

Caring Times

Spring • Summer Issue 2017



St Barnabas
Hospice • Care • Support

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Hello

We opened our doors to our first patient 35 years ago. Over three decades later, more than 80,000 people have received high-quality, dignified and compassionate end-of-life care and support across Lincolnshire.

To mark this special birthday we are hoping to raise an extra £100,000 to help fund more hospice nurses across the county.

To help reach this target we are challenging you to do 35 things in our 'Do 35 for 35' campaign.

Whether it's holding a bake sale, signing up to join our lottery, jumping out of a plane or volunteering at the hospice, we would love you to help us celebrate our 35th birthday by getting involved with us.

Our Community Fundraisers can help you make the most of your fundraising activity, please email

fundraising@stbarnabashospice.co.uk or call **01522 540 300**.

We are a Lincolnshire charity owned and supported by our local community and local businesses that ensure that we can be there for more patients, their families and carers, every day of the year. In 2017, we will need your help more than ever, so we can care for the growing number of people who need our support.

Thank you all for your support over the last 35 years, this support is our lifeline and makes a huge difference.

Chris Wheway

Chief Executive

Look after the pennies

Last year Rob Glover, 86, raised over £2,500 from sorting through bags of currency at our Fundraising office in Lincoln.

He kindly sorts through British, European and Worldwide coins that are old or new. He catalogues these coins and they are then bought by agencies, dealers and auctioneers.

Please help Rob to raise even more money this year by donating coins, old or new! Please drop them into **Fundraising, 12 Cardinal Close, Lincoln LN2 4SY**. Donations can also be made in any of our shops.



Your personal data is protected by UK legislation, specifically the Data Protection Act 1998.

Your details are held on our database and we will contact you from time to time to inform you about the work of the hospice and/or about fundraising initiatives. We promise that we will never pass on your details to any third party. If you wish to stop or adjust the frequency or type of communications you receive from St Barnabas, you can simply call us on 01522 540300 or email us at marketing@stbarnabashospice.co.uk

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Celebrating 35 years of caring for local people

It's our 35th birthday year and we have lots of ways you can get involved to help us celebrate.


Get your apron on for our Big Birthday Bake or Go Yellow in June and help us to raise an extra £100,000 for hospice care.

If you are celebrating a birthday or anniversary yourself, please consider holding your celebration in aid of us.

Our Community Fundraisers can help you make the most of your fundraising activity, please email

fundraising@stbarnabashospice.co.uk or call **01522 540 300**.

Please help us to ensure that we are here for another 35 years and beyond.



Go online for the full list of 'Do 35 for 35' challenges

Get involved

Get your hands on our latest events book and find out about the fantastic events happening right across Lincolnshire!

There is a huge range of new and exciting events to enjoy from cream teas and plant sales to nail-biting skydives!

To get your hands on a copy call our Fundraising department on **01522 540 300** or email **fundraising@stbarnabashospice.co.uk**





“ It is remarkable to see how the Hospice has grown and developed over the past 35 years, mighty oaks really do grow from little acorns. It all began with a concept of care, that was new and unfamiliar but which we all believed in. Now all these years later, our high standard of nursing care and excellent reputation are integral to the local community. ”

**Sheila Briggs, St Barnabas
Founder**

It's been an incredible 35 years...

1979

A small group of people with total funds of £270 formed a charitable trust with the aim of developing a local hospice.



1989

An 11-bed inpatient unit opened at the former Bromhead nurses home on Nettleham Road in Lincoln and could also host a day care service and provide a base for the home care nursing team.

1994

The Trust had five day centres in Gainsborough, Sutton-on-Sea, Lincoln (Lea Centre), Boston and Spalding. In 2001, the Lincoln site relocated to Hawthorn Road and was officially opened by Princess Alexandra.

1982

The trust had raised enough money to buy a nursing home on Lindum Terrace in Lincoln, which opened as a four-bed unit and demand soon grew and a further two beds opened in 1984.

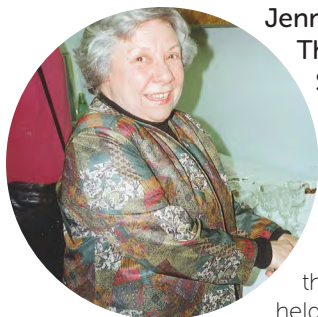


1990

A welfare service was developed to offer support and guidance to patients, families and carers – in 2016, this has grown to see £8 million of benefits claimed on their behalf.

1994

The first charity shop opened in Lincoln and there are now 26 shops across the county. In November 1996, St Barnabas formed a promotions company, which operates a lottery service throughout the county.



Jenny Freeman The first St Barnabas fundraiser

Jenny played a major role in ensuring that a dream held by a few

people during the late 70's became a reality in 1982.

She launched a fundraising drive, holding coffee mornings, whist drives, jumble sales and a host of other events to raise money.

In an effort to increase income, Jenny opened the first ever St Barnabas Hospice shop and then lead the fundraising effort for 18 years, finally retiring in 1995. It was her determination and stamina that raised the profile of the charity in those early years, bringing in much needed funds to fuel the growth of Lincolnshire's largest hospice.

“ We identified the need for specialist palliative care in the county and then worked hard to get the idea off the ground. We were a small group who were working on a voluntary basis for something we were all so passionate about. The name St Barnabas was born from a meeting that was held on 11th June – St Barnabas Day. We could have no better patron than St Barnabas – the encourager. ”

Helen Walker, St Barnabas Founder



2008

The Inpatient Unit underwent an extensive refurbishment programme and an official opening ceremony was performed by Professor Mike Richards, CBE, National Director for Cancer and End of Life Care, in February 2009.

2011

A consultant in palliative medicine was appointed by the Trust and United Lincolnshire Hospitals NHS Trust, based at the inpatient unit on Nettleham Road and Lincoln County Hospital. A further two consultants have been appointed in Boston and Grantham.



