

The CARING TIMES

Issue: Autumn/Winter 2015



Colour Dash sets new record

Colourful fundraiser raises £116,000

Richard's Ball

Family celebrate milestone birthday

Tough Mudder gets messy

Hospice doctor goes the extra mile



The last six months have been a time change for our hospice as we waved goodbye to our Chief Executive, Sarah-Jane Mills, after nine years at the helm.

Sarah-Jane joined the organisation in 2006, after working in the NHS for 23 years. Over that time she has led the organisation through a period of growth and developed the core services to ensure they are readily accessible.

Her achievements include the virtual hospice, taking care to patients in their homes (wherever they may be) and supporting patients in acute hospital beds.

Sarah-Jane was also a driving force in the opening of the UK's first ever hospice in a hospital in Grantham, providing six community hospice beds within Grantham and District Hospital to serve the South West Lincolnshire community.

Sarah-Jane now works with the Lincolnshire West Clinical Commissioning Group as Director of Elective Care leading the development of elective care and cancer services throughout Lincolnshire.

This change heralds a new era for our hospice and next month we will welcome Chris Wheway as our new Chief Executive. Chris will join us following a long career within the NHS in Lincolnshire and Derbyshire where he was the Divisional Director of Urgent and Planned Care.

Karen Rosedale
Interim Chief Executive

Looking ahead






We caught up with our new Chief Executive, Chris Wheway, to find out his thoughts on his new role.

“ I am really looking forward to starting my role as Chief Executive of St Barnabas and leading the organisation in what I believe to be an exciting time for palliative care.

St Barnabas has an excellent reputation for delivering high quality person centred care and I am privileged to be part of what I believe to be a compassion focused and innovative organisation.

It is clear the next five years will see wide ranging changes in the health and social care environment. My aim is that as an organisation we are not only prepared for this but that we thrive, becoming system leaders, through innovation and dynamic values based care. ”

Ways to get in touch

-  StBarnabasLinc
-  @StBarnabasLinc
-  marketing@stbarnabashospice.co.uk
-  Marketing, 12 Cardinal Close, Lincoln LN2 4SY
-  01522 559504

To start receiving The Caring Times by email please contact us at marketing@stbarnabashospice.co.uk

You details will be held on our database and will never be shared with a third party. We would like to keep you informed about the work of the hospice and future events. If you would prefer **NOT** to receive this information please contact us at marketing@stbarnabashospice.co.uk



The UK's first hospice in the hospital opened last year in Grantham



Sarah-Jane drove forward the hospice at home initiative



The Palliative Care Coordination Centre was commissioned



Sarah-Jane left the organisation in April

Richard's Ball



On 24th October 2015, Richard Taylor's friends and family will meet to celebrate his life at an evening ball organised in his memory. This year Richard should have been celebrating his 50th birthday but tragically he died at the age of 42.

It was Richard's sister, Catherine McIntosh, 44, from Lincoln who decided they should mark the golden milestone birthday.

Catherine said: "Richard was the happiest and most cheerful person you could ever hope to meet. He was the kind of person that would light up a room when he walked into it and his fun loving nature was infectious to all that met him.

"Myself and my cousin Paula thought the ball would be a fitting tribute to Richard and we are hoping to raise £6,000 for St Barnabas, who cared for Richard in his final days.

"We have ensured the ball is personal to Richard and the colour scheme on the night will reflect Richard's love of Manchester United Football Club."

The evening will see guests enjoy a three-course meal and disco with entertainment including a casino, auction, tombola and raffle with auction prizes from Manchester United and Chelsea football clubs.

Catherine recalled the day she learned the devastating news that her brother had cancer.

She said: "In February 2007 Richard, his wife Karren and their two children left for Perth, Western Australia as Richard had been offered a job managing a farm. After just five months he started to feel unwell and by the end of August was diagnosed with cancer of the omentum.

"He immediately began a course of chemotherapy and initially it seemed to be working, however this was short-lived and Richard began to deteriorate. Our Mum and Dad flew out to be with him over Christmas, but by January his oncologist told him that his illness was terminal and advised him to get his affairs in order, and go home to England."

On 18th February Richard and his family left their home in Perth and made the 20 hour journey back to England. They arrived home in the UK exactly one year after leaving for Australia.

Shortly after returning, Richard was admitted into the hospice on Nettleham Road in Lincoln.

Catherine said: "When I first heard that Richard was being transferred from the County Hospital to the hospice my heart sank.



I imagined the hospice as a dark and gloomy place full of sadness and people at the end of their lives. It wasn't the kind of place that I wanted Richard to be in. How misinformed I was.

"Richard's room was bright, light and airy and better still it looked out over a beautiful garden. The staff were quick to make us feel comfortable and welcomed Richard's friends and family, regardless of what time of day it was.

"Before entering the hospice there had been times where Richard had been in real agony but the staff at the hospice ensured that Richard's pain and symptoms were managed promptly, effectively and with the utmost dignity.

"They treated him with real warmth and compassion, recognising that while he was a stranger to them, he was the world to us."

On 3rd March, staff at the hospice helped the family to organise a small birthday party for his wife, Karren.

Catherine said: "This was a very special moment at the hospice, who helped us to celebrate her birthday. We had a little party in his room and then late that evening at just after midnight, Richard woke and asked Karren the time.

"She told him it was now the next day, he was relieved because he did not want to die on her birthday. A few short hours later and just eight months after being diagnosed, Richard died."

Catherine concludes:

"The hospice allowed Richard the freedom and dignity to be able to spend precious time with his family and friends and for that we are forever grateful. Our last memories are happy ones knowing Richard passed away peacefully with his family around him."

'To Rick, Goodbye'

*Rick, as I look out in the church today
Across a sea of different faces
I see a reflection of your life
Different times, different stages,
different places.*

*Each face it holds a memory
Of your wonderful life to date
You left this world too early
It just wasn't your time, Mate.*

*The mould it cracked when you were born
There simply will never be another
To mum and dad, the greatest son
To Boo and I, the world's best brother.*

*Your captivating character
Was a bit like Peter Pan-
The scamp, mischievous little boy-
the strong, fun loving man.*

*It is with sadness to see this gathering
And you, sweet Rick not here
For there's nothing more that you liked
best,
than a crowd, a chat and a beer.*

*We watched as cancer gripped you
And conquered your every part
But whilst it drained your body
It never claimed your heart.*

*We prayed you'd live to beat 'IT'
And even to share your pain
But you accepted ITS' victory
So you could find peace again*

*As your final days drew near Rick
No self-pity was ever shown
Your only request was that your family
Would never face life alone!*

*Rick, where did you get your courage
from?*

*Where did you get your fight?
Our brave and beautiful Richard
Goodbye, God bless, sleep tight,*

*A poem written by Cath McIntosh
read aloud at Richards funeral.*

Egg-stra special memories

As a hospice, we strive to support our patients to live life to the fullest and part of that is recognising the importance of marking special occasions and seasonal holidays.

At Easter, our patients at our hospice in Lincoln received a special Easter themed breakfast complete with a chocolate treat, knitted chicks and daffodils.

