Moonlight Walk Week
Step up this September and earn your medal

Leading through Crisis
Lead nurse Jacqui shares how St Wilfrid’s met the challenge of Covid-19

Breathe Well, Live Well
Self care techniques and support to follow along with at home
It has already been one year since the Dreambuilding became a reality! At St Wilfrid’s Hospice, on July 3rd we celebrated our first anniversary since moving to the brand new purpose built Hospice building on Walton Lane, Bosham.

In what has certainly been an eventful year we have received over 320 patient admissions and 930 referrals. Our teams are now caring for around 330 people at any one time, most of them in their own homes.

Whilst this year has given us unprecedented challenges, the tireless dedication of our staff and volunteers coupled with the forward thinking design of the Hospice building itself, has allowed us to rapidly adapt our core care services to the impact of Covid-19.

As we approach the winter season, we do face more uncertainty as we are aware that there could be another surge in Covid-19 cases. It remains just as vital to adhere to all the guidance around social distancing, hand washing and looking after ourselves and each other. At the Hospice we have had to make changes to visiting and some volunteering roles, which are essential to ensure the safety of our patients, staff and volunteers are assured.

We have already seen an increase in the need for our services and we continue to adapt our care as appropriate. Our Living Well Services team will continue to provide virtual programmes of care, which you can read more about in the ‘Breathe Well, Live Well’ story later on. We have been proud to play a part in supporting the local health and social care response to Covid-19 and are ready to respond again, as the need arises.

We are so grateful for the ongoing support of the public, it is only thanks to your generosity we can continue providing vital end of life care and plan for the future.

Alison
Alison Moorey
Chief Executive

**Step up!**
Together we are all making strides to support end of life care in the community one step at a time.
Step up to a 10,000 or 20,000 step target, representing our usual 5 or 10 mile options.

This fundraising event is usually the highlight of the year for us raising an astonishing £110,000 last year. The funds raised from this much loved event are vital in allowing us to continue to provide exceptional care to our community. The current climate really does mean we most certainly need your continued support in fundraising for exceptional care of the community. We are looking for as many as possible of you to become superstarwalkers and help demonstrate what our community can achieve when we band together in tougher times.
Exciting prizes wait for the top fundraisers. Get your sponsorship money in by 1st December and check out the different categories you can win at stwh.co.uk/moonlight.
Re-opening Retail

All St Wilfrid’s 12 shops are now open after months of lockdown, thanks to a cast of hundreds. One of the most fulfilling aspects for our ecommerce team was how even in lockdown we were able to connect with customers.

Daniel Lopez, Ecommerce Manager said, “One customer who purchased a few books from us, sent us a lovely hand-written letter with a generous donation, particularly praising the care we had taken in packaging the items and answering their questions. There was a real feeling of ‘we are all in this together’.

Another lady was so pleased we had so quickly and safely sent her new china set, she sent back a letter sharing with us how special this purchase was, having been purchased in memory of her mother and found our eBay ‘top seller’ status rightfully justified. As someone who had worked in a London charity shop decades before, she appreciated the effort that had gone into the cleaning and processing of delicate items like this and felt honoured to be able to give them a new loving home for a few decades more.”

Emma is someone who had donated to the Ebay team before - her note said, “I held onto my mums’ dolls for a long time as I was going to raise some funds for ourselves. Then Covid-19 came along. I just knew I had to give them to the Hospice to raise funds.”

Well Emma, the Blythe dolls (pictured) were found to be extremely collectible, the first selling for £200!

Every week we list as many as 30 new items, in one week early in lockdown we sold 5 wind chimes, the largest over 6ft long! - those sales alone were enough for over a dozen home visits to patients in the local community by our nursing teams.

Visit www.ebay.co.uk/str/stwilfridshospicechichester today to find your pre-loved treasure whilst helping your local hospice make a difference to local lives.

Andy Mitchell manages the furniture and donation centre on Terminus Road, describes what it has been like: “We’ve enjoyed welcoming back our shoppers and donors old and new. When we first re-opened we were overwhelmed with donations. With the new safety and cleaning measures meaning a new item that once took 5 minutes to process for sale now takes 15-20 minutes, I think we can be pretty proud as a team that we were able to make so many shops Covid-secure so quickly. The lockdown really gave us an opportunity to give them a facelift to ensure that the customer not only has a spotlessly clean and safe shopping experience, but a pleasant one too.”

Every Friday we can have as many as 35 new pieces grace the shop floor. Here at Terminus for example, we are one of the few local furniture shops that can give you the opportunity to walk all away around the sofas, table and chairs and everything is ready to take away the same day. With furniture collections now available again this is the time of year we traditionally look forward to being part of many peoples’ house moves as they furnish their new homes with pre-loved treasures, so do call us on 01243 530518 if you have well-kept furniture you’re willing to part with.