2014

St Barnabas pooled its expertise with United Lincolnshire Hospitals NHS Trust and South West Lincolnshire Clinical Commissioning Group to open a ground breaking six-bed hospice within Grantham and District Hospital.

2017

St Barnabas celebrates 35 years of caring for local people.

2010

St Barnabas merged with Gifts Hospice in Grantham to provide Day Therapy services in that area.



2012

We celebrated 30 years of caring and supporting patients and their families throughout Lincolnshire.

2016

The brand was overhauled and a new-look was unveiled to help raise awareness of the range of services and to boost donations.

Dying Dad says 'thank you' to hospice 'angels'

A hospice patient diagnosed with terminal cancer has given high praise to St Barnabas for helping him to spend quality time at home with his young family

Kevin Shelton, 62, from Anderby Creek near Skegness was given just three to six months to live after being diagnosed with advanced oesophageal cancer before Christmas.

After failed palliative chemotherapy, the married father-of-four was referred to St Barnabas for specialist end of life care.

"I was sceptical at first because I thought hospice care meant that I would have to leave my family to be looked after in a hospice somewhere," says Kevin. "I had no idea there was Hospice at Home nurses who would care for me in my own home.

"My family means everything to me and being at home means that I can be part of making lasting memories that will

hopefully live on long after I have gone. My youngest son is only four-years-old and I didn't want to miss a single second of his life now, when I am going to miss out on so much of his future.

“ The St Barnabas nurses have been a blessing from the very beginning as they have become like friends to my family and me. They immediately helped to get my pain and symptoms under control which means I have a better quality of life and can enjoy the time I have left.



“Nothing is ever too much trouble and they are always there to answer any little questions or to soothe any fears you might have. They will do absolutely anything to help and whatever you ask for they will strive to get it for you; they always deliver what they say they will. To me, they are more than just nurses. They are all angels.”

Kevin adds: “St Barnabas take the time to really listen to you and when I mentioned that I was struggling to get comfortable or sleep they arranged for a specialist bed to be delivered within 48 hours.

Louise Garwood, Clinical Team Lead for St Barnabas Hospice, said:

“As part of the Hospice at Home team my focus is to bring my expertise and knowledge right into the patient’s own home so that they can remain within the home setting. Our priority is to ensure that the patient has a good quality of life and that they are able to enjoy the time they have left with their loved ones.”

St Barnabas Hospice at Home team visit Kevin and his family three or four times a week but can increase their visits when needed.

Kevin said: “It’s really reassuring to know that St Barnabas are only ever a phone call away and that we can speak so openly to people who understand fully what we are going through.

“They always include me in all the decisions about my care and that is really important at a time when you feel you are losing control. They have helped to encourage my mobility and independence and subsequently I have set myself little goals about what I would like to achieve,

like celebrating my birthday this month and enjoying one last family holiday together.”

For further information on how St Barnabas’ care services can be accessed in your area please call **01522 511 566** or go online.

“Living with cancer has taught me how precious life is and to grab every single second of it when you can. I am determined to keep fighting this for myself and for my family but I know that even after I’ve gone St Barnabas will continue to be there for my family, and that offers me real comfort on the darkest of days.”

Supporting you and your family

Our Family Support Team are there to provide free emotional and psychological support to patients, their families and carers, together with support for those who have experienced bereavement.

My husband died and we had been together for a long time, I feel lost.

It is very difficult when someone close to us dies; we experience a range of emotions some of which we do not understand. We can provide weekly support within our bereavement groups that are based around the county. This offers you the opportunity to meet other people who are experiencing similar feelings to yourself. The groups are small and welcoming, and we focus on the practical and emotional effects of a bereavement, which people often feel they cannot talk to their family and friends about.

I don't think I can go to a group yet, it would be too much.

This is sometimes too daunting for some people and that's ok, we can provide individual support with one of our supportive listening volunteers and you may choose to go to the group later on, you can choose to do both for a time, all options are available to you.

My husband was not known to St Barnabas and he died in hospital. Can I still access the bereavement support?

In the Family Support Service we can provide support for anyone within the community who has been bereaved, even those who have not accessed our care and services. The bereavement may have been several years ago but you may still be struggling to come to terms with it.

I have some issues about my relationship with the person that died and I don't know who to talk to.

Sometimes there are difficult circumstances which people feel they may want to talk to someone about, it is sometimes easier to do this with someone who has no emotional connection with you or your past. Our counsellors can provide support for lots of different issues that may arise due to bereavement.

How can I get referred for support?

You can refer yourself by calling our referral number on 0845 055 0708 or you may be referred by your GP, specialist nurses and other health care professionals.



The flyer features the St Barnabas Hospice logo at the top. Below it is a photograph of a smiling man and a woman sitting together. Overlaid on the photo are three circular callouts: a blue one saying 'You are not alone', a yellow one saying 'Bereavement Support Group', and a blue one with event details. At the bottom, contact information is provided, including a phone number, email, and website. Social media icons for Facebook and Twitter are also present.

St Barnabas
Hospice • Care + Support

You are not alone

Bereavement Support Group

Every Wednesday starting 19th April 11am - 1pm

Village Hall, 28 Sax Road, Chapel St Leonards, Skegness PE24 5SA

All welcome

Find out more at
0845 055 0708 or 01522 518225
family.support@stbarnabashospice.co.uk
StBarnabasHospice.co.uk
@stbarnabasLinc @stbarnabasLinc

Registered Charity No. 105814

Carer conquers Great Wall of China

Our health care support worker Tracy Atkins, 51, and her sister Yvonne Ray, 55, headed to Beijing for the eight-day Great Wall of China charity trek last September.

Together they raised an amazing £7000, which will make a huge difference to people in Lincolnshire living with a life limiting illness and their families.