David Smith-Perkins, 57, was diagnosed with bone cancer in December 2014. He had been at the hospice for three weeks and spent Easter with us.



“ This is my second stay in the hospice and the care I have received here is exceptional. They have treated me so well and I know that I am in the best place I could be. ”

Let's talk about it

In May we supported Dying Matters Awareness Week with a host of activities across the County.

In Lincoln, we erected three 8ft high 'Before I die...' boards in The Waterside Shopping Centre. They were soon jam-packed with the hopes and dreams of our local community and provided heart-warming inspiration to us all.

In Boston, Emma Warner, one of our Specialist Nurses visited a nursery for a Dying Matters themed story time. She read the very moving Lifetimes which explains life and death in a sensitive, caring and beautiful way.

We held drop-in sessions at Louth and Boston where people were encouraged to talk about living and dying. Both workshops had representatives from solicitors, funeral directors and our own palliative care teams.

Our team at our Grantham Hospice in a Hospital also had a Dying Matters themed stand full of helpful leaflets and their own mini 'Before I die...' wall.



What is Dying Matters?

A national campaign seeking to help people talk more openly about death, dying and bereavement, and to make plans for the end of life.

Hospice doctor goes the extra mile

Fighting fit Adam Brown, 37, works as a Consultant in Palliative Medicine at the hospice and every year sets himself a fundraising challenge. Adam and his family have raised an incredible £640 over the past two years by competing in a series of challenges.

Earlier in the year Adam and his three children, Ethan, 6, Jacob, 8, and Isaac, 5, competed in the hospice's first ever Colour Dash at the Lincolnshire Showground.

Adam said: "The Colour Dash was a brilliant opportunity for us to raise money as a family and have fun with my boys at the same time. It was a real family event that we were all able to enjoy together."

Adam's next challenge saw him enter the world renowned Tough Mudder competition with his wife Liz by his side. Tough Mudder is a team-orientated 10-12 mile obstacle course designed to test physical strength and mental grit.

Adam said: "I absolutely love the challenge of an event like Tough Mudder and it's sense of camaraderie. I was part of a team of nine and together we helped each other through the four hour course and had fun along the way.



Far right: Adam and his wife Liz



"Knowing that I was raising money for the hospice provided me with that extra incentive to complete the challenge. I see first hand just how important donations are to our patients and their families."

"I am extremely proud to work for the hospice and it is immensely satisfying to know that the care we provide is the very best. I am continually inspired by the people I meet here who demonstrate such courage as they face the end of their lives. It is truly remarkable."



From left to right: Ethan, 6, Jacob, 8 and Isaac, 5.

Adam is already planning next year's fundraising adventures.

He said: "Tough Mudder is a firm favourite of mine and I will be taking on this challenge for the fourth time next year. I also wanted to push myself that little bit further and will be trying my hand at The Rat Race, which is an obstacle course over 20 miles.

"Both events will be great fun and allow me to raise much needed funds for the hospice. They are also fantastic opportunities to raise awareness of the hospice and the vital role it plays within our community."

Great North Fundraisers

On Sunday 13th September, the world's leading half marathon, the Great North Run took place.

Thank you to our supporters who laced up their trainers and took on this challenge for our hospice. Their strength, stamina and determination got them across the finish line and helped to make a real difference to our patients and their families.



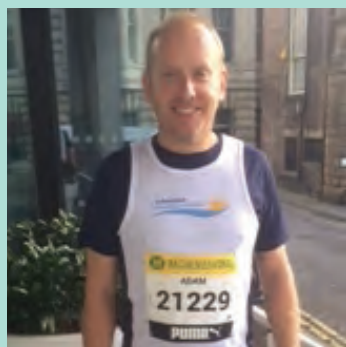
Jack Thomas

"I have to say I was completely overwhelmed, it was a great experience. The total stands at £923, which is far in excess of expectations."



Karen Seal

"It was very hot, very undulating and very crowded but I wouldn't have missed it for the world. When it got hard at mile 10 I thought of my Grandma, Rose Straw who passed away a year ago. She loved the work you do and that's why I chose St Barnabas."



Adam Davey took on the race for the 11th year

"It was a great event as usual and I am fully recovered now! Every year I say this has to be the last one, but then I do the run and think how can I possibly not do it!!"

Emily and Lillie-Ann

"It was an experience I will never forget. Thank you for allowing us to run for St Barnabas in my mums memory."



Leanne Otter

"It got hard at mile 10 for me also but the amount of money I raised and the crowds kept me going. Thank you all so much for the privilege of being able to take part in the run and raising money."

Online chat

We love how Facebook and Twitter makes it easy for us to stay in touch with our supporters and keep up-to-date with what they are doing!

Here's what you've been saying...



Lorraine Hackney

showed her support – 'One day, hopefully, every patient nearing end of life can feel the sun on their face, watch the clouds float by and hear the birds singing. This must be for all of us so keep fundraising and supporting this very special place.'



Molly-Marie

Buckley @molly_buckley95

shared a photo from her village - 'Fundraising for @StBarnabasLinc today at Skellingthorpe open gardens

#MissLincolnshireEarth #MissEarth @missearth_uk'



St Barnabas Lincolnshire Hospice
www.stbarnabashospice.co.uk



Timmy Mallet @TimmyMallett

popped up at one of our shops - 'Nice to meet @StBarnabasLinc team in #Boston'



Helen Brace

shared this heartfelt message with us – 'You bought my family 17 good months of life for my husband. Two more Christmases for my children with their father, two more birthdays each, two more Father's days and many holidays. I can never, ever, thank you all enough xx'



Mrs Pickersgill @SamMrspic

praised our team in Gainsborough - '@StBarnabasLinc dropped off a donation in Gainsborough. Your ladies were lovely and so grateful. It's a pleasure to support you!'



Jayne Craig

shared her experience with us – 'I also couldn't have got through without the St Barnabas hospice at home nurses, truly remarkable people.'



Ruth Clayton

shared her thoughts on the importance of hospice care - 'One of the nurses hugged me when my lovely aunt was in the hospice and I had a wobble. I will never forget her kindness and empathy. These places should be cherished and fully supported, they give people dignity and comfort when their world is torn apart.'



Dr Ros Taylor @hospicedoctor

tweeted from the London Marathon - 'Gosh Sian is running for @StBarnabasLinc just 5 days after her dad died #courage #hospicerunners @LondonMarathon'



Chrissy Bird

held a summer fete and raised over £600 – 'A team of you cared for my husband, Frank Bird last year who I sadly lost to cancer. Here is a picture of our bereavement group from the Louth centre, thank you xxx'

Hospice on film

This year we have worked alongside students from the University of Lincoln to produce two short films for the hospice.

The first film provides a unique insight into our Day Therapy service and the patients who attend. Our brave patients talk openly about their fears and preconceptions of hospice care and how Day Therapy has helped them to live a "better day".

“It's helped me to get out much more and live, instead of just existing, which is what I was doing.”

Jo Markham, Day Therapy patient



Our patients open up on film about how our services help them to live well with their conditions

The second film was produced to celebrate the roles of our volunteers within the hospice. The film perfectly encapsulates how a volunteer brings with them a passion to care and a willingness to help.