Jeremy Hunt (West Sussex County Councillor) said to us “You have certainly had your challenges, as we all have, but I’m really thankful that you and all your team have worked brilliantly to continue to support our residents, both patients and their families, at some of the most stressful times of their lives. So, to you and all your staff, can I please say a big thank you for all the fantastic work that you normally do, but especially big thank you to everyone for all the extra work that you have undertaken over the last months to support our communities. Lastly, just to say that my wife is delighted that your outlet stores are now open again. You guys have a fantastic selection of treasures to discover, and I can shop knowing I am supporting a great local cause”.

Volunteer recruitment

Whether meeting and greeting customers, getting creative with window displays or helping behind the scenes sorting all the pre-loved treasure, our retail volunteer roles have a lot of variety to offer. Have an informal chat about a role that is sociable, grows new skills and confidence, and offers hours to suit what you can give back to the community.

Call the Voluntary Services Team on 01243 755815 or 755816 or email volunteers.office@stwh.co.uk.
Leading through crisis

Lead Nurse Jacqui Bourne has been with St Wilfrid’s for 20 years and thought she’d seen it all!

“It’s certainly been an eventful first year here at Basham, with the move and then Covid-19. Between opening the 4 new beds and adapting our office space, computer terminals, drugs and patient record procedures for social distancing, we have all had to embrace a more clinical outlook than the home-from-home environment we had previously. Built around a central courtyard, we have been able to divide the ward, community nursing and office functions into three self-contained zones. This allowed us to maintain limited patient visits even at the height of the pandemic. Limiting patient visits and some home comforts had been difficult on patients and staff alike, but a necessary step now that safety is the primary concern of course.

One patient could not be with their family to welcome a grandchild into the world, but with a tablet and Zoom we could at least ensure they could set eyes on their families’ next generation. The PPE might cover our smiles but we are all keen to show the patients and each other, our smiling, empathetic and compassionate best selves as ever. The love and respect still shines through.

The move and the building itself are perhaps the greatest achievements of my long service with St Wilfrid’s, beyond the many personal human moments I have shared with the thousands of patients, staff and volunteers I’ve been blessed to know over the years. Continuing our care, our home visits and adapting as quickly we have simply would not have been possible at the old hospice building so I am particularly grateful we are dealing with this crisis here.

With Covid-19 likely to continue to impact all our lives for quite some time yet, we can be proud that we have come together to weather challenges like this and trust in the compassionate spirit that links everyone that works or visits here. St Wilfrid’s never fails to find a way to overcome new challenges and the community can rest assured we stand ready to meet the next one and the next one after that.”

Our heartfelt thanks and best wishes go to Jacqui Bourne, retiring after managing the In-Patient Unit superbly for 19 years.

Compassionate expertise

Right now, many people with life limiting illnesses are living alone trying to manage their symptoms. Day to day tasks such as washing or preparing a meal can sometimes feel impossible without help.

Others live with a carer who has the physically and emotionally demanding task of looking after a loved one who is approaching the end of their life.

Linda, from Emsworth, had lived with Multiple Sclerosis (MS) for 17 years. She was diagnosed with advanced stage 4 cancer in late February 2020.

By mid-March she was referred to the Hospice when her condition rapidly deteriorated. Her daughter, Kate, kindly shared what happened next:

“When Mum was admitted to the ward, we all met the doctors and nurses that would be looking after her. Dr Tobi Obisanya took time to clearly explain her care. It was reassuring to hear how the ward staff and volunteers had adapted procedures so we could safely visit her despite concerns about the virus. We were grateful to be able to visit Mum and shortly after this visit she died peacefully.”

Care Home advice line

Helen Evans, Head of Education, said, “Covid-19 has tested the resilience of everyone in the care sector and our local care homes have coped admirably.

For those care homes that did have outbreaks we set up a support helpline for their staff to phone in for crisis support. We will be running virtual debrief sessions with groups of staff in the coming months as care homes need. We also continue to offer direct symptom control advice for care home staff for their patients, helping to ensure residents receive the best specialist care throughout the pandemic.

Well done to everyone in the wider care sector working so hard during this challenging time.”
**Breathe Well, Live Well**

Although patients are currently unable to visit our Living Well Centre, our Physiotherapists and Occupational Therapists are supporting patients via phone or video conferencing.