The trek took a total of 6 days, each day they would be walking for between 4 and 8 hours in a variation of weather conditions from sunny, hot and humid to extended downpours of rain, which made the trek all the more difficult and tiring.

Tracy said: "The Great Wall of China trek was a fantastic life changing experience and I would like to express my sincere thanks to the many people, local companies and family and friends who contributed money and gifts to support us."



**Great Wall
of China Trek
2017**

7th – 16th September

**£349 deposit and
minimum sponsorship
of £2,480**

Trek Peru in 2018

**21st – 30th March • £395 deposit and
minimum sponsorship of £3,590**

The soaring peaks of the Andes, mystical ruins of Machu Picchu and the Sacred Valley of the Incas are some of Peru's most famous attractions. You'll discover these and much more on this amazing adventure!

Experience diverse scenery as you trek Peru through traditional Andean villages and along high remote mountain trails before you visit Machu Picchu, one of the world's most important archaeological finds. For those of you with a love of landscape, a passion for history and a sense of adventure then look no further and come trek with us!



The trek will take 10 days, with time to explore and immerse yourself in the amazing scenery and Peruvian culture.

Go online for further details on both the treks or call **Harriet Hickin** on **01522 540 300** or email **harriet.hickin@stbarnabashospice.co.uk**

Thank you for your support





- 1 One Stop Convenience stores raised over £2,400 when they took part in Colour Dash 2016.
- 2 Chestnut Homes donated £210 which was raised from a home feedback survey
- 3 RAF Coningsby Golf Club raised £630 from a variety of fundraising activities in 2016
- 4 Chestnut Homes donated £4,468 which was raised from their annual Christmas raffle with prizes donated by their suppliers. The money raised was then generously doubled by their Managing Director, David Newton.
- 5 The Anglers Pub in Saxilby raised £1,127 from a host of fundraising activities in 2016.
- 6 Gary Milard, Katie Brown, Clive Harris, Merrylyn Johnson and Mick Cole from The Plough in Skellingthorpe raised £2,877 throughout 2016 from a Christmas raffle, a quiz night and a fun run
- 7 East Midlands Ambulance Service raised £512 from a host of Christmas fundraising activities
- 8 Lincoln Business Club donated £250 which was raised from their member subscriptions
- 9 Boston Borough Council raised over £2,000 from the recycling of reclaimed metals recovered after cremations
- 10 Last year Staff and customers at The Bentley Hotel raised £1,584 bringing their overall fundraising target to over £22,000!
- 11 Dunholme and District Indoor Bowls Club raised £736 from tournaments and Bowls Drives
- 12 Lincoln North Fire Station donated £3,397 from their annual Santa's sleigh collection

Heroic hospice nurse saves the life of radio presenter

St Barnabas Hospice at Home nurse, Josie Vincent, came to the rescue of BBC Radio Lincolnshire's Charlotte Wright who had collapsed while jogging in the uphill area of Lincoln last November.

Josie and Steve Race, another passer-by, gave 42-year-old Charlotte life-saving CPR until an ambulance arrived.

Josie said: "It was just a normal day and I was on my way to visit a patient when I saw Charlotte lying in the street. I stopped immediately to offer my assistance; I could see she was a young woman and I just thought she is too young to die.

"I would hope that if I was ever in the position of needing help that someone would stop for me. I just happened to be in the right place at the right time and I wish Charlotte and her family all the best for the future."



Photo from left to right: Steve Race, Charlotte Walker and Josie Vincent are reunited after Charlotte launched a social media campaign to find her saviours.

Photo courtesy of Lincolnshirelive.co.uk

Supporting your local hospice with a regular gift

One of the best ways to support St Barnabas is through a monthly gift by Direct Debit. This gives us the regular, predictable income we need to plan our care services efficiently – and is also an easier, more affordable way for you to help our hospice.

Please take a moment to set up your regular gift at StBarnabasHospice.co.uk/donate and help us to provide dedicated, compassionate, expert care to people near you at the most vulnerable time of their lives.

Grow your support

Join St Barnabas on Sunday 21st May for their Hospice Fair & Plant Sale in Lincoln.

This is a great opportunity to find out more about the services we provide to our local communities, as well as visiting

the beautiful garden at our Day Therapy Centre. There will be a wide range of plants available to purchase, as well as local craft stalls and homemade refreshments.



St Barnabas would also appreciate plant donations for this event, so please get in touch if you would like to help. You can also apply to host a stall on the day, which will cost £10.

For more information on this event, please contact **Becky Otter** on **01522 540 300** or email becky.otter@stbarnabashospice.co.uk

Children bring colour to hospice care

We are always keen to work with local schools and our hospice buildings in Lincoln, Grantham, Louth and Gainsborough host regular exhibitions of artwork.

Once the artwork is displayed, children and their parents are invited to see the exhibition and enjoy some tea and cake.

For further information about how your school can get involved please email community@stbarnabashospice.co.uk

Year 9 and 10 pupils from Lincoln Castle Academy with their 'Winter' exhibition



Children from St Michael's Church of England School in Louth – age 4 upwards



End of Life Care Champions

Congratulations to Sarah Coleman and Kerry Pound, our End of Life Care Facilitators, who came runners up at The National Council for Palliative Care Awards 2017.

They were nominated for the End of Life Care Champions of the Year award that recognises the contribution to end of life care from an individual or team at a local or national level.

St Barnabas Hospice, together with United Lincolnshire Hospitals NHS Trust (ULHT), developed the End of Life Care Facilitator role to ensure patients are given access to the best possible care, in the right place for them by training nursing staff on general wards, to ensure a safe, effective and responsive service.

Matron for palliative and end of life care, Kerry Bareham, said: "My role is about demystifying what palliative and end of life care is. There is real anxiety about talking about death and dying and therefore we are not very good at it.