They come from all walks of life and have a keen enthusiasm for learning whilst bringing a lifetime of experience.

“We are there to talk, help and to listen.”

Pat, volunteer at Gainsborough for 5 years.

A special thank you to our patients and workforce for providing us with a window into the often very private world of hospice care.

These videos can be viewed on our YouTube channel.

Coin it in!



You may remember Rob from our last newsletter; he is 85 years old and has been volunteering in fundraising for the past 20 years.

During his service he has helped to raise a staggering £8,000 and he is hoping to continue to raise even more.

Rob needs your help to do this! He is looking for donations of currency, whether it is British, European or Worldwide coins that are old or new.

He catalogues these coins, which are then bought by agencies and dealers. He is hoping to raise over £2,500 this year!

If you have any coins, old or new that you would like to donate then please drop them in or send them to Fundraising, 12 Cardinal Close, Lincoln LN2 4SY.

Donations can also be made in any of our charity shops.

Splish! Splash! Splosh!

Our Staff Nurse, Lisa Saunders, visited St Nicholas Primary School in Rutland where she did a presentation about her role as a nurse to a class of four and five year olds. Lisa talked to the class about hand washing procedures and educated the children on the importance of hygiene.

Lisa made the learning fun for the children with a hand washing video and a song that was perfectly suited to their age group.

The class teacher, Mrs Morton, said:

"Mrs. Saunders did a lovely introduction describing her role as a nurse, looking at her uniform and comparing it to nurses' uniforms in the past. She brought in some photos and information to show the children, which was great.

"Using the video clip, she demonstrated the correct way to wash hands thoroughly and the children 'acted out' each stage. We all learnt something new, even the adults in the class!

"We were thrilled that Mrs. Saunders was able to bring in a special light box to show up the areas that are often missed when hands are washed. The children were fascinated by this and it was amazing to see the germs that remained when hands were not washed correctly.

"Since Mrs. Saunders' visit, I have noticed a great improvement in the children's hand washing and they are certainly much more aware of the importance of personal hygiene in the prevention of spreading germs and keeping healthy."



Caring for carers

This year during Carers Week we held our first ever Caring for Carers event in Lincoln.

Carers Week is an annual campaign to raise awareness of caring, to highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.



Hand massage offered by our voluntary complementary therapist, Gill Bennet

Caring for Carers provided carers with the opportunity to take some time for themselves and indulge in massage and t'ai chi. The event also offered practical advice and support with workshops held on relaxation, improving sleep and healthy lifestyles.

Carers enjoy a t'ai chi session led by our Health and Rehab Support Worker, Michelle Watson.





Good old fashioned fundraising

More than 80 people attended a vintage garden party held at our Grantham Day Therapy Centre in June.

Karen Barret organised the event in memory of her husband who received the support of the hospice in his final weeks. We have since provided further support to Karen who is undergoing cancer treatment.

With the enthusiastic support of volunteers and the friendship group the event raised an incredible £1,151.



Celebration of volunteering



In June over 100 of our amazing volunteers joined us at The Assembly Rooms in Lincoln for a celebration evening held in their honour.

The evening was an opportunity for us to thank our volunteers for their continued hard work and dedication.

Our volunteers provided the night's entertainment with our retail volunteers putting on a fashion show and strutting their stuff in clothes from our 26 shops.

We then watched the début of a volunteering film produced by first year students from Lincoln University. The film perfectly encapsulated the roles of our clinical volunteers from across the organisation.

Lastly, volunteers from our Family Support Services team put on a special performance of their much loved Christmas pantomime.



Our retail volunteers take to the catwalk!



Our volunteers enjoy a well earned night out.

Steve Bond, Volunteer Development Manager for St Barnabas Lincolnshire Hospice, said:

“ Every one of our volunteers acts as an ambassador for our organisation and their passion and drive is truly admirable. The time, skills and experience our volunteers bring to St Barnabas is invaluable. ”

Steve visited every shop and clinical base to say a personal thank you to those volunteers who were unable to attend. Of course, each thank you came with a generous slice of homemade cake!

We need your help

We currently have over 1,000 volunteers who give up their time to help more than 9,000 people across the county receive the specialist care they deserve.

The number of volunteering roles continues to expand with our latest recruits joining us as Listening Volunteers, Rehab Volunteers and those with specialist interests helping us to sort through thousands of donations at our warehouse.

We are desperately seeking volunteers to join us at the Renal Unit at Lincoln County Hospital, volunteers with a background in arts and crafts to assist at our Day Therapy Centre in Lincoln and volunteers for our first of its kind Hospice in the Hospital in Grantham.

If you would like more information about the roles available or if you would like to apply, you can obtain an application form by emailing volunteering@stbarnabashospice.co.uk or calling 01522 518221.



Volunteers play a crucial role in our central warehouse



Volunteers needed for our arts and crafts group in Lincoln



We challenge you!

Challenge events can be fun, hard and above all satisfying! It's time to test your grit and determination in one of our rip roaring events. Next year you can cycle from London to Paris, Trek the Great Wall of China or leap out of a plane 10,000 feet in the air!

LONDON TO PARIS CYCLE RIDE

18th - 22nd May 2016

First 15 registrations are free when pledging to raise the min sponsorship £1,500 Deposit - £99 / Min Sponsorship - £1,500

GREAT WALL OF CHINA TREK

8th - 17th September 2016 - aiming for 10 trekkers

Deposit - £349 / Min Sponsorship - £2,700



SKYDIVES

We also have the following Skydive dates booked for 2016, we are aiming for 10 skydivers per date. **Minimum Sponsorship £395**

Langer Airfield Nottingham

Sunday 24th April

Sunday 24th July

Brigg Airfield

Sunday 26th June

Sunday 4th September

Contact fundraising@stbarnabashospice.co.uk or call 01522 540300 to find out how you can start making a difference!

Christmas bag packers needed!

MARKS &
SPENCER

We are delighted to have been chosen as the charity of the year by M&S Simply Food in Grantham!

To date they have raised over £1,464 from an in-store cycle ride and by joining us at our Moonlight Walk.

This December they are inviting us in store for a festive bag pack where we hope to raise over £1,500! We are looking for volunteers to help us pack from 16th to 22nd December.

For more information on how you could help please contact Tina Dingley on **01476 513542** or email tina.dingley@stbarnabashospice.co.uk.

Stretching the pounds



Thank you to Eminox for choosing us as their charity of the year and for donating £1,800 for the refurbishment of our physiotherapy room at our Gainsborough hospice.

We were also lucky enough to receive some generous public donations to help in this project.

Physiotherapy is a vital service for our patients as it can help them to improve their coordination and mobility and in turn their quality of life.

Spring into action



This spring, our Day Therapy Centres in Louth and Gainsborough helped our supporters get their gardens summer ready with a plant sale and garden party.

Our supporters turned out in droves to help raise over £2,000 from the extensive selection of plants, stalls and homemade cakes.

Caroline Swindin, Community Events Fundraiser for St Barnabas Lincolnshire Hospice, said:

"It was great to see so many people turn out to show their support for our hospice. A huge thank you also goes to all those who donated plants, cakes and home grown produce, we could not do it without you."

