospice. The smart, new Education Centre will enable us to deliver all these educational events in comfortable, professional surroundings with all the necessary facilities.

The Education Centre will be having an Open Day in January 2017 – please contact us (education@stwh.co.uk) for further details; we would welcome the opportunity to give you a tour of our new facility!

Education Courses

Health and Social Care Courses

- Compassion Awareness
- Symptom Management in the Last Days
- Management of Syringe Drivers
- Study Skills
- Verification of Expected Death
- Principles of End of Life Care for Health and Social Care Support Workers
- Hydration at End of Life
- Psychosocial Support in Anticipatory Grief and Bereavement
- First on the Scene... (Paramedic Training Day)
- I Don't Want to Go Back to Hospital
- Palliative Link Group
- End of Life Journeys: LGBT
- End of Life Care and Dementia
- Understanding Palliative and End of Life Care for Non-Clinical Staff
- Understanding the Principles of Advance Care Planning
- SAGE & THYME ACP Communication Skills
- Six Steps+ Programme for Care Homes
- Symptom Control in Palliative and End of Life Care

New Team Widens Diversity

We are so very excited to have 3 new staff members join the Education team.

Firstly, **Lorraine Barton** will be joining our team as a Lecturer in January. Lorraine, who is relocating from Middlesex, has spent the last three years as a Macmillan Cancer Information Manager at the Hillingdon Hospital, but prior to that her roles have included Lead Nurse for Cancer and Palliative Care and CNS in Palliative Care.

Michelle McGannon also joins us as a bank Lecturer. Michelle works for

Marie Curie as a Practice Development Facilitator but has been a Teaching Fellow and Macmillan Lecturer. Michelle has extensive palliative care experience as well and is looking to commence her PhD.

And last but not least, **Lorraine Prideaux** will be our bank Complementary Therapy Lecturer and you may already have seen a new range of complementary therapy workshops in our new prospectus!

All in all 2017 sees a fresh new start for the Education Centre!

General Public Courses

- Dementia Friends
- Time for Me
- Mindfulness Taster Session
- Mindfulness Based Stress Reduction

Other Courses

- Neutral-Space Relaxation
- Using Complementary Therapies to Help in Everyday Life
- Introduction to Massage
- Hand and Foot Massage
- Head, Face and Neck Massage

Go to stwh.co.uk for more details



'Sponsor a Nurse' update

In the last edition of St Wilfrid's News we were thrilled to introduce our new 'Sponsor a Nurse' scheme.

As promised, in every future issue of our newsletter we will introduce you to a member of our nursing staff, giving you an insight into the work of our 89 Hospice-based and Community nurses.

By choosing to **Sponsor a Nurse**, with a monthly donation of your choice, you will be helping us to make a difference to local people in their time of need.

Today, we are pleased to introduce you to Cheryl Sibun who is a nurse on our 14-bed Inpatient ward:

"My role as an Inpatient nurse started in 2007 after working at St Richard's Hospital for 28 years. Initially I worked between St Richard's and St Wilfrid's but the more I worked at the Hospice I realised it was where I wanted to be on a full-time basis.

It's the little things we offer here that can make such a difference to our patients, for example, there are no set visiting times, we welcome pets and offer an alcoholic drink before a main meal. It's far from the sombre place that people often expect."

What does your job involve?

A typical day involves receiving a 'handover' from other members of the nursing team, allocating work between staff to ensure we meet the needs of our patients, and their loved ones, with tailored care.

I will distribute medication, assist with patient's dietary and hygiene needs, change any dressings and, of course, deal with any psychological needs that a patient may have. Often new patients arrive following a long journey through the healthcare system and are looking for emotional support, as well as physical symptom control.

What's the hardest thing about your job?

Saying 'goodbye' to people, be it patients or loved ones that we have formed a strong bond with during their time with us.

Some people can stay here for many weeks and so you can't help feeling sad when your time with them comes to an end, whether that is because the patient has died or has been discharged.

Many people are surprised to learn that 35% of our inpatients return home after having their symptoms controlled. The Hospice isn't just a place that patients come to die; it is important that people understand that.

And the best?