"This is about enabling patients and their families to be involved and understand their plans of care and giving them access to timely support in the community and working with the third sector too."

Big Birthday Bake

It's time to put on that apron and dust off those weighing scales!



In honour of our 35th birthday year, we are encouraging people to get involved with the Big Birthday Bake, by baking birthday cakes in support of us.

All you need to do is choose a date, time and venue, then invite as many people as possible to join you for tea and cake. We have created posters, bunting, price labels and invitations to help you out, and you can even request t-shirts and balloons from us if needed. Why not ask your guests to each bring their own cake along to help raise more money?

For more information on how to get involved please contact the Fundraising Team on **01522 540 300** or email fundraising@stbarnabashospice.co.uk.

StBarnabasHospice.co.uk

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Council Chairman empties bins to raise money



A huge thank you goes to North Kesteven District Council Chairman Councillor John Money who has raised over £7,000 when he spent the day as a bin man.

He emptied everything from garden waste to dog mess during his day on the bin rounds on Ash Wednesday.

Working as a loader, the 73-year-old started the day emptying garden waste bins in North Hykeham, moved on to black bins in Eagle and North Scarle, emptied the load at the Energy from Waste Plant and then emptied dog waste and general litter bins around Witham St Hughs.

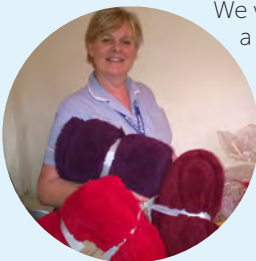
He said: "I am full of admiration for the lads, and the infectious enthusiasm of their manager which rubs off on them wanting to do a good job for the residents.

"I think they are brilliant, carrying out what I think must be the best bin service in the country.

"St Barnabas is a fantastic charity that provides a haven of comfort, care and relief for patients in Lincolnshire."

Piling on the pounds

Over the past year, members of the Gainsborough and Kirton Lindsey Slimming World group have been raising money to support St Barnabas Hospice.



We were delighted to receive two generous hampers containing a range of festive treats, which were enjoyed by our patients at our Day Therapy Centre in Gainsborough.

They also donated beautiful soft throws which provide comfort and warmth to our patients receiving complementary therapies. The assortment of toiletries are used to support our Hospice at Home teams providing care to patients in their own homes.

Pedal Power

Last September Lincoln's Community Fundraiser, Harriet Hickin, saddled up for an epic 300-mile cycle ride from London to Paris!

A self-proclaimed novice cyclist, Harriet embarked on the trip of a lifetime, which saw her cycle through two of the world's most chic cities on one of Europe's most loved cycling routes.

Harriet said: "When I signed up for the ride, I hadn't been on a bike for about two years and I didn't even own my own bike! I started off doing small rides and then slowly built up my mileage, although I must admit I never actually managed 100 miles before I set off for London!

"As I had never done anything like this before, I really did not know what to expect. I won't say it was a walk in the park, it was hard and there are a few hills to get up (followed by some nice down hills!), but the beautiful scenery takes your mind off of that and the support of the event team and fellow cyclists helps you through."

After four days of cycling and having raised almost £2,000 Harriet arrived at her final destination, the Eiffel Tower.



Cycle from London to Paris

27th September – 1st October 2017

£99 entry and minimum sponsorship of £1,560

“I thought I would ache all over and not be able to walk, but actually, I didn't feel so bad! My body grew stronger with each day and although I was tired and it was a struggle going up and down stairs for a few days, the feeling of accomplishment was completely worth it! And the pain I went through is nothing compared to what the patients and their families are going through in the hospice every day.”

St Barnabas Chief Executive, Chris Wheway, will be taking on the cycle challenge this September.

Sign-up now to join him on this epic adventure!

Go online to find out more information on how you can sign up to the next London to Paris cycle challenge or call Harriet on **01522 540 300** or email **harriet.hickin@stbarnabashospice.co.uk**



DJ Fundraiser

A huge thank you to Lee Coldron, 40, better known as DJ Flipstones, who has supported the Hospice since 2010.

Lee has taken centre stage to co-host our Strictly Ballroom, Strictly Kids and Take Me Out events in Lincoln.

He has also helped to fill the dancefloor at our annual ball and most recently performed at our Colour Dash, helping the crowd to get warmed up for the fun run.

Lee always provides his services free of charge and does not hesitate in going the extra mile. He is a local lad with a big heart and we are all extremely grateful for his support.



A fond farewell

At the end of last year and after more than six years' service at St Barnabas Hospice, Jacky Smith retired from our Trust Board.

Jacky lives in Grantham and has been involved in premises management and property development for 30 years.

She has worked as a Company Secretary for several businesses over the years and also has experience in Marketing, PR and financial management.

We would like to thank Jacky for all her years of dedicated service to the Hospice.

Her breadth of experience and expertise have been a tremendous asset to our Hospice and we wish her all the best in her future endeavours.



Grandmother vows to repay hospice kindness

Jean Marshall, 77, from Louth volunteers at our bookshop on Eastgate and has taken part in many of our events including a sponsored dog walk and our annual Light Up a Life celebration.

Her husband Gordon, 75, was supported by the St Barnabas Hospice at Home team for seven months after he was diagnosed with an aggressive form of cancer that spread throughout his spine and into his liver.

"By the time Gordon was diagnosed he was in severe pain and was no longer able to get about without help," says Jean. "Still, I didn't have any worries about looking after Gordon at home because I assumed it would be like any other time he had been unwell. Except it wasn't and it soon became apparent that we were out of our depth.

"St Barnabas was recommended to me and after making a phone call they arrived the very next day. It was a real relief when they turned up and I'll always remember one of the first things they said to me was 'you haven't got to worry, we'll look after him now' and they absolutely did.

