



St Wilfrid's Hospice
Making a difference to local lives

February 2020

News



Get Active
in 2020

A birthday wish

A different kind
of bedtime story



stwh.co.uk

Welcome

Welcome to our first newsletter of a new decade, one set to see our much loved services go from strength to strength, building on the success of the past three decades.

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As we look back on the amazing achievement of building our new hospice, we look forward to supporting many more local people in need, the majority often in the comfort of their own homes. We are always looking for new ways to develop our services, whether that is with new equipment to allow loved ones to be closer by, or through our dedicated staff being as welcoming as possible, supporting patients to feel less anxious about their time with St Wilfrid's.

We can only develop our services with the incredible support of those in our community, and in this edition we highlight some of the ways this can be achieved. Reading the stories of our supporters and why they have taken on a myriad of different challenges to raise money is really inspiring. Whether joining one of our friendly local Supporter Groups or facing fear by taking on a sky dive – we really do appreciate every single action taken by all of you to help us continue giving compassionate care to local people.

From everyone here at St Wilfrid's Hospice we wish you all well for 2020 and thank you for all your on-going support.

Alison

Alison Moorey
Chief Executive



Introducing our new Chair of Trustees

Soline Jerram, a life-long Chichester resident, has had a 40 year career in nursing, holding roles in direct clinical care, operational management and as an Executive Director in the NHS.

Soline said, "My connection with St Wilfrid's goes back to its origin, having worked on the ward at St Richards where Pat the first St Wilfrid's Matron moved from, having family members receive the Hospice's care and as a nurse sharing

A fellowship that's testament to community

On 25th September Alison Moorey was honoured with a fellowship from Chichester College in recognition of 22 years of leadership of St Wilfrid's Hospice. Since joining St Wilfrid's in 1997 she has overseen many milestones such as the introduction of the Hospice at Home service, and leading out the Moonlight Walkers alongside the St Wilfrid's nurses in a walk to remember that raised a record £115,000 last year.

Alison said, "I'd like to thank everyone for the messages and cards sent to me following the honour of being awarded a Fellowship by Chichester College. I would also like to say that I accepted this on behalf of all the staff and volunteers I've had the privilege to work with over the years, as I certainly couldn't have gained this honour without you all. It was lovely to hear the Hospice being spoken about with such gratitude and warmth during the ceremony at the Cathedral, and hear the College recognise how many of their own have been helped by our wonderful care and support over the years."

the care of patients at home with the Hospice Community Nursing team. Having been elected to lead this great organisation is really such a privilege. It has an amazing reputation and the support of the community is incredible. This support is down to the compassion and commitment shown by St Wilfrid's Hospice staff and volunteers each and every day in the work they do. Interested in becoming a trustee? Email general@stwh.co.uk for an informal chat.

Meet the Paice Family

— the family of the Moonlight Walk 2020



Saturday 2nd May
Early bird tickets are available now.

More music, more medals and more fun!

stwh.co.uk/moonlightwalk

Last Christmas we sat with the Paice family, who were honoured to be invited to lead the runners out at Moonlight Walk 2020 in memory of their beloved Sally Paice, who brought so much love and music to so many.

Her daughter Sammie reminisced: Like most families facing terminal illness we were a little apprehensive about coming to a hospice as we thought it was somewhere you only came to die. We couldn't have been more wrong. Within 3 days we witnessed a huge change in Sally. With her pain and mobility being properly managed she had a quality of life we hadn't experienced in months. All in all, Sally would have three stays at St Wilfrid's.

It was much more of a beautiful home from home environment than we would



ever have expected, and for the caring staff nothing was too much trouble. She loved the soups and the desserts specially, she never could say no to cake! It all meant we could all be a family again.

Sally's granddaughter Kaylee could do her nails, brushing her hair and even

treating her to a fluffy pink dressing gown she loved to wear outdoors even in the depths of winter.

One of our nurses Faith bonded with Sally's daughter and granddaughter so quickly, really helping them through the grieving process to make sure they made the most of the time they had with their grandmother. All the nurses really took the time to get to know us.

I think what Sally enjoyed the most was the greenery of the patient garden in the summer, feeling the sun on her face and watching the coming and going of the birds.