Mopedathon is roaring success!



Thank you to the RAF Wittering Motorcycle Club for raising over £429 from a six-hour mopedathon!

The endurance event took place this May and saw 192 people compete on 50cc mopeds over a course of grass and tarmac. The race kicked off at 11am with a Le Mans-style start which saw the riders run across the track, start their bike and ride away to begin the race.

Competitors earnt points from a host of categories from the number of laps, the best fancy dress and overall sportsmanship.

Andrew Dring, a club member said: "The money raised is in remembrance of my daughter, Michelle who was cared for by St Barnabas Hospice. This was the third time I have taken part in this fundraiser and with the continued support of the station and the MCC committee we intend to put the event on again next year."



Dates for your diary

October

24th Oct	Richard's Ball , The Bentley Hotel, Newark Road, South Hykeham, Lincoln LN6 9NH, 7pm, Tickets £39.50. Contact Paula Broughton 01522 522772.
31st Oct	Pop up Christmas Card stand , Four Seasons Garden Centre, London Road, Sleaford, Lincolnshire NG34 8NY
31st Oct	Craft Fair , Hale Magna Village Hall, Little Hale Road, Great Hale, Sleaford NG34 9HL, 10am - 3pm

November

6th Nov	Quiz Night , Kings School, Brook Street, Grantham NG31 6RP 7pm, Tickets £4
6th Nov	Christmas Coffee Morning , The Inn, The Broadway, Woodhall Spa, 10am - 12 noon
7th Nov	Big Band Night with Room 21 , William Farr School, Welton, 7pm, Tickets £10
14th Nov	Christmas Craft Fair , The Bailgate Methodist Church, 10am - 3pm, 50p entry
14th Nov	Christmas Craft Table Top Fair , Kirton Town Hall, Station Road, Kirton, 12 noon - 3pm, 20p entry
14th Nov	Christmas Fair , The St Barnabas Hospice, Clover Way, Woolram Wygate, Spalding 1pm - 3pm
14th Nov	Sunday Lunch on a Saturday , Dower House Hotel, Manor Estate, Woodhall Spa, 12 noon Tickets £24 per person
15th Nov	Christmas Shopping Extravaganza , Morton Village Hall, Gainsborough, 11am - 3pm
15th Nov	Christmas Craft & Gift Fayre , Louth Hospice, Grimsby Road, Louth LN11 0SX, 11am - 2pm
21st Nov	Tealby Festive Fayre , Tealby Memorial Hall, Beck Hill, Tealby LN8 3XS, 10am - 3.30pm. Free entry.
21st Nov	Soup & Puddings , Leasingham Village Hall, Chapel Lane, Leasingham, Sleaford NG34 8LB. Contact Barbara Jones 01529 303749.
24th Nov	Lincoln Light up a Life and Torchlight Procession , Our Lady of Lincoln Church, Cabourne Avenue, 6pm, followed by Torchlight Procession from Clayton's Sports Ground, Lee Road, Lincoln, 7.30pm
26th Nov	Festive Coffee Morning , St Barnabas Hospice, 86 Barrowby Road, Grantham, 10.30am - 1pm
28th Nov & 29th	Santas Grotto , George Shopping Centre, Grantham 10.30am - 3.30pm

December

3rd Dec	Skegness Light up a Life , St Matthew's Church, Lumley Avenue, Skegness, 6.30pm
4th Dec	Boston Light up a Life , Zion Methodist Church, Brothertoft Road, Boston PE21 8HD, 6.30pm
4th Dec	Christmas Lunch , Woody's Bar & Restaurant, Woodthorpe, Alford LN13 0DD Tickets £20
4th Dec	Alford Christmas Tree Festival , Alford Manor, West Street, Alford LN13 8HT, 4pm
5th Dec	Santas Grotto , George Shopping Centre, Grantham, 10.30am - 3.30pm, £5 per child

Key to event areas

Lincoln	Grantham & Bourne	Spalding & Deepings	Boston & Skegness	West Lindsey Area
East Lindsey Area	Sleaford	Public Events	Woodhall Spa	

December

5th/6th Dec	Horncastle Christmas Tree Festival , St Mary's Church, Church Lane, Horncastle, 10am - 2pm
5th Dec	Christmas Flower Arranging Workshop , Moulton Community Centre, Broad Lane, Moulton, Spalding PE12 6PN, 10am - 4pm £15 per person including light lunch
5th Dec	Christmas Tombola , Isaac Newton Shopping Centre, Wharf Road, Grantham NG31 6EE, 9am.
6th Dec	Carol Service , All Saints Church, Monks Road, Lincoln LN2 5JN, 2.30pm
6th Dec	Spalding Light up a Life , St John the Baptist Church, Hawthorn Bank, Spalding, PE11 1JQ, 4pm
7th Dec	Louth Light up a Life , Methodist Church, Nicol Hill, Louth LN11 9NQ, 6pm
7th Dec	Sleaford Light up a Life , Methodist Church, 6pm
8th Dec	Grantham Light up a Life , St Wulframs Church, Grantham, NG31 6RR, 6pm
8th Dec	Gainsborough Light up a Life , United Reformed Church, Gladstone Street, Gainsborough, 7pm
10th Dec	Louth Tea Dance , Louth Town Hall, Eastgate, Louth LN11 9HN, doors open 1.30pm, dancing 2.30 - 4.30pm Tickets in advance £6 from CANCELLED or Eve & Randshaw, call 01507 354336 or 01507 602031
12th Dec	Christmas Sing along , Outside St Benedicts Church, High Street, Lincoln, 9am - 3.30pm
12th Dec	Santas Grotto , George Shopping Centre, Grantham 10.30am - 3.30pm, £5 per child
12th & 13th	Horncastle Christmas Tree Festival , St Mary's Church, Church Lane, Horncastle, 10am - 2pm
19th Dec	Santas Grotto , George Shopping Centre, Grantham 10.30am - 3.30pm, £5 per child

January

	St Barnabas WelDun Challenge, Throughout January, activities and events in Welton and Dunholme
13th Jan	Grantham Strictly Ballroom lessons begin , Long Bennington Village Hall, Main Road, Newark NG23 5DJ, 8pm - 9pm, for 10 weeks, £5 to register
17th Jan	Strictly Kidz lessons begin , St Johns Baptist Church Hall, Sudbrooke Drive, Lincoln LN2 2EF, 4pm - 5pm for 10 weeks, £5 to register
17th Jan	Lincoln Strictly Ballroom lessons begin , St Johns Baptist Church Hall, Sudbrooke Drive, Lincoln LN2 2EF, 5.30pm - 6.30pm for 10 weeks, £5 to register
23rd Jan	Burns Night , South Holland Centre, Market Place, Spalding, Lincolnshire PE11 1SS, 7pm, Tickets £35
28th Jan	Bring a Gift Coffee Morning , Louth Hospice, Grimsby Road, Louth LN11 0SX, 10am - 12 noon