Knowing I am helping to make each day count for the patients and their loved ones by providing personalised care. I am lucky enough to be working in a happy, supportive environment with friendly colleagues and wonderful volunteers. At the end of the day I go home knowing I have made a difference and that's a feeling that very few people have at the end of their working day.



Please Sponsor a Nurse today! You can contact us in one of the following ways or start your monthly Direct Debit via our website:

Call: Michelle on 01243 755827
 Email: fundraising@stwh.co.uk
 Visit: www.stwh.co.uk/sponsoranurse

Supporter Groups

BEADYs

Just over the past 6 months or so, the Book Shed has raised over an incredible **£1,500!**

Our BEADY's Book Shed is just next to Barnham Windmill and has a huge variety of books, CDs, DVDs and jigsaws, all available for a small suggested donation. Pop in and grab a bargain between 9am and 4pm or leave your donated items. Thank you!

Gill Kelly 01243 552230

Donnington

We were delighted to be asked to provide various bric-a-brac stalls at Brick Kiln Garden Centre on the 19th October, which also saw the Hospice Choir providing the lunchtime entertainment to a very receptive audience in the café. The whole event raised a very respectable **£338**.

We also hope that everyone enjoyed our popular Quiz Night which took place on the 29th October and raised **£450**. Thank you to everyone who took part and made it such a successful evening.

In the last couple of months we have also had a stall at the Donnington Christmas Market on the **26th November** and a tombola at Brick Kiln Garden Centre on the **3rd December**. Thank you to everyone who turned up to support us at these festive events.

For all book lovers our annual **Books, Bakes and Puzzles** sale will be held on **Saturday 4th March** in Donnington Parish Hall. Feel free to browse the vast range of books and puzzles on offer and then treat yourself to a drink and some homemade cake.

Anna Marshall 01243 530947

Felpham and Middleton

We've had a very busy summer as usual, running my tombola stand at a number of local events. I raised **£80** at the Jubilee Summer Fair in Bognor, **£150** at the Aldwick Green Preservation Society summer festival, **£134** at the Bersted Parish Day and **£43** at the Drive Through Time at West Park despite the terrible wind and rain!

We received a very generous donation of **£283** from the Middleton Art Group and another **£200** from John and Brenda Thompson who kindly donate the tea money from their art classes.



Supporter Group Tea Party

On **Friday 16th September 2016**, we held a vintage tea party to say thank you to our wonderful Supporter Groups for all of their hard work over the years.

A big thank you to Mia and Christopher Tod for kindly giving us the use of their beautiful marquee for the event.

Is there anyone out there that can help me? Whilst I am happy to carry on running the tombolas at these events, I am not getting any younger and I would really appreciate some help loading the stock and gazebos into my car, setting up the gazebo then taking it all down and packing away again at the end. Please can you give me a ring if you can spare any time to help and I can let you know which events I am planning to attend in 2017, it would be hugely appreciated, thank you! I am always on the lookout for tombola prizes, too, if you have any unwanted Christmas presents you'd like to donate.

Elmer Entertainers are again supporting us with their latest show **'Swings and Things'** being performed at Jubilee Hall, Middleton-on-Sea on **Sunday 5th February** - tickets are £8 which include supper. Please contact John Thompson 01243 583513 or Joyce Weston 01243 583298 for tickets.

Peggy Gumbrell 01243 827667

Lavant

We had a very successful Jumble Sale at the end of the summer and raised over **£760** with the help of an incredible 38 volunteers! Thanks to everyone who gave up their time to help. We had a Christmas Fair at the end of November which was very well attended and are looking forward to our **Scottish Country Dancing** evening on **Saturday 7th January**. We will bring you details of the monies raised in the next newsletter.

Also, we will be holding a **Silent Auction** on **Saturday 11th February** from 2-4pm at Lavant Village Hall.

Nina Johns 01243 538750

Fishbourne and Bosham

Our regular coffee mornings continue to be a popular way of encouraging positive support for the Hospice, and for giving local people information about the progress of the DREAMBUILDING Project. Please join us on the second Thursday of each month 10-11am at Hillier Garden Centre on the road between Fishbourne and Bosham; you will be very welcome.