"They immediately set about bathing and changing him and ensured that we had everything we needed, nothing was ever

too much trouble."

St Barnabas Hospice at Home team are there to help manage the medical needs of a patient with a life-limiting illness but also to offer a listening ear, practical advice and support; or even sometimes a comforting arm round the shoulder.

Jean said:

“The care was simply marvellous and I welcomed their daily visits, they became more like friends than nurses. They always had time for you and took the time to look after me as well as Gordon.”

"Since Gordon has died this care has continued and they will often phone or pop-in to see how I am. They even attended Gordon's funeral which I found to be a real comfort, after all they were faces I had come to know well.

"I feel really lucky to have had the support of St Barnabas and if it wasn't for them

Gordon would have never been able to return home. I honestly don't know how I would have coped without them, their support was truly invaluable."

Jean and Gordon were happily married for 53 years and had three daughters and five grandchildren. During the final month of Gordon's life their daughters Julie, Linda and Heather moved in to help support their mum.

Linda Spence, 50, said: "The St Barnabas team delivered top quality care and compassion enabling our dad to remain in the comfort of his own home with as little fear as possible.

"Their care was over and above anything we could have asked for and for that we are forever grateful. Surviving this difficult time would have been made so much more difficult without them."

Jean concludes: "Keeping busy helps me through the grief and provides me with the opportunity to give something back to try and repay them for all they did for my family and me. I'd do anything to help them so that they are able to continue to offer their care and support to others who need it."

Anyone aged 18 and above can be referred to this service through a Community Nurse, GP, Specialist Nurse or other healthcare professional. For any further information on how St Barnabas' care services can be accessed in your area please call **01522 511 566** or visit **StBarnabasHospice.co.uk**

To find out more about volunteering with St Barnabas Hospice email **volunteering@stbarnabashospice.co.uk** or visit our website for the full list of roles available.

Firsby Manor Open Garden Day

On Sunday 28th May, from 1pm – 4.30pm, David and Gill Boldy will open their stunning three acre garden to the public. The garden is set around a Georgian farmhouse and has taken more than two decades to develop.

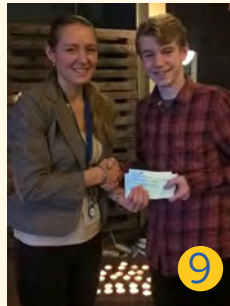
At Firsby Manor, you can expect to find woodland, a secret garden, a pond and flowers aplenty. There is also a variety of wildlife living in the grounds all year round.

Admission is £3 for adults, free for children, and photographers are also welcome. The address is Firsby Manor, Firsby, Spilsby, Lincolnshire, PE23 5QJ. For more information about the open garden event, please email **gillboldy@gmail.com** or call **01754 830 386**.



Local legends

We are continually humbled and amazed by the kind generosity and support we receive from our local community. Here we highlight just a few of our local legends.





- 1 Lincoln Netball League raised £1,000 from fundraising activities throughout 2016
- 2 Ermine Primary School raised £254 from their Go Yellow fundraising activities
- 3 Riders in the 100 mile charity cycle challenge, Castle to Coast to Castle, raised £5,900
- 4 Lincoln Minster School raised £670 through selling student survival packs, which they designed themselves as part of their Young Enterprise course
- 5 Kate Bergens and her Christmas elves (aged 5 – 10) raised £213 through selling homemade cards, gifts and cakes from their driveway to people on their way to Lincoln's Christmas Market
- 6 Alvingham Village Hall raised £343 from a raffle held at their Chinese Supper
- 7 Lesley Wolsey raised £2,234 from a sponsored skydive
- 8 Paul and Chris Sharpe and Paul and Alison Bryan held their second New Year's Eve Party in December 2016 in aid of St Barnabas and raised £525
- 9 Jack Covill-Lowndes and his family raised £1,600 for Light Up a Life
- 10 The ladies from Tealby WI raised £460 at their festive fayre where local crafts and gifts were up for sale
- 11 Kenwick Senior Golfers raised £1,300 throughout 2016
- 12 White's Wood Academy School raised £60 from their Christmas Fayre held in Gainsborough
- 13 Eleven-year-old Lyla Rainford visited the Hospice with a donation for £100, which she has raised from a Christmas Jumper Day held at St Martin's C of E Infant School
- 14 Karen and Alan Wade raised £125 from their spectacular Christmas lights display
- 15 Derek and Jean Turner raised £1,126 after decorating their house with tens of thousands of Christmas lights
- 16 Since 1997, Glenys North and Friends have raised an incredible £26,800 from the sale of cards

Charity begins at home

Thank you to Barratt & David Wilson Homes North Midlands who last year chose us as their charity of the year and raised an incredible £21,820.

Among their fundraising efforts the company held a charity dinner and dance followed by entertainment, a raffle and a silent auction.

Kind-hearted staff at their Head Office also held a dress down day each Friday and one member of staff even ran the New York Marathon, with his fundraising totalling £815!

St Barnabas was chosen as the charity of the year after a member of staff received our vital care and support.

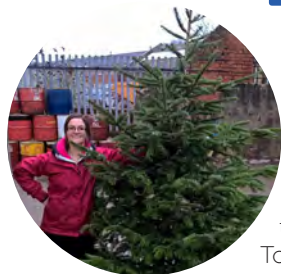
Mike Attfield, Senior Contracts Manager for Barratt and David Wilson Homes North Midlands, based in Nottinghamshire, experienced first-hand the services on offer at St Barnabas, when his wife Sophie, who was affected by a terminal illness, stayed at the Lincolnshire hospice for two weeks before passing away in September 2015.

Mike said: "In the time Sophie spent at St Barnabas she received truly incredible care. The strong emphasis on patient dignity meant that my wife felt respected and comfortable at such a difficult time."