February

6th Feb	Love St Barnabas - Valentine Coffee Morning , St Denys Church Hall, Market Place, East Gate, Sleaford NG34 7SH. Contact Barbara Jones 01529 303749.
4th Feb	Bring a Gift Coffee Morning , St Barnabas Hospice, George Henderson Lodge, Front Street, Morton DN21 3AD 10am - 12 noon
6th Feb	Bring a Gift Coffee Morning , St Barnabas Hospice, Green Lane, Boston PE21 9NB, 10am - 12 noon
17th Feb	Pancake Coffee Morning , 2 Poachers Gate, Pinchbeck, Spalding, Lincs, PE11 3JP
25th Feb	Winter Coffee Morning , St Barnabas Hospice, 86 Barrowby Road, Grantham NG31 8AF 10am - 12 noon
26th Feb	Psychic Night , St Barnabas Hospice, Clover Way, Woolram Wygate, Spalding PE11 3GD, 7pm

For further information on any of our events please visit our website or call 01522 540300



Thank you for your support





- 1 The Christian Voluntary Men's East Lincolnshire Group donate £300 from their 5k sponsored walk.
- 2 Tesco Lincoln Extra shoppers helped our fundraisers with their Easter egg appeal.
- 3 The Shakespeare pub in Lincoln donate £350 from their pull-tab lottery machine.
- 4 Jewson in Lincoln donated dozens of flowers to our Inpatient Unit on Nettleham Road.
- 5 Alford Crematorium donate £4,743 to help fund our services in East Lindsey.
- 6 Bluecube Telecom donate £1,815 from their triumphant walk up Helvellyn in the Lake District.

- 7 Stafforce Recruitment donate a sack full of Easter eggs for our Easter Craft Fair.
- 8 Chestnut Homes donate £200 bringing their total to over £10,000 over the past 15 years.
- 9 Roy Robinson and friends donate £300 from a fundraising stall in Skegness.
- 10 Rebecca Kingswood and friends donate £1,270 after their Coast to Coast cycle ride.
- 11 Volunteers from Lincolnshire Co-op helped to transform our garden at our Lincoln Day Therapy Centre on Hawthorn Road.



Scaling new heights

On Sunday 6th September, a group of eight friends took the plunge in a tandem skydive at Hibaldstow airfield and raised £5,000 for our hospice.

Richard Armstrong, Emma Innesbeer, Jerry Innesbeer, Jamie Bendy, Sally and James Mundy, Nicole Hagan (16) and Chole Cook (16) raised the money when they leapt 15,000ft out of a plane.

Richard Armstrong rallied his friends to tandem skydive after the hospice cared for his dad.

Richard said: "I decided to jump for St Barnabas because I was amazed by the wonderful support the staff were able to provide my Dad in his latter weeks. In turn this made the difficult time easier to accept, for me and my sister, and others close to him, who knew he was in caring and experienced hands. It was a fantastic and dedicated service."

Sally Mundy decided to jump for the hospice because of the care her step mum is currently receiving.

Sally said:

“ My step mum is currently receiving outstanding care and support from the St Barnabas Hospice At Home team. We wanted to do our bit to raise valuable funds and to say thank you for all that St Barnabas is doing. My son James and I were also looking for a challenge and the tandem skydive was definitely that! ”

Ploughing money into the hospice!



In June this year, over 60 tractors travelled across 20 miles of countryside in the Hackthorn Tractor Run and raised £1,200 for our hospice.

The charity fundraiser has been held annually since 2005 and is organised by Brian and Sue Graves.

Sadly Brian died earlier this year but, with the support of her friends and family, Sue organised this year's event in Brian's memory.

Sue said: "We have always organised this event in support of a charity. We chose St Barnabas for the second year because we wanted to support a local good cause and we have friends who have been cared for by the hospice."

Our corporate partnership

Boundary Mill in Grantham have named us as their charity of the year and have raised in excess of £3,045 from plant sales, soup lunches and a wear it yellow day!



Jenny's Fighters

Friends and family of Jenny Sutherland, who was cared for at our hospice in the hospital in Grantham, have raised £2,125 in her memory.

The team of seven, aptly titled Jenny's Fighters, raised the money when they pounded the pavement in the Chester Half Marathon.

Jenny's daughter, Cindy Sutherland, said:

"We can't express how much thanks we have for the care and attention the nurses provided to our mum in her last days. The new unit within Grantham hospital provided our mum and family with the peace and tranquillity in her hours of need. It'll never go unrecognised."

"The nurses are a 'different breed' and they are truly incredible. We will be eternally grateful for all their support."



Colour Dash sets new record!



Kindly supported by
**WESTERN POWER
DISTRIBUTION**
Serving the Midlands, South West and Wales



On Saturday 9th May, more than 2,500 of you joined us at the Lincolnshire Showground for our first ever Colour Dash! The family fun day saw children as young as five showered in a rainbow of colour as they ran, walked and danced the 5k route.

And, what's more, you helped to raise a staggering £116,000! – making this our most successful fundraiser ever!

We are already planning next year's Colour Dash which we hope will be even bigger and better!



**Save
the date!**



Our next Colour Dash will be taking place on Saturday 14th May at the Lincolnshire Showground.

Registration for Colour Dash 2016 will open later this year at www.stbarnabashospice.co.uk/cd16

Last year was a sell-out, so keep checking this link for all the latest information!




#colourdash #getmessy #ididit

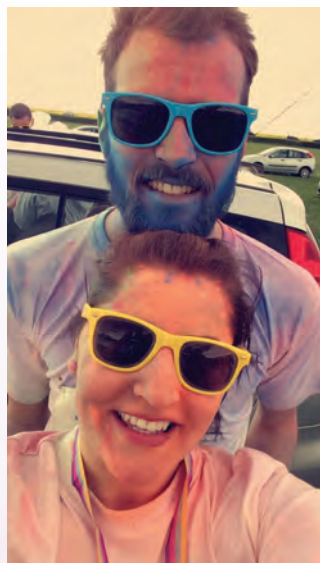
Hundreds of you took to Facebook and Twitter to share with us how much fun you were having!




 **Ami @Amivdub**
'@StBarnabasLinc I got a good covering #colourdash #colourdash15'




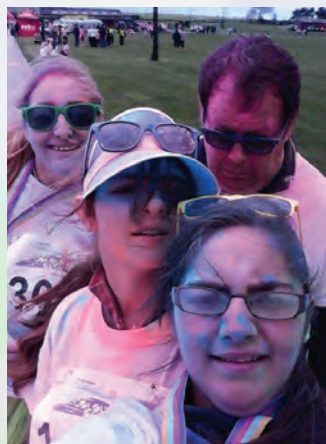
 **Sherlocked-Stilinski @peltzer95amie**
'This morning me and @RachDon_x got very messy for @StBarnabasLinc 1st ever #ColourDash so much fun!! #getmessy'




 **michael twigge @bigtwig84**
#colourdash15




 **Paul Johnson @Negative1photo**
'Did the @StBarnabasLinc #colourdash15 #getmessy #doneit great fun! And all for a good cause!'



 **Michelle Marks** shared this wonderful photo on Facebook – 'Great family day and great atmosphere!'



 **Donna marris @donnamarris**
'@StBarnabasLinc could not be prouder of my two little ones #colourdash15 they loved it! #getmessy well done all!'