Our very special thanks to all involved in the evening with the City Connections Band at the Fishbourne Club in November which raised in excess of **£2,000**

Fundraising for both on-going costs for St Wilfrid's and the new Hospice will continue side-by-side in the New Year, with plans for another **Brocante**, this time pre-loved items with children in mind, on **Saturday 25th March** at Bosham Village Hall from 10am- 12 noon.

Sue Hyland 01243 574569

Witterings

2016 has been a good year for our small group as we have raised over **£7,000**. This included proceeds from a very successful Jazz Night with the late George Bennett's Regis Jazz Band and a '50s and '60s Night with 'Elvis' and a disco.

Coffee Mornings on the third Wednesday in the month at Russells Garden Centre, continue to do well and we welcome friends old and new in 2017.

A big thank you to all who helped and supported us throughout 2016 and we look forward to both old favourites and new ideas in 2017.

Jean Church 01243 670799

thank you for all the amazing efforts of **every single** person who did something to raise money for St Wilf's over the past few months. Every single penny raised is important to us and we're just sorry there is not enough room here to thank everyone. Here are just a few...
Diane Dalton raised a fantastic £3,538.73 by doing a wing walk in July. Salthill Cricket Club raised **£737.97** at their annual

open day. **Manhood Classic Car show raised £780.** Louie Haga-Hammond raised **£1,916.19** through a charity football tournament. **Seal Island Gun Club raised £1,000 at their clay pidgeon shoot.** Vikki Strachan and friends who have so far raised **£503.14** cycling from Chichester to Hayling Island and back in memory of her husband, Guy. **All of our helpers who helped us put on the Shepherd's Pie Lunch, we couldn't have done it without you! The event raised a total of £1,075.15.**

The Body Shop Big Get Together



During October, The Body Shop International HR Team based in Littlehampton were the first group to hold a Big Get Together for us and raised a fantastic **£168**. Rather than holding a night in, they decided to hold 'The Body Shop HR Big Get Together Lunch' and employees donated £5 to participate and brought along various dishes to a buffet-style lunch. They also raffled a gift-wrapped basket of products.

If you would like to hold a Big Get Together, sign up now at www.TheBigGetTogether.org.uk



Support from Brick Kiln

Many thanks to the Brick Kiln Garden Centre in Chichester for welcoming our very own St Wilfrid's Choir and the Donnington & Apuldram Supporter Group. The choir performed in the beautiful Garden Café at lunchtime whilst our fabulous supporter group volunteers held a bric-a-brac sale. In just a few short hours, the event raised a total of **£338** for the Hospice.



Head Shave at Boots

In August, staff at Boots in Chichester held the 'Fall Masquerade Ball' where guests enjoyed a variety of activities, including free hair and make-up trials and a brilliant fashion show, showing off fashion from local shop Pushka. One of our supporters, Merrick Hamilton, and his family came along

to the event to participate in a charity headshave in memory of his dear friend, Paul Macdonald, who received care from St Wilfrid's in September 2015. The evening raised a fantastic total of **£1,108** and Merrick has raised **£510** through his online donations.

Thanks to the Exchange

In November, the events team went to visit The Coal Exchange in Emsworth to present the team with a certificate to thank them for all their hard work and money they have raised for St Wilfrid's Hospice over the years. Since 2010, they have raised over an incredible **£10,000** for us by holding their 'Coalie Fest' music festivals. What an amazing achievement - cheers!



How your future planning can help us, too

Over 130 local people now have new or up-to-date Wills thanks to last year's **'Make A Will Fortnight'** scheme.

In its sixth year, the scheme raised over **£22,000** in donations too – fantastic! We are very grateful to the solicitors who took part by donating their time, expertise and forfeiting their fees in support of St Wilfrid's.

Although the details remain confidential with the solicitor, we know that some kind people also chose to

remember St Wilfrid's with a legacy (gift in their Will) to help our future work.

Last year, 35% of our running costs were funded by gifts left in Wills and we are so thankful to those generous supporters. Donating in this way is a wonderful way to continue helping the causes you care about after your death.

Make A Will Fortnight will run again next June – **from Monday 5th June to Friday 16th June 2017** – and further details will be in the next issue of St Wilfrid's News.

A gift in lieu of flowers

Last year we received over **£300,000** from donations in memory of relatives, friends and colleagues; the equivalent cost of running all of the Hospice's services for over two weeks. A gift to charity in lieu of flowers could help to make a significant difference and it also is a touching way to honour a cause that was important or significant



to a loved one during their lifetime.