Just one way St Wilfrid's nurses showed how attentive and caring they were, was moving the bird table in the garden so it could be seen from her bedside window when she couldn't get outside. On her third trip with her mobility much reduced, they took care to move the furniture so when lying on her side in the fixed position she was in, she could still enjoy the garden view.

Her husband John remembers:

She had a fantastic capacity for learning and teaching music. On one date we were going to visit a pub in Barnham when I mentioned my favorite song was 'Till there was You' by the Beatles. Within 2 hours she had learned an



arrangement and sang it there in the pub that night note perfect!

On February 26th 2018 the family had a wonderful vows renewal ceremony in the garden of the former hospice on Grosvenor Road, where we happily snapped pictures and listened to our favourite music for hours on end.

In 2019, with St Wilfrid's help we were able to arrange one last gig for Sally, with over 30 of her previous students coming together in the Living Well Centre to serenade their teacher, their friend.

Sammie continued:

The whole family really believe she held on for that last gig in the Living Well Centre as it was the day after that she passed away. With Sally's Jam, music and cake mornings at our kids' schools and now leading the run out at Moonlight Walk 2020, we are proud to think Sally will be shining down on us as we sing and walk in her memory, raising funds for St Wilfrid's who gave us such special memories with their amazing care.



Henry Adams are proudly sponsoring Moonlight Walk this year. If you would like to volunteer to host a special Moonlight Walk sign on your property to show your support for St Wilfrid's please email fundraising@stwh.co.uk

A new kind of bedtime story

St Wilfrid's is renowned for finding innovative ways to improve wellbeing. With the addition of a new 'cuddle bed' patients can find more comfort and solace in the arms of those they hold dearest.



At the touch of a button, the special bed expands from a space-saving single into a comfortable double so a patient can be close to their partner and not be separated because of their condition. It also means the young families we support can snuggle up together and enjoy cuddles that are precious beyond words.

Suzy O'Callaghan, Director of Nursing, said: "I always imagine a couple who have shared a bed for their entire married life – once one becomes unwell and needs care they have to be nursed in a single bed. What a privilege it is to now be able to offer that couple the opportunity to share a bed once more, and even more important at end of life."

The purchase of the cuddle bed was made possible only thanks to the generosity of the Woodger Trust.

The bed comes with the latest clinical features such as adjustable positioning for pressure relief and risk prevention, environment and light controls and patient movement recording for better patient safety.

This additional act of kindness from the Woodger Trust comes less than a year after naming the new community services building the Woodger Wing, in honour of their £1 million contribution to the building of the new Hospice. We offer the Trust our greatest of thanks.



Friends of Sussex Cheque Presentation

Trustees Soline Jerram and Angela Wormald were on hand to accept a cheque of **£13,364** from Friends of Sussex Hospices, celebrating another year of this partnership. The charity is run entirely by volunteers who raise funds through regular events to support the running costs of 12 hospices across Sussex. We've been grateful for the support of Friends of Sussex Hospices for years and they have donated over £250,000 to St Wilfrid's since 2013!



The Sussex Community Foundation Trust Staff 'Working in Partnership' Award goes to ECHO End of Life Care Hub!

ECHO provides access for patients, relatives and carers to reach end of life care support at any time of day by calling 01903 254 789. St Wilfrid's Hospice works alongside Sussex Community Foundation Trust, St Barnabas House and Western Sussex Hospitals Foundation Trust to deliver this service.



- Collaborating in the use of data to drive service improvement
- Developing governance arrangements for current and future collaboration

The seven hospices believe this shared approach will improve reach, impact and effectiveness for patients and families throughout Sussex. You can read the story in full at stwh.co.uk.

See the hospice in 360 degrees

St Wilfrid's Hospice has launched a 360-degree virtual reality tour to give a visual and interactive introduction to our facilities and services as well as tackle common misconceptions about hospices.

The video is a result of a collaboration with A360VR Limited, whose Director Rod Davies was inspired to donate his expertise after his father was supported by the Hospice in 2018.

Lead nurse Jacqui Bourne, said: "We're extremely grateful to Rod at A360VR

Limited for creating this amazing new tool.

"Patients and their loved ones can feel more prepared and less anxious about visiting us for the first time, It will also give the public and our supporters, whose generosity enables us to continue our work, the chance to see the difference their donations and fundraising makes."

To take the virtual tour of St Wilfrid's Hospice, please visit stwh.co.uk/virtualtour.