They are helping patients to manage their symptoms and live more independently, offering a friendly and reassuring voice especially to people who are vulnerable to the virus and living in isolation. One of these patients is Helen:

“Chris [Living Well Manager & Physiotherapist] and I have a very good working relationship. Being able to do the session remotely helps keep me safe from catching or transmitting Covid-19. She can see how what I’m doing and tell me if things need to be adjusted.

As well as physio treatments, I know I can contact Chris with other worries. One day she noticed I was a bit out of sorts. She gave me time to chat about how I was feeling – it is that extra layer of care that’s so important.”

In September 2020 we launched ‘Breathe Well, Live Well’ – a new series of podcasts and videos. With more patients now remaining at home, these podcasts and videos help make it quicker and easier for people to find some much-needed tips and guidance for living more independently with their conditions.

Visit stwh.co.uk/livewell to find out more.

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**Grieving in the time of Covid-19**

Covid-19 has caused us all to change how we do a lot of things and think about our attitudes to death and dying – with funerals unfortunately no exception.

Since restrictions have been put into place on attendance at all gatherings, a patient’s loved ones are often unable to fully participate in the funeral part of the grieving process, which further emphasizes the importance of having conversations about advance care planning.

With an advance care plan in place, relatives and clinicians have a much clearer idea what the patient would want medically, even if they are too unwell to express it. Knowing the person’s wishes can help loved ones when the patient dies.

Our Family Services team continue to support many families and friends of patients who now contend with grieving through the changing circumstances of Covid-19. James Cooper, St Wilfrid’s Chaplain said, “Not being able to say goodbye has been identified as a cause of “complicated grief” among bereaved loved ones. Where visits are not possible, the use of smartphones, tablet computers and other forms of connection can be a great comfort.

Many British bereavement charities have made Herculean efforts in adapting their work. There are online resources on how to organise funerals during the coronavirus crisis which are meaningful for both adults and children. Guidance on religious funerals in the context of Covid-19 is available from the official sites of the Church of England, the Catholic Church for England and Wales, the Muslim Council of Britain and the Jewish Joint Burial Society.

People who are bereaved over the coming months might want to organise a simple service at this stage and arrange a memorial or celebration service later. It is important to bring people together to remember and celebrate the person who has died, even if that occasion has to be delayed.

We can all play our part in supporting the bereaved by recognising and acknowledging their loss. Speaking to people whose loved ones have died and offering condolences is so important.

As Covid-19 progresses over the coming months, our personal, professional and collective compassion will be put to the test. But with open hearts, a willingness to connect, and the courage to acknowledge and express grief and sorrow, we can all help our communities heal.”
Community Highlights

Every year the Friends of Sussex Hospices organise a range of events to fundraise for the 12 hospices they help throughout Sussex.

With social distancing in place this summer and events unable to take place, Kathy, the chairperson, opted to walk all 200 miles of the Hospice Trail in just one month to raise funds for hospice care. **To date she has raised over £38,000** for hospices which is truly inspirational, thank you Kathy!

Stephen proved social distancing was no obstacle to raising money for a good cause by running 200km in memory of beloved friend Daisy. **#DoingIt4Daisy**

An amazing achievement, thank you!

**Your 2.6 challenges!**

In April and May this year during lockdown a whole host of you felt inspired to complete a ‘2.6 challenge’ organised by the Virgin London Marathon in the wake of its cancellation. With a fun activity somehow involving anything to do with the numbers 2 and 6, your creativity and success were a joy to behold – raising an astonishing £8,000!

Ali Archer – a much loved volunteer complementary therapist at the Hospice, shaved her head on 26th April and raised over £1800 including gift aid for her locks.

Amelie decided to complete 26 costume dress ups which raised smiles and hundreds of pounds for the hospice where her Nanny works.

The Chichester Olympic Gymnastic Club stretched themselves to reach over £1200 with an NHS themed routine – forming the all too familiar words ‘Stay Home and Help NHS’ with their bodies contorting into letters!

Over 90 runners from Chichester Running Club took to the streets as virtual teams. Each team had to run a 26-mile marathon over 1 day! All teams together raised over £1,400 for hospice care. "Running has enabled many to cope better with lockdown and associated issues with the pandemic." The added bonus for Chichester Runners members was to run with a mission to raise funds towards the brilliant work of St. Wilfrid’s Hospice.

A Big Basecamp Challenge – Brothers Dougie (8) and Tom (5) spent their lockdown climbing Swansborough Hill – they climbed a total of 29,029ft, which is the height of Mount Everest! Together with their family and school, they raised £1,000 as a thank you for helping their family at the start of the year.