Here at St Wilfrid's we can supply envelopes which are specifically for use at funerals or services. Carrying an image of a sunflower – a symbol often used by hospices – the envelopes enable donations to be made by cheque, credit/debit card or cash and include a Gift Aid form.

The '30' Challenge

Help us celebrate **St Wilfrid's Hospice 30th Anniversary** by participating in our '30' challenge and raise money at the same time. You could Swim 30 lengths; Walk for 30 minutes every day or ask 30 friends to do something to help raise money for St Wilfrid's Hospice.

Quiz Night

To help clear those Christmas cobwebs away why not put your thinking caps on, get a team together (6 max) and join us for our **Quiz Night** at Bishop Luffa School on Thursday **16th February** at Bishop Luffa School, Chichester 7pm for 7.30pm. £10 per person includes supper (vegetarian option available), a bar and prizes for our top teams as well as a wooden spoon prize.

Leap For Love!

Ever wanted to experience the thrill of a lifetime and help St Wilfrid's, too? Well, now you can on **25th February 2017** at Go Skydive in Salisbury.

We are looking for people to join our team and undertake a sponsored 10,000 feet freefall parachute jump on our behalf!

The enclosed leaflet will tell you everything you need to know or please call Gemma on 01243 755827.

For more information please contact the Fundraising Team on **01243 755827** or email fundraising@stwh.co.uk

Moonlight walk

celebrates its Ninth Year in 2017

Registration is now open for Moonlight Walk 2017 which is taking place on 6th May at 10pm. The event raised a whopping £79,000 last year with over 750 people taking part in this fun walk!

We hope that this May will smash all records both in the number of participants and the amount of money raised. Will you join us?

You have the choice of walking a five or ten mile route through the

beautiful city of Chichester including the Bishop's Palace Garden, which is not normally open to the public after dark. This really is a very special part of the Walk and gives all our walkers a real boost before reaching the finish at Westgate Leisure Centre.

Please find full details and a registration form in the enclosed leaflet or you may find it easier to register online at www.stwh.co.uk/moonlightwalk

Bosham Art in the Garden

22nd-23rd April 2017

Karen Ongley-Snook is the founder of Bosham Art in the Garden, a wonderful 2-day event showcasing the handmade art of many different garden artists. This year will be the 10th anniversary of the event, taking place in North Road on the 22nd and 23rd April 2017.

Karen says, "After working on the garden art circuit for some time and having many people ask me "What do we do with the art?" I just decided to show them!"

"Last year we had around 1,500 people attend with 27 gardens open to visitors. Many of the residents have lived in North Road for several years and know

each other well; the community works really hard together to make this a unique and diverse event. Each of the gardens is different in design and this allows artists to exhibit a selection of work – at affordable prices – in a very creative and interesting way.

"We chose to support St Wilfrid's because helping those who need end of life care is invaluable. People need to be aware of what great work the Hospice does, as well as the many people that their help reaches."

Any artists interested in exhibiting their work at Bosham Art in the Garden, or volunteers who would like to lend a hand, should please contact Sam in Fundraising on **01243 755181**.

Have you got a beautiful garden that you would like to open to visitors in June/July 2017? We would love to hear from you as we are keen to sign people up for our Open Gardens event. As 2017 marks our 30th Anniversary year, you might like to consider a '30' theme. Please contact Gemma or Sam in the fundraising department for more information.



Forthcoming Events

Every 2nd Thursday of the month, 10am - 11am

Coffee Morning
Hillier Garden Centre

Every 3rd Wednesday of the month, 10am - 11am

Coffee Morning
Russells Garden Centre

Thurs 12th Jan

Talks at Six – Get Fit!
New Park Centre, Chichester 6pm

Sunday 5th Feb, 6.45pm

Elmer Entertainers Presents...
Jubilee Hall, Middleton on Sea

Sat 11th Feb, 2pm - 4pm

Silent Auction
Lavant Memorial Hall

Thurs 16th Feb, 7pm

Quiz Night
Bishop Luffa School

Tues 21st Feb, 12 noon

Shepherd's Pie Lunch
St Paul's Church, Chichester

Sat 25th Feb

Leap 4 Love
Old Sarum Airfield, Salisbury

Sat 4th Mar, 2 - 4pm

Books, Bakes & Puzzles
Donnington Village Hall

Sat 25th Mar, 10am - 12 noon

Brocante Sale
Bosham Village Hall

Sat 22nd/Sun 23rd Apr

Bosham Art in the Garden

SAVE THE DATE Sat 6th May
Moonlight Walk

Westgate Leisure Centre

Further details about all these events and more can be found on our website www.stwh.co.uk