Shining examples

In September we recognised the outstanding achievements of staff, volunteers and close partner organisations at a special awards evening.

The celebration was hosted by our Chairman of Trustees, Bob Neilans and Director of Service Innovation and Integration, Jane Bake, and took place at our Day Therapy Centre in Lincoln.

Jane said: "As an organisation we pride ourselves in delivering the highest quality palliative and end of life care to people across Lincolnshire. We are only able to realise these ambitions because of the outstanding contributions made by our dedicated staff and volunteers, and those working closely with the organisation."

“ The awards evening provided us with the perfect opportunity to outwardly recognise the individuals who go the extra mile, whether it is in their volunteering role, commitment to community partnerships or pushing the boundaries to provide end of life care in hard to reach places.”

The highlight of the evening was The Jules King Award, won by twelve-year-old Jack Covill-Lowndes, who has raised in excess of £4,500 in memory of his mum. Jack's own personal loss inspired him to fundraise for the hospice after we cared for his mother, who died when Jack was just three years old.

A huge congratulations to all the winners!



The Innovation Award
Grantham Clinical Action Team



The Recognition Award
Chris Candlin and Peter Kembery



The Palliative Care Hero Award
Dr Glencross and team from South West Lincolnshire Clinical Commissioning Group and Kevin Turner and team from United Lincolnshire Hospital Trust



The 30 Years Long Service award
Mandy Fryer and Shirley Vickers



The Raising Awareness Award
Alistair Berry, Rebecca Gleave and Laura Williams



The Outstanding Contribution Award
Pam Francis and Hefina Holden



The Team Award
Boston Hospice at Home Team



The Jules King Award
Jack Covill-Lowndes



The Long Service Volunteer Awards
Janet Hird (30 years), Shirley Finch (20 years), Rob Glover (20 years), Kay Dulcie (30 years), Winifred Lawson (20 years), Pauline Townend (30 years), Valerie Butler (30 years)



The Corporate Award

M & S Lincoln, Branston Ltd, Chestnut Homes, Ruddocks, MAD 4 Residents

A mountain to climb

Last year we were delighted to be chosen as the charity of the year by staff from Marks and Spencer in Lincoln.

During the course of the partnership staff and shoppers helped to raise over £8,000 through a series of fundraisers, such as bag packing, bake sales, quiz nights and competing in the Lincoln 10k.

Their fundraising was given a huge boost by the grit and determination of one of their employees who climbed Mount Kilimanjaro and reached the top of the highest peak in Africa.

Jake Randall, Section Coordinator, said the visit was a humbling experience and the climb to the top was far harder than he could have imagined.

"It took six long and hard days to reach the summit of the mountain but the euphoria of reaching the top was incredible, it was truly amazing.

"I was the fourth person that day to reach the top and I felt a great sense of personal achievement. Also knowing how my achievements would help such a worthwhile charity added to the breath-taking experience."

Marks and Spencer Store Manager, Claire Donini, said:

"I am immensely proud of every staff member who has supported our fundraising activities. I am especially proud of Jake who has demonstrated such hard work and determination. It was a fantastic achievement for him and we are all very proud."



MARKS & SPENCER

Step into Christmas with festive fun run

Last November more than 250 people turned out in Santa suits for Sleaford's first ever Santa Fun Run and raised an incredible £917.

David Marshall and his wife Kerry Anne, owners of 'Total Sports and Supplements' in the heart of Sleaford's town centre spent six weeks organising the event to raise money for the hospice that had cared for David's uncle in his final days.

David said: "We had always been such a close family so when my Uncle Brian was diagnosed with cancer it affected us all. In 2012, my Uncle was admitted into the hospice in Lincoln where he spent his final days.

"The care he received at the hospice was second to none and he was always looked after incredibly well. It was important to us to support our local hospice and give something back to people within our community."

The Santa Fun Run was also supported by the local business community including PC Hut, K & M Landscapes, The Grange Spa, Sleaford Leisure Centre and The Barge and the Bottle.

"The Santa Fun Run was a fun-filled event for all the family and brought a lot of new people into our community for the Christmas Market.

"The 3k route was just the right length to attract runners of all capabilities whilst allowing families with children and pushchairs to be included. The event had a real community feel to it and it was wonderful to see so many people turn out for such a worthwhile cause.

"We are hoping that we can attract even more people to this year's Santa Fun Run and raise even more money for our local hospice."

Registration is £12 per adult and £6 per child. Each participant will receive a Santa suit, a drink and a medal. Children under the age of five are free to take part but they will not receive a Santa suit.

Registration will be opening soon! Go online to www.totalsportsandsupplements.co.uk for more information.



Packing on the pounds

We are delighted to have been chosen as the charity of the year by Sainsbury's in Bourne!

Their first fundraiser was a bag pack and with the help of their generous shoppers they raised an incredible £761.

We can't wait to see what's next!



Mike's leap of faith

Mike Spraggins, 50, from Lincoln raised over £1,350 when he took to the skies in an airborne adventure. The avid thrill-seeker took the plunge on 31st July 2015 during a 13,000ft skydive at Langar Airfield, Nottingham.

The stunt had been organised to celebrate the 40th birthday of one of Mike's friends but tragically one month before the jump, Mike's Dad died in the hospice.

Mike said: "After Dad died it seemed a fitting tribute to do the jump in his memory and raise some money for the people who had cared for him during his final days.

"It was wonderful to be able to give something back to the staff and volunteers who had shown Dad such compassion and kindness. Not only did they care for Dad but they looked after the whole family. I really can't praise them enough.

Mike's Dad, John, died in the hospice on 21st June 2015.



“ Skydiving was a great way to remember Dad and also to raise awareness of the work of the hospice. ”

In loving memory

In April, Alan Charles stopped by our hospice on Nettleham Road in Lincoln with a donation of £2,000.

The money was raised in memory of his wife, Jane who died in the hospice on 31st January 2015 following a six-month battle with bowel cancer.

The mother-of-four was just 53 years old when she died.

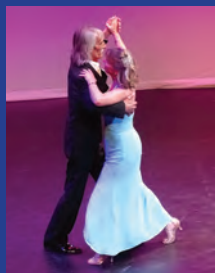
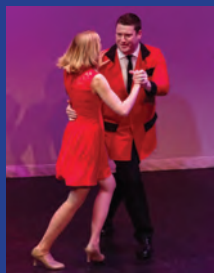
Alan said: "Jane was a good woman who meant a lot of things to a lot of people. I loved her to bits and the day she died was the saddest day of my life.

"It was so very sad."



“ When Jane went to the hospice I knew she was in the best possible place. The staff and volunteers were simply marvellous and they ensured that she remained pain free and as comfortable as possible. ”

It's strictly good fun!



In April this year we saw our glitziest fundraiser come to a head when our child and adult contestants took to the stage in front of a live audience as they battled it out to be crowned our ballroom champions!

Our first ever 'Strictly Kidz' saw 23 couples, aged 7 - 16 years, learn the Paso Doble and Cha-Cha-Cha, whilst 22 adult competitors took on the Melody Foxtrot and Jive. Each pairing showed true determination as they spent 10 weeks learning their dance routines and preparing for the live finale.