All I want for my birthday is a time machine

Spencer Hildrew remembers wanting to be a baker at 8, a paramedic at 10, but then aged 13 it all changed when his father Garry died.

In the weeks that followed Spencer asked more and more about the clinical history of his father, a natural curiosity about nursing having taken root.

Garry had been in and out of hospitals for years before being referred to St Wilfrid's for symptom management by St Richards Hospital. Just one day later they found his condition had deteriorated to the point the Hospice at Home team was required. The next day he died in the comfort of his home surrounded by family. This memory is a positive one for Spencer as he remembers the attentive and compassionate care of a St Wilfrid's nurse, lighting a fire in him to give back to society in the same way they did.

"I want to be the nurse that the family remember was there helping patients feel as comforted as possible. This is the most amazing gift to give. We had such amazing care that I want to be part of that. The pride the nurses take in their St Wilfrid's lanyard must be immense."

It was Spencer's mum who found the summer school programme, offered to those aged 16 and up and looking for a career in the healthcare sector. In the summer of 2019 Spencer found his eyes had been opened to the world of end of life care in a new way. One feature of the programme is a question and answer session with various representatives of the St Wilfrid's team.

"I was very lucky that one of the nurses

there was from the Hospice at Home team, a face I knew from that day when I was 13. It meant the world to be able to say thank you to the very nurse who had looked after us when my dad died".

On the last week of the summer school programme Spencer went on placement with the Clinical Nurse Specialists team who tend to patients in their own homes with symptom management and advice to help people live more independently for longer.

"I remember being so nervous when we knocked on the first door that day. We met with a couple where they both knew she was dying. They had been on the verge of tears when we arrived but an hour or so later they were crying with laughter just talking about life. We went to five houses that day, including one emergency, and it was the same considered, calm and compassionate care at each house."

"My grandad died in March 2019. Because he died at a time when I was so focused on end of life care I found myself looking at it with two sets of eyes. I found myself there as a grandson, but also thinking how would I approach this as a palliative care nurse."

When his mum asks him what he wants for his birthday Spencer knows what he'll say, "I want a time machine to go forward a few years until I can have my first day working for St Wilfrid's as a palliative care nurse".



Supporter groups want you!

If you want to join a bunch of friendly people raising funds for the Hospice with a Books, Bakes and Puzzles sale, Quiz Night, Jumble Sales or perhaps you have some new ideas to share? Then contact your local supporter group to meet new people and get involved:

- Witterings Supporter Group - Give Jean a call on 01243 670799 or Sandie on 01243 670163.
- Middleton-on-sea, Felpham and Bognor - Call Peggy on 07981258251.
- The Donnington and Apuldram Supporter Group - Call Alex at the Hospice on 01243 755 199.
- If you're interested in fundraising as a part of a group or becoming one of our speaking ambassadors, contact us on 01243 755199.

Sussex Hospices sign up to new era of collaboration

On 23rd January 2020 seven Sussex hospices signed a Memorandum of Understanding formally committing to collaborating more closely:

- St Wilfrid's Hospice Chichester
- St Barnabas Hospices Worthing
- Martlets Hospice Brighton and Hove
- St Catherine's Hospice Crawley
- St Peter and St James Hospice North Chailey
- St Wilfrid's Hospice Eastbourne
- St Michael's Hospice Hastings

With the approval of their Boards, the hospices have agreed five areas of collaboration which will get underway in 2020.

- A joint approach to using technology to share expertise in end of life care across Sussex
- A shared management and leadership development programme for staff
- Maximising use of apprenticeships through a common approach

Community highlights

The Bell's Belles have raised **£4,000** by being tough...

Staff and locals alike at the Chichester pub, The Bell Inn have teamed up to raise money for St Wilfrid's Hospice. Naming themselves The Bell's Belles, led by Michelle Clatworthy the team of 12 undertook a 'tough mudder' on September 22nd.

They braved as many as 27 obstacles over the ten mile course which included crawling under barbed wire, through pools of mud and running under a set of electric wires while water is sprayed at them.

Michelle who runs the pub with husband Beanie, said:

"I think we were all excited and a little bit anxious and nervous at the same time. With St Wilfrid's Hospice being a cause close to our hearts we dug deep and overcame it together."