Do something amazing in 2017

Icelandic Volcanoes Challenge

12th – 17th October 2017

**£330 registration fee +
£2,500 sponsorship**

Includes full board and flights

Don't miss out on this fantastic opportunity to support St Wilfrid's Hospice at the same time taking on a once in a lifetime adventure!

During this six day expedition, you will be guided through the dramatic volcanic landscapes of one of the world's most geologically active countries. You will be part of a close knit team of supporters and summit three volcanoes on this exciting and

unique Icelandic adventure.

Enjoy spectacular views from the top of Iceland's most active volcano Hekla (1490m), the most infamous volcano Eyjafjallajokull (1666m), and scale Vorou Skeggi (807m), the highest summit on the vast Hengill volcano.

Pleased to meet...

Jenny Perry



Last June, we were contacted by Jenny Perry who had recently moved to nearby Emsworth. Jenny previously worked as a Legacy Administrator at the largest cancer charity in the country and wanted to volunteer her time at the Hospice.

Jenny's skills were of great interest to us, particularly as legacies (gifts in Wills) provide a large percentage of the Hospice's income every year.

We often receive legacies as part of a supporter's Estate, so it can take some time for the funds to reach us especially when the sale of a property is involved. It's obviously very important that we monitor the progress and keep our files up-to-date; having Jenny volunteer her time once a week means that she is able to assist staff and we are very grateful of her help. Thank you Jenny!

It is with sadness that we say 'goodbye and thank you' to Avril Robinson, Head of Fundraising and Communications.

Since joining us in March 2011, Avril has transformed our Fundraising and Communications. Over the years, she has played a huge part in raising millions of pounds to help fund our work.

We wish her all the best in her new role as Chief Executive at St Clare's Hospice in Jarrow, Gateshead - they are lucky to have you Avril!

New 'Listening Library'

We were recently contacted by 'Listening books', which provide audio books for people who find it difficult to read due to illness or disability.

The UK-based charity has kindly supplied us with audio books for our Inpatients, and their visitors, to use free of charge over the next three years.

Despite there already being two hundred CD audiobooks to choose from, a further fifty new titles will be added to our mini-library over time!

They have also kindly provided:-

- Shelving for the mini-library
- One stand-alone CD player
- Four personal CD players
- One double, rechargeable battery pack
- Disposable and over-the-ear headphones

Audio books can have a calming effect on patients especially at night-time, when some patients can find it difficult



to sleep. We are very grateful to Listening Books and our patients, and their visitors, are already getting a lot of use from the equipment.

Volunteer and Feel Good!

Our team of volunteers is essential to help ensure the smooth day-to-day running of the Hospice and shops and we need more! We have a wide variety of roles available directly helping with patients and loved ones, clerical activities, in shops or fundraising in our community.

Volunteers' Service Leader, Emma Lemm, said, "We have a wide variety of roles available, especially those directly helping with patients, in both the Ward and the Orchard Day Centre; this typically involves welcoming visitors, chatting to patients, helping to serve refreshments and lunches to patients, and keeping the kitchen area clean and tidy. In the Orchard Centre there

is more interaction with patients and anyone with arts and crafts skills willing to run small creative groups would be particularly welcome."

We are also looking for volunteers for our shops throughout the area, especially in Midhurst, Bognor Regis Queensway and Emsworth.

Hours are flexible with a variety of times to choose from, and can vary from a couple of hours a week to a full day. If you have some time to spare and would like to enjoy the many benefits that volunteering brings - we'd love to hear from you. Please contact emma.lemm@stwh.co.uk or call Emma on 01243 755815 for more details, thank you.



Jilly Whittle, Ward Volunteer