Sequins, hairspray and plasters were the order of the day as our glamorous dancers helped to raise an incredible £20,500 for our hospice.

Now it's your turn to sparkle! Sign-up for our 2016 strictly fundraisers which are taking place in Lincoln and Grantham.

WHERE AND WHEN?

GRANTHAM, Weekly lessons begin on Wednesday 13th January, 8pm - 9pm, Long Bennington Village Hall. The grand finale will take place on Saturday 23rd April.

To register go to: www.stbarnabashospice.co.uk/granthamstrictly

LINCOLN STRICTLY KIDZ, Weekly lessons begin on Sunday 17th January, 4pm - 5pm, St Johns Baptist Church Hall, Sudbrooke Drive. The grand finale will take place on Sunday 3rd April at The Lincoln Performing Arts Centre.

To register go to: www.stbarnabashospice.co.uk/strictlykidz2016

LINCOLN ADULTS, Weekly lessons begin on Sunday 17th January, 5.30pm - 6.30pm, St Johns Baptist Church Hall, Sudbrooke Drive. The grand finale will take place on Sunday 3rd April at The Lincoln Performing Arts Centre.

To register go to: www.stbarnabashospice.co.uk/lincolnstrictly2016

Cracking support for Jan's monster egg

Easter may seem like a distant memory, but we couldn't let this extraordinary achievement go unnoticed.

In March this year, Chocolatier Jan Hansen from Folkingham, created a 7ft tall chocolate Easter egg. The giant egg took 20 hours to build, used 150kg of chocolate and exceeded 200,000 calories!

On Easter Bank Holiday Jan took a hammer to the egg and smashed it to pieces, selling the individual pieces to raise money for our hospice.

Incredibly Jan raised over £1,810 for our hospice.

Jan's unique creation even gained him national coverage with the BBC and The Daily Mail jumping on board!

It certainly brings new meaning to the question, 'how would you eat yours?'



Jan Hansen and his giant egg
(Photo courtesy of The Daily Mail)

A lesson in fundraising

Over the last year students from St Peter and St Paul Catholic Academy in Lincoln have been fundraising for our hospice.

They bag packed in M&S Lincoln where they raised £505, they organised a non-uniform day and raised £374 and two sixth form students sold festive candy canes during break times and raised a further £121!

Liz Scumaci, Governor to the Student Council, said:



“ The Student Council and the whole school felt it was an honour to be able to help the hospice in a small way. We hope the money raised will go towards the fantastic work the hospice does in helping the people of Lincolnshire. ”





Can you lend an ear?

We are looking for volunteers to listen to the palliative care experiences of people in South/South West Lincolnshire. This role would be best suited to a good listener who is comfortable with face-to-face conversations.

Volunteering can fit with your lifestyle, so whether you have hours or days to give, please do get in touch.

Contact People Support Team on **01522 518221**
or email **volunteering@stbarnabashospice.co.uk**

Registered Charity No: 1053814

Sweet dreams are made of this!

On Saturday 6th June we hosted our ninth annual Moonlight Sleepwalk in Lincoln, Spalding and Grantham. More than 500 of you turned out in your onesies to walk 10k and raise a fantastic £31,000 for our hospice!

Becky Otter, Event Manager for St Barnabas Lincolnshire Hospice, said:

"I am humbled by the generosity and dedication of our supporters who have come together to raise much needed funds for our hospice. It was extremely touching to see so many people united by one cause and in particular those who were walking in memory of loved ones."

We are always striving to make every one of our fundraisers bigger and better than the last. Our Moonlight Sleepwalk is no exception and it is currently undergoing an overhaul for next year!

It's all a bit hush-hush at the moment, but all will be revealed once the details are confirmed! Go online at www.stbarnabashospice.co.uk/mw16 for all the latest updates.



Back by popular demand!



In July this year we held our fifth and what we had planned to be our final It's a Knockout fundraiser!

The family fun day which is held at Washingborough Playing Fields in Lincoln featured giant inflatables, gallons of soapy water and 140 unsuspecting competitors!

Together they helped to raise a staggering £12,000 for our hospice; making this our most successful It's a Knockout ever!

After such a successful event and after the public outcry about it ending we had no choice but to bring this family favourite back for 2016!

The event will be held on Sunday 10th July and we are looking for teams of 10 to go head to head in this challenge! Registration is only £10 per person and we ask you to raise a minimum of £60 each in sponsorship.

Registration will be opening soon at:
www.stbarnabashospice.co.uk/knockout16



Two new shops open

Springtime saw the reopening of our Boston shop right in the heart of the town on the Market Place. Since it opened, the local supporters and shoppers have made it an instant hit, with a steady supply of great donations and lots of repeat customers. The bookshop upstairs has become a firm favourite too, so pop along and have a browse.

June saw the opening of our brand new store at the Forum Shopping Centre in North Hykeham. Offering loads of space spread over two floors, this was a great opportunity to expand our offering and really have fun displaying the fabulous donations we receive

from local supporters.

More space also meant a bigger area for furniture selling, something

that has been very popular with local shoppers. With the bookshop now upstairs, we had more space to make it a welcoming store with comfy sofas and a hot drinks machine serving fresh tea and coffee.

Please come along and take a look!



One-of-a-kind calendars

This year's Hospice calendar is a special collaboration with some rather dapper gentlemen – the Lincoln Barons. Twenty-five gloriously painted figures representing the many facets of Lincolnshire history, nature and achievements.

We were lucky enough to be granted permission to use their images for our calendar from Lincoln BIG and the Trussell Trust, and these can be found in all of our 26 shops, along with 2016 diaries, a great range of Christmas cards and decorations and gift ideas.



The perfect gift

In 2012 we introduced Gift Aid to our shops and since then you have managed to raise an extra £200,000 for patient care! This scheme doesn't cost donors a penny, and as long as they pay some sort of UK tax we can claim the Gift Aid from the government. So thank you to all our Gift Aid supporters, what a fantastic amount!

Sail of the century



Our big Ebay news this year has been 'Beverley' - a 16ft river cruiser generously donated by Dennis Collins from Lincoln.



Following years of pleasure he and his wife had from the boat, he decided it was time to pass it to someone else to enjoy. After a close friend received care from St Barnabas he chose us to donate the boat to, and in so doing has enabled us to raise £2,049 when it sold on Ebay in August.

Let our St Barnabas Lottery help with your gift giving this year

When you treat a loved one to a St Barnabas Lottery gift your money goes much further.

- Your family and friends receive an unusual and thoughtful gift.
- You also make a valued gift to the Hospice to support patients and their families across Lincolnshire.
- The recipient could receive a further surprise gift from you. Recently a Gift Voucher member was delighted to receive a second birthday present when she won £100 just three weeks after receiving her voucher!



For £1 our new scratch cards are an inexpensive but fun gift idea! You can pop them into a greeting card, use them as unique place settings or hide them inside a beautifully wrapped gift offering the recipient the chance to win up to £1000! Scratch cards are available from St Barnabas shops or the Lottery Office at 12 Cardinal Close, Lincoln LN2 4SY. They can also be purchased from some hospice buildings and events. Call 01522 546 500 for more details.