A huge thank you to all of the Bells' Belles!



Joely's 100k – Joely has just completed running 100 'race kilometres' in memory of her mum, who was cared for at home by St Wilfrid's Nurses. Joely ran a mixture of official 10k and 5k races across 2019 and has raised over **£4360.66!** What a cracking effort!



Chalcroft seven-figure success story

Chalcroft Lane furniture store first opened on 27th January 2017 as a new and improved furniture outlet store servicing Bognor and the surrounding area. With a dedicated team of staff and volunteers they've worked to the common goal of greater customer service and an amazing shopping experience. With a huge amount of passion, motivation, customer focus and belief in what we do and why we do it. We're delighted to share that

Chalcroft Lane has just passed one million pounds worth of income for the hospice since they opened.

Andy Mitchell, Chalcroft Manager said on behalf of the whole Retail Management Team - "To pass this figure within three years is a testament to all the team of staff and volunteers that have worked and still work at Chalcroft Lane. So well done to all of them and a massive thank you from me".



Trek Talk

With 30 people pledged to trek at altitudes up to 4,200 metres in our **Inca Trek Trail to Machu Picchu Peru in October 2020**, we asked some of them to share why they are climbing the Andes.

Rob and Tracey, St Wilfrid's nurses: "Between us, we have worked at the Hospice for 17 years and have seen first-hand the care and support given to the patients and their families. We have also been very thankful of this support for ourselves and our families. None of us know when we may need this help. Please sponsor us if you can so that the Hospice can continue to provide this service in our local community."

Julie Thompson, 58, husband Paul, 63, and their 15-year-old son, Jack, will be taking on the challenge of a lifetime as a result of experiencing St Wilfrid's care in June, when Julie's sister died at the hospice.

The ten days trekking will be hard, but the spectacular views of river valleys far below, will be worth it. Julie said: "I think the biggest challenge for us as a family will be getting fit enough to do the challenge but we are preparing with lots of walks and extra exercise."

If you are interested in challenging yourself or trekking in memory of a loved one, check out the details of our new Sahara Challenge on page 8.

Running a marathon?

Here's what Jack Gilyead had to say about the support we have on offer:

"The whole experience of raising money in aid of St Wilfrid's Hospice and in memory of my Nanny Mo was so special. The support provided by the fundraising team through my 18 weeks of training in the lead up to the Southampton Marathon was above and beyond what I expected.

Given I was a newbie to fundraising, Kelly and the fundraising team at St Wilfrid's made the whole process seamless & easy with their tips and tricks which ultimately led to smashing my original target of £500, raising a total of **£1,287.45**.

Visiting the Hospice with the rest of the marathon runners was so inspiring, and the Facebook group helped us to motivate each other up to race day. The money couldn't be going to a better cause & hopefully I'll be helping to raise more money in aid of St. Wilfrid's in the near future."

Raising the dough

" Louise held a birthday tea party with a great spread of homemade cakes and raised **£200** in dough....

Every year I hold a tea party for my birthday – I don't need presents so I invite my community into my home and everyone makes a donation and enjoys cake, tea, cheese and biscuits. This year we raised money for 6 charities including £200 for St Wilfrid's Hospice. My friend Kerry who always bakes for my party, had her father-in-law looked after by St Wilfrid's nurses and the care was outstanding. We wanted to give something back. "



Our proud corporate partners...

Henry Adams renewed their charity of the year partnership with us this year with runs, bakes and quizzes amongst planned events. The biggest event to come involves a very small car as 3 members of their staff take on the challenge of driving a banger from England to Portugal in a rally race!

Scrap Car Comparison invited visitors to their price comparison website to donate to St Wilfrid's when scrapping their cars raising a total of **£2,600** back in July. David Kouttan, ScrapCar Comparison Sales Manager said "We are so pleased to donate and looking forward to getting a team ready for Moonlight Walk 2020".

Donna Bramich and her small team arranged a bouncy benefit - raising **£565** for the hospice. By hosting her first 'KTroo-a-thon', which involves bouncing on special shoes to music.

Thank you



The Best of British Bake Off at **Covers Timber and Builders Merchants** in September raised **£250** for St Wilfrid's as part of Covers' Help for Hospices Week. Long-time St Wilfrid's supporters **Christopher Timothy** and **Dawn Gracie** were on hand to help judge, supported by our fantastic volunteers **Barry & Deecie Tester**.