"As a family, we have all benefitted greatly from the support offered by the hospice. Our two children have been involved in special activity days and I personally have received counselling through St Barnabas's Family Support team."

Mike Attfield, Senior
Contracts Manager



Tree-mendous!

We are pleased to announce that our Christmas tree recycling service raised over £4,800!

Staff journeyed around Lincoln to collect 500 trees with the voluntary support of Enterprise Rent-A-Car UK, Group Together Ltd, Fight Factory Wrestling UK and Washingborough Scouts Group.

The Mablethorpe Marathon



Now in its 11th year the Mablethorpe Marathon is Lincolnshire's only Full Marathon approved by UK Athletics and to have British Association of Road Races Gold Standard, the event also incorporates a Half Marathon and 5K.

Set to take place on Sunday 1st October, the course is located in and around the seaside towns of Mablethorpe and Sutton on Sea. This year we have been chosen as a charity partner and have free places available for all three races. The 5k is open to anyone aged 11 +, minimum sponsorship of £50, the half marathon is open to anyone aged 17+, minimum sponsorship is £125, the full marathon is for anyone aged 18+, minimum sponsorship is £175.

As a St Barnabas runner, you will receive an exclusive technical branded running top to wear on the day and fundraising pack to help with your fundraising.

Visit **StBarnabasHospice.co.uk** to register for your free place.

If you would like to volunteer at this event, please get in touch.

For more information contact **Harriet Hickin** on **01522 540300** or email **harriet.hickin@stbarnabashospice.co.uk**.

For race information and to view the terms and conditions visit: **www.mablethorpemarathon.org.uk**



Raffle and auction prizes needed!

We urgently need donations of prizes to use in our raffles and auctions across the county. Money raised from these events help to raise vital funds so that people in our community receive the end of life care they deserve.



Donations are welcome at any of our facilities across the county - please just mark them for the attention of Fundraising.

Tour de Sands

Jerry Watson is fundraising to honour a truly special person, his wife Sandra, who sadly died from cancer on 17th March 2016.



Having been initially diagnosed with cervical cancer in 2002, Sandra had the lymph nodes in her groin

removed, which caused her legs to swell and become uncomfortable. Exercise would ease her symptoms and she began cycling, slowly building up her strength to cycle 20 – 25 miles per day.

Unfortunately, Sandra's cancer returned to her lung in 2012, so she got back on her bike and began to build up her fitness and lung capacity.

November 2015 brought more devastating news that Sandra had a secondary cancer in her brain, which was surgically removed. After a 2016 holiday to New Zealand, another scan showed the tumour had spread to her spinal cord, which was untreatable.

St Barnabas enabled Sandra to have her final wish - to die at home surrounded by friends and family. She died just 10 days after returning home from New Zealand.

Jerry has established the Tour de Sands charity in Sandra's honour with three main aims:

1) To improve the quality of life for those with Lymphedema and terminal, debilitating illness by improving access to information and opportunity.

2) To support efforts by professional hospices to improve the quality final days and of death, especially at home.

3) To introduce more people to the life-affirming and self-improving experience of long distance cycling.

Jerry now plans to cycle 1,600 miles with friends from his home in Easton on the Hill (Stamford) to their holiday home in Elviria (near Marbella) over the course of a month. This will be known as the E2E Ride. He will be taking Sandra's bike along for the ride, which will have a different rider each day. It will be the only bike which completes the entire route.

Find out more about Jerry's fundraising and Sandra's story here:
<https://www.tourdesands.com>



Make a difference

We are appealing for volunteers from the Grantham, Sleaford and Bourne area to spare some of their time to help patients with a life-limiting or terminal diagnosis.

Join our Palliative Empowered Living Team (PELT) and help our patients to live well at home and continue to do the things they enjoy.

To be a PELT Volunteer, you will be required to visit patients once a week for an hour-long session, for eight weeks. You will make a real impact on these patients, by increasing their confidence and promoting wellbeing and independence. Many volunteers also find it beneficial to themselves, as they can meet many

interesting people and feel satisfied that they are helping to improve someone's end of life.

All volunteers follow an intensive training programme, and are supported and supervised by the PELT Team Leader and the PELT Facilitator. They are also subject to an advanced DBS check.

For further information about volunteering for this role, please contact **Judy McLaughlin** or **Sarah Melinn** on **01476 513545** or email **PELT@stbarnabas.co.uk**



Our shops need you!

Volunteer in one of our 26 shops across the county and get hands-on retail experience that will give your CV a boost. Plus, make new friends when you become an integral part of the team!

Pop into one of our shops to arrange a trial session, then if you like it, we can arrange for you to become a permanent part of the team.

Go online to find your nearest shop or for further information call our **Volunteering Team** on **01522 518 221** or email **volunteering@stbarnabashospice.co.uk**



Love is in the air

Love birds, David and Marie Pattison have collectively racked up around 9,600 working days at St Barnabas – that's 40 years hard work!



Marie interviewed as an Office Junior aged 16, and began her role at St Barnabas in 1984 at the Norman House office on Steep Hill. Shortly afterwards, David's mum (who worked in a St Barnabas shop) told him about a volunteering opportunity as a Van Driver there.

David decided to ask Marie out for a drink, so they went to a pub in Bracebridge Heath on their first date.

David said: "It was definitely love at first sight. Marie was hard working and you could tell she was the sort of woman who would enjoy looking after me."

One thing led to another, and six months down the line David decided that Marie was the lady he wanted to spend the rest of his life with. He proposed at the Carpenters Arms in Fiskerton after asking Marie's dad for permission, but didn't go down on one knee!

They got married two years later on 11th June 1988, aged 21 and 22. Funnily enough, St Barnabas also celebrates its anniversary on this date!

Marie and David now have a 25 year old daughter called Laura, a five year old grandchild called Owen, and a cat called Annie.