St Barnabas Lincolnshire Hospice **Lottery Gift Voucher**

A gift that carries on giving

Your gift is a weekly subscription to the St Barnabas Hospice Lottery

Not only does this special gift give you the chance to win some fantastic cash prizes, all proceeds carry on giving as money raised from our Lottery goes directly to our local hospice to help provide specialist care for local people and their families.

Thank you for supporting St Barnabas Lincolnshire Hospice

From £10 our attractive St Barnabas Lottery gift vouchers make super gifts. Each £1 spent gives one entry for one week in our £2,500 Friday Lottery draw. Every year over £130,000 is won with a rollover prize of up to £7000! To purchase please complete the order form enclosed or call our lottery office.

Planning a wedding? Why not join other local couples who are supporting us on their special day by using our scratch cards as wedding favours? Your guests will have some fun, the chance of a win up to £1000 and will appreciate that you are supporting our work. Putting the cards in envelopes means they double as your place settings too!



Call 01522 546 500 for more details on our lottery gifts this Christmas!

Please note: to comply with UK Gambling Legislation, recipients of Lottery must be aged 16 or over and be UK residents.

Light up a Life

We invite you to sponsor a light and
dedicate it to someone special

St Barnabas Lincolnshire Hospice is honoured to host nine Light up a Life events this year across November and December. These unique celebrations are a special time for families and friends to join us in remembering the people that we love, who are no longer with us.

Each event will feature touching readings, music and time for quiet reflection; we will also light candles in remembrance of our loved ones. For those attending the Lincoln event at Our Lady of Lincoln Church, there is an optional, torch-lit procession afterwards from Clayton's Sports Ground past the Hospice and on to Lincoln Cathedral, where the Tree of Life will be illuminated for the whole community to see.

Each Light up a Life celebration will last approximately 1 - 1.5 hours, are free to attend and open to everyone, regardless of faith. There is no need to book in advance.

2015 Light up a Life Events:

LINCOLN, Our Lady of Lincoln Church,
24th November, 6pm
(followed by the Torchlight Procession from
Clayton's Sports Ground, Lee Road, Lincoln
LN2 4BH, 7.30pm)

SKEGNESS, St Matthew's Church,
3rd December, 6.30pm

BOSTON, Zion Methodist Church,
Brothertoft Road,
4th December, 6pm

SUTTON ON SEA, TBC

SPALDING, St John the Baptist Church,
6th December, 4pm

LOUTH, Methodist Church,
7th December, 6pm

SLEAFORD, Methodist Church,
7th December, 6.45pm

GRANTHAM, St Wulfram's Church,
8th December, 6pm

GAINSBOROUGH, United Reform Church,
8th December, 7pm

Light up a Life is free and open to everyone, not just those touched by hospice care. We hope that you will be able to attend the event closest to you, but if you are unable to be there, you can still participate by sending us your dedications. **Please fill in the form provided or visit us online at www.stbarnabashospice.co.uk/Donation**



*'Chris isn't here to tell me to order the turkey
this year. But we will be at Light up a Life,
to light our torches for her and to send her a
message on the Tree of Life.'*

JERRY

Light up a Life

Celebrate and remember the life of someone special – and help St Barnabas Lincolnshire Hospice bring dedicated care to local families this Christmas

1 Please complete your personal details below:

Title: First name: Surname:

Address:

Postcode:

Telephone: Mobile:

Email:

2 Tell us the name/s of your loved one/s you would like to remember this year and your relationship to them.

Please use the space underneath to add as many names as you wish. If you need more space, please feel free to make a copy of this form.

<u>Name of loved one/s</u>	<u>Your relationship to them</u>
2	
3	
4	
5	
6	
7	
8	

If you have lost a pet and would like to light a light in their memory, please complete their details on a separate piece of paper.

3 Please, if you can, make a donation to help us reach even more patients in need this Christmas. Tick the relevant box below:

- ☐ £24.56 could pay for a patient to attend our Day Therapy Unit for an hour, where they might have a one-to-one meeting with a nurse who understands their condition.
- ☐ £54.25 could pay for one of our highly trained staff to care for a patient on our In-patient Unit for two hours.
- ☐ £422.94 could cover the cost of a week's specialist end-of-life care in a patient's own home.
- ☐ My own choice of amount _____

4 Please tell us how you'd like to make your donation

☐ Your total donation amount: £ _____

☐ I enclose a cheque payable to St Barnabas Hospice **OR** ☐ Please debit my credit/debit card

Please charge my ☐ Visa ☐ Mastercard ☐ Maestro ☐ Delta ☐ Other _____

Card holder's name: _____

If the card holder's address is different to the address printed overleaf, please complete below. If the address is the same, please leave blank.

Card holder's address: _____

Postcode: _____

Card number: _____

Valid from: ____/____/____ Expiry date: ____/____/____ 3 digit security number: _____

Issue No (Maestro only): _____

Signature(s): _____ Date: ____/____/____

5 Add 25% to your donation at no additional cost to you!

Make your light shine brighter with Gift Aid. If you are a UK tax payer we could claim an additional 25% on your donation if you agree to Gift Aid it! All you have to do is tick the appropriate box below and we can claim the tax back from HMRC at no cost to you, we can even claim back the tax on any donation you have made to us over the past 4 years.

☐ I am a UK resident and pay UK income tax and I wish St Barnabas Hospice to reclaim tax on my donation, any future donations and any I have made in the past few years.

☐ I am not a UK taxpayer

Signature: _____ Date: _____

giftaid it

6 Now please let us know where you would like to dedicate your light/s:

- | | | | |
|---------------------------------------|--|-----------------------------------|--|
| <input type="checkbox"/> Boston | <input type="checkbox"/> Lincoln Cathedral | <input type="checkbox"/> Skegness | <input type="checkbox"/> Spalding |
| <input type="checkbox"/> Gainsborough | <input type="checkbox"/> Lincoln Hospice | <input type="checkbox"/> Sleaford | <input type="checkbox"/> Sutton-on-Sea |
| <input type="checkbox"/> Grantham | <input type="checkbox"/> Louth | | |

7 You will receive a Celebration Card with your loved one/s name/s and a single silver Star Photo Frame unless you tell us otherwise

- ☐ I do not wish to receive a Celebration Card ☐ I do not wish to receive a Star Photo Frame
- ☐ I do not wish to dedicate a light but would still like to make a donation to St Barnabas Hospice

There is no closing date to dedicate a light; however, if you wish to receive your Celebration Card and Star Photo Frame before Christmas we will need to receive your form and donation by Friday 4th December.

8 Finally, please return this whole form to: St Barnabas Hospice Trust, Freepost RTJR-YUXB-XSJJ, 12 Cardinal Close, Lincoln, LN2 4SY

Funds raised will be used in accordance with the aims of the charity as set out in its governing document, namely to provide specialist palliative care and for pain management and symptom control.

Your details will be held on our database and will never be shared with a third party. We would like to keep you informed about the work of the hospice and future events. If you prefer NOT to receive this information please tick here ☐.

If you would prefer to dedicate your light online then please visit
www.stbarnabashospice.co.uk/Donate