Jail & Bail – Back in February 2020 five business leaders raised over £10,000 from behind bars in just one day for St Wilfrid’s Hospice. The first Jail and Bail event had the culprits hitting the phones, social media and email to encourage their contacts to donate to their £999 bail or risk being left in the dungeon at Amberley Castle. Huge thanks to Alan Easter, Denise Kelly, Chris Halliwell, Karl Roberts and Darren Fawcett for setting the bar so high.

If you are a member of a local club and would like to nominate us as your Charity of the Year please contact roSELL@stwilfrids.org.
Aimie and daughters Megan and Lauren did a 2.6 mile walk for the 2.6 challenge and as training for Moonlight Walk 2020, raising £133! Aimie said, “Thanks for all your wonderful hard work and support through the difficult times”.

Fitjoy – a Chichester based health and fitness group hosted an online virtual 80’s dance event that lasted 26 minutes for their members. By asking people to donate anything from £2.60 to take part, they raised over £300 in just one day!

Haydn – who won a Spirit FM’s Local Heroes’ Award last year after deciding that ‘doing something everyday’ was what he needed to cope with bereavement – decided to complete a marathon, running every day for a week in April to make the distance. His efforts were in memory of his beloved wife Laura who was cared for by St Wilfrid’s hospice. Haydn is a local inspiration to many and raised over £700 #DoSomething

Hannah Popplewell and friends walked 30 miles across the South Downs in a day in memory of their close friend Emily. They have also helped to set up a group of funds raising money in memory of Emily which will support St Wilfrid’s Hospice along side cancer support charities.

Tree-mendous supporters needed!

From 6th – 22nd January 2021 St Wilfrid’s Hospice will collect your Christmas tree to recycle it in the new year in partnership with Chichester District Council.

Collections will run daily and cover lots of areas including Bognor Regis, Chichester and surrounding areas, Midhurst, Petworth, Selsey and The Witterings. Register your interest at stwh.co.uk/christmastrees.

In exchange for a donation will mean the gift of quality time for patients facing terminal illness to spend with their loved ones. St Wilfrid’s Hospice is there for patients and their families all day, every day of the year. So while we are all enjoying some festive cheer over Christmas, our nurses, chefs and housekeeping staff will be here doing their bit to give patients and their loved ones the best Christmas that they can, because the best Christmas isn’t possible. If you fancy being Santa’s helper elf for a day or two making pick-ups, register your interest at stwh.co.uk/christmastrees and start the year in Santa’s good books! With your help we hope to beat the 700 trees we collected last year.

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The power to do something enduring for your community

Thinking about what will happen when we die is something that nobody wants to think about, so most of us don’t have a Will or the one we have is old and out of date.

When you die, not having a Will can cause a lot of unnecessary stress and anxiety to your loved ones at a time when they are already very upset.

These unusual times we live in has given us all pause for thought, this may be the perfect time to tackle the things that you may have been putting off and making or updating your Will is really easy to do. It will give you peace of mind, knowing that your loved ones will be cared for as you wish in the future.

For St Wilfrid’s, gifts in Wills represent an essential proportion of our fundraising and crucially, allow us to plan more effectively for delivering long term care projects in the future.

Loved ones, friends and those who matter the most to you should always come first when writing your Will. If you should wish to choose to support St Wilfrid’s following these precious people, then some guidance is given below. Then everyone here at St Wilfrid’s would eternally grateful for such a strong and emotional gesture of good will.

To leave a share of your estate:
‘I give my Residuary Estate (residuary estate will need to have been defined elsewhere in the Will and is a gift made after deductions of debts, taxes and expenses, which usually fall on residue) to St Wilfrid’s Hospice, Walton Lane Bosham, PO18 8QB, Registered Charity Number 281963.’

To leave a cash gift:
‘I give the sum of [£ in words and numbers] absolutely to St Wilfrid’s Hospice, Walton Lane Bosham, PO18 8QB, Registered Charity Number 281963.’ and I declare that the receipt of the Treasurer or any other proper authorised officer of any charity benefiting under my Will shall be a sufficient discharge for my Trustees who shall not be concerned as to the application of any gifts or payment.’

1 in 5 hours our nurses spend on the ward or visiting patients in their own homes are down to the generosity of local people leaving gifts in their Will. Thank you.

Make A Will Fortnight

A fortnight of Will writing sessions with a host of local solicitors will return 5th to 12th October, book now at stwh.co.uk/make-a-will-fortnight

"With the purchase of our new home, it made sense to write our Wills and gave us security in knowing that our wishes have been recorded. It was a simple process and we were delighted to support the vital work of St Wilfrid’s.”

Vicky and James - Make a Will Fortnight Participants

For further details of all these events and many more visit stwh.co.uk/events or call 01243 755184