When asked what the secret to a happy marriage is, Marie said: "We're content in each other's company and like to make sure we have enough space to do our own thing."

Now aged 50 and 51, Marie and David have seen dramatic changes at St Barnabas since they first began working here.

Marie said: "It has grown beyond recognition – there only used to be three people in my office and we did all the admin for the entire company."

"I once had the pleasure of meeting Prince William, who was absolutely lovely. He seemed very interested in the work the Hospice did, and spent some time with a couple of children whose mother had died at the Hospice."

David added: I also met Richard Todd, who was an actor in The Dam Busters. He looked exactly the same as he did on screen, although his car was a bit of an old banger!"

Both Marie and David agree that St Barnabas Hospice has played an integral part in their lives all the way from bringing them both together, to the present day. In particular, St Barnabas has cared for Marie's grandmother, David's step-father and also David's sister.

Lifeline offered to patients in East Lindsey

A hospice patient living with a rare progressive disease has given her praise to St Barnabas in Louth, with whom she credits being her saviour.

Lynn Peace was just 18 years old when she began to notice symptoms of what was eventually diagnosed as Hereditary Spastic Paraplegia.

The disease causes stiffness and contraction in the lower limbs, as a result of damage or dysfunction of the nerves.

Lynn, 37, from Mumby explained how she didn't think the hospice would be able to help someone with her condition but how our support became invaluable.

Lynn said: "The nurses there are very understanding and they really take the

"Before I came to St Barnabas more than 12 months ago I lived in a world that felt very isolated and I was incredibly low. St Barnabas has been my lifeline and I now have a very different outlook on life. I am able to see the good once again."

time to listen to you and have helped to manage my pain and symptoms. With their guidance, my confidence has grown and for the first time I am able to express how I truly feel.

"Attending Day Therapy has also opened up opportunities to meet people in a similar situation to my own, which has been a great relief. We are able to share our experiences and it is a great comfort to realise you are not on your own."

The flagship day hospice, run by Lincolnshire's St Barnabas Hospice, from the building leased to them by Louth & District Hospice has propelled palliative care into a new era by providing and developing a whole range of care services for the local community from the Grimsby Road site.

Lynn visits St Barnabas twice a week and during her time there she has benefited from physiotherapy, tai chi and acupuncture.

Lynn concludes: "Hospice care has been an eye opener and really is more than I ever could have imagined. At St Barnabas I feel like I am part of a family and I even think of it as my second home. It is a beautiful building with glorious gardens that I look forward to visiting each and every week."

For further information on how St Barnabas' care services can be accessed in your area please call **01522 511 566** or go online.



Our 35th birthday raffle!

We hope you'll help us to celebrate our 35th year by playing our special birthday raffle.



With the generosity of our raffle players, we have raised enough money to fund a nurse for a whole year, every year, since 1999.

This year we are hoping to raise £35,000 to ensure we can provide continuous care and support in the local community.

Please call **01522 546 500** or email **lottery@stbarnabashospice.co.uk** to get your hands on our birthday raffle tickets to buy or sell on our behalf

Remember, the raffle is a fun way to make a valued contribution to the work of St Barnabas!



Volunteers help raise thousands

Thank you to the voluntary fundraising group from Woodhall Spa who raised an astounding £116,000 since the group first formed in the early 80's. Every year they host a variety of fundraising events including coffee mornings and lunches.

Isabel Swift, Woodhall Spa volunteer, said:

"We really enjoy fundraising for St Barnabas and work hard to raise money but always have fun together along the way. It is a wonderful feeling to be part of a happy group and most of all to be able to give something back to an organisation that is integral to our local community."

Paint the town yellow

Go Yellow this June and do something amazing for local families!

We rely on the support of our local community and local businesses to ensure that we can be there for more patients, their families and carers, every day of the year. In 2017, we will need your help more than ever, so we can care for the growing number of people who need our support.

Go Yellow is a fun and easy way to get involved, pick any day in June and do something – anything – yellow as a way of showing your support for hospice care.

It's completely up to you how yellow you go – perhaps you could dress in yellow for the day, bathe in custard, hold a yellow party or host a yellow bake sale.

You can also show your support by wearing one of our Go Yellow wristbands, which we will be selling for £1. They can be purchased, throughout June from any St Barnabas shop and hospice buildings. If you are able to sell our wristbands at your place of work, please get in touch.

You can also Go Yellow on social media. Why not take a **#yelfie**? Take a picture of yourself wearing, holding or posing in



front of something yellow, post it on Instagram, Facebook or Twitter tagging St Barnabas and using the hashtag **#yelfie**, you can text **GOYL17** and an amount to **70070** to make a donation. Call our **Fundraising Team** on **01522 540 300** or email **fundraising@stbarnabashospice.co.uk** for your **FREE** Go Yellow fundraising pack to help you get the most of your fundraising activity.



Dreams come true

A young hospice patient has been treated to "the best day of his life" - his childhood dream of a behind the scenes tour of RAF Coningsby.

Avid aeroplane fan Andrew has been attending our St Barnabas Day Therapy Centre in Lincoln for the past 14 months having been diagnosed with end stage renal failure at the age of 22. He will need dialysis indefinitely or until he is strong enough to undergo a kidney transplant. A recently discovered heart condition means surgery has been delayed.

"I am just waiting and hoping that one day my heart will be strong enough to allow me to have the transplant and that I will be able to get some normality back to my life," says Andrew. "Life on dialysis has had a far greater impact on my life than I ever could have imagined.

"It touches every aspect of your life from preventing you from eating the foods you enjoy to taking part in the sports you once loved. Life becomes about hospital appointments, treatments and medications and your days become long

and drawn out. It's hard to remain positive and I am not ashamed to admit that I was becoming depressed.

"The nurses at St Barnabas understood how I was feeling and they went above and beyond their call of duty to organise a once in a lifetime visit to RAF Coningsby."