Get Active

This summer is a big one for sport and games, Whether its learning a new skill, getting reacquainted with friends over an old hobby or lacing up for a physical challenge, St Wilfrid's wants to empower you to get active in your community.

Advice and resources available now from stwh.co.uk/getactive.



A greener Christmas...

Our inaugural Christmas Tree Recycling scheme collected from West Witterling to Arundel. The generosity of those who donated raised £7199– and by working with Chichester District Council this has prevented over 2 tonnes of gardening waste going to landfill.

Woods Travel have raised a whopping 10K in 2019 through quizzes, raffles and a 10k run that involved a huge group of staff and friends. Ali and the team got their hands dirty and supported St Wilfrid's new Christmas Tree recycling scheme, volunteering to help out with the collection of trees. 'We loved being out in the community getting some exercise and fresh air as well as meeting new people. The recycling of Christmas trees is a great idea for the environment and for St Wilfrid's'.



Morocco Sahara Desert Trek 2021



An invitation to adventure on a trek that summits the top of the Chigaga Dunes, the highest sand dunes in the Sahara. You will trek and camp for 4 days through an ever-changing landscape.

"This can be a spiritual experience for those wishing to walk in memory of someone, for others it will be the physical challenge that calls to them.

Whichever the reason, you'll be fully supported from sign up to fundraising, and on the trek itself."

Explore the world's most famous desert, guided by traditional berbers and watch the sunrise over the desert having slept under a blanket of stars.

To find out more about attending an information evening please visit stwh.co.uk/saharatrek2021



Our very first Jail & Bail events will see 'guilty' supporters arrested and charged with 'terrible' crimes (entirely fictitious of course), with just one day to raise £999 in bail money.

Watch the highlights on our Facebook [@stwilfridschichester](https://www.facebook.com/stwilfridschichester) or twitter pages - [@StWilfridsChi](https://twitter.com/StWilfridsChi) in late February.

Take it to the next level in 2020...

Once registered for a Leap4Love skydive at 10,000ft, you can choose to experience a whole minute of freefall and upgrade to 15,000ft, - the highest possible tandem skydive altitude in the UK!

We jump at Salisbury with GoSkyDive on Saturday 7th March or Sunday 19th July 2020. - the UK's specialist for first timers and are the only skydiving centre in the world to offer a simulated training session before your skydive.

www.stwh.co.uk/support-us/events/skydive

How Hailey leapt into a new lease of life

When my dad came back to the UK after working in Australia he found himself getting very sick very quickly. I was with him from the first appointment to the last Hospice at Home visit.

When it became clear he was going to die he made me promise I would be brave and have new adventures. We talked about the tandem skydive and when the newsletter came home I knew I had a promise to keep. I had just started at Haven Christchurch Farm in a new role and being quite shy found the St Wilfrid's donation buckets gave me confidence to talk about what I was doing and why I was doing it. It helped me make friends who are now looking to jump with me, this time at 15,000 feet.



It was such a surge of adrenaline, time passed quickly but also seemed to keep still somehow. I had a clearer head than I had had in months! After pulling the cords I got to steer us a bit and we spiraled gently around through a cloud. All I could see was white, I couldn't see my hand in front of my face but felt the cloud like it was steam all around me but not actually wetting my face.

Soon we were over a maze of farmers' fields of different colours. I thought we were going to land amongst the cows! When we did land the instructor planted us softly into the ground with all the parachute streaming behind us. It was surreal thinking I had just done a skydive! I was glowing for days and days afterwards. I was so proud to have honoured the promise I made to my father.

I definitely came down a different person in a good way. I was looking at life a different way after all the care and support St Wilfrid's had given us after my dad died. The jump was part thank you for all that too. We could never repay all that compassion they showed us. It inspired me to go in to the Open University to study towards nursing so that one day perhaps I can be a carer for others going through a difficult time.

Having all my family and friends there filming me on Facebook and welcoming me with loving hugs was a beautiful memory to cherish forever.

My youngest child didn't really get what was going on, the eldest was egging me on, but the middle child was like "no mummy no you're not supposed to jump out of planes". Maybe she was the most pleased to see me land of all!"

For further details of all these events and many more visit

stwh.co.uk/events or call 01243 755827