After hearing about Andrew's love of planes, hospice staff wanted to help him fulfil his ambitions and contacted the Willow Foundation, a national charity working with seriously ill young adults to fulfil uplifting and unforgettable special days.

Andrew said: "I couldn't believe it when I got the call to say the day had been arranged, I couldn't stop smiling. Best of all, it was lovely to have something to look forward to and for the first time in a long time, hospital visits weren't the dominating factor in my life.

"The day was all I could have hoped for and more and it was lovely to be able to share the experience with my foster Dad and brothers. We all dressed smartly in our suits and we were treated to a tour of the Lancaster Lounge, Battle of Britain Hangar and got to ride in the flight simulator.

"The absolute highlight has to be the moment I was allowed to sit in a working Lancaster and a Typhoon, it was like a dream come true. The experience was one of the best days of my life and something that my family and I will always cherish."

Sarah Fitter, Higher Lever Staff Nurse for St Barnabas Hospice, said:

"After taking the time to get to know Andrew I soon realised that he was feeling fed-up with the focus of his life being around hospital visits and that this was starting to have a real impact on his wellbeing."

"At St Barnabas we are blessed with time to really find out what a person needs in order to gain an improved quality of life or sense of wellbeing and purpose."

Andrew will continue to access St Barnabas Day Therapy services to manage his symptoms as and when the support is needed.

Andrew adds: "The wonderful thing about the Hospice is it provides an oasis of calm and relaxation and they help you to live as fully as you are able. They looked after me as a whole person and didn't just treat the medical side of things.

“They took the time to understand what was important to me and the special visit to RAF Coningsby had a profound effect on my overall wellbeing. It has had a more far reaching effect than any medical intervention ever has.”

Thousands raised at Light up a Life

Our Light Up a Life celebrations raised over £39,000 when hundreds of you joined us across the county to remember loved ones.

Eight celebrations were held across Lincolnshire with each one featuring touching readings, music and time for quiet reflection, with candles lit in remembrance.

In Lincoln, the annual torch-lit procession saw 1,000 people carry flaming torches to

Lincoln Cathedral before the Tree of Life lights were illuminated.

Each poignant celebration was filled with love, hope and comfort at a time of year that can be difficult for many.

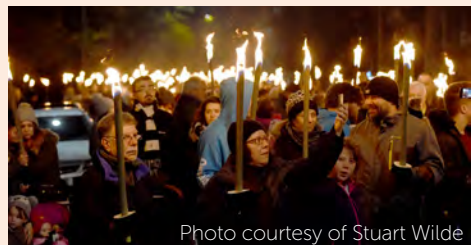


Photo courtesy of Stuart Wilde

Making money one less worry

Living with a life-limiting illness, or caring for someone who is, can lead to serious financial problems. Our Welfare Services Team can help you understand what financial help is available.

They can provide practical support with:

- Finding out what you're entitled to
- Applying for benefits and grants – such as completing forms, making phone calls or writing letters
- Accessing help with health costs, such as travel to hospital
- Applying for transport concessions, such as a disabled parking badge
- Advising on benefits decisions
- Accessing benefits following a bereavement and towards funeral costs

It's a good idea to speak to our Welfare Services Team who will be able to help you understand your options. A member of the team can help you claim benefits and other income you are entitled to, this can be done either by telephone, a home visit or at one of the Day Hospices.

If appropriate, a member of the team can make the claim for benefits on behalf of the individual, including completing the paperwork.

Need support? Contact our **Welfare Services Team** on **01476 513 544**

Life in the Limelight

Thank you to Phil Mason from The Limelight Magazine for his continued support over the past four years. Phil regularly supports the Hospice with free advertising and editorial within his monthly magazine.

Phil said:

“ I choose to support St Barnabas because they are a local charity, striving to help local people, at a time when they really need it. I feel I have the opportunity to do my bit by helping to promote their numerous and varied events whenever possible. I hope it has helped! ”

The elephant in the room

Last year we joined forces with seven other hospices from across the East Midlands to create a hard-hitting animation entitled 'The Elephant in the Room' addressing head-on the subject of dying and aimed at raising awareness of hospice care.

The 90 second animation features a character who is told he is dying and his fears and worries become his own 'Elephant in the Room'. The character and his elephant follow a journey through difficulties and challenges to then understand and receive hospice care and support.

Watch the animation online at: www.myllocalhospice.co.uk



Hearts of Gold Birthday Ball

Join us for an evening of black-tie sophistication on **Saturday 14th October** at The Double Tree by Hilton in Lincoln.

Save
the
date!

Hearts of Gold is a celebration of the Hospice over the past 35 years and a thank you to the local community who have supported the

charity to grow and evolve.

Guests will receive a complimentary drink on arrival, three course meal and entertainment from Stolen Friday's. There will also be the opportunity to try your luck in the casino and get your hands on some exclusive prizes in our silent auction.

Proof is in the (Yorkshire) pudding!

Last October we collaborated with the AGA Showroom in Lincoln to host a Sunday roast with a difference.

Professional AGA demonstrator Penny Zako showcased her culinary skills; cooking a three course Sunday roast for guests to enjoy, at the end of the meal the guests were asked to pay what they thought the meal was worth, raising £709.



The BIGGEST girls night out

Moonlight Walk is back and it is BIGGER and BETTER than ever before!

Now in its tenth year, our Moonlight Walk is set to be bigger and better than ever, with inspirational women supporting the cause at Yarborough Leisure Centre on 10th June 2017.

We are inviting women to embrace their inner sparkle and dress head to toe in pink! Each participant will receive a pink t-shirt, medal and hot food too!

The walk will start at 10pm, with lots of entertainment on the night including face painting, a fun warm-up and professional photos!

Register online at StBarnabasHospice.co.uk

For further information contact Laura Stones on **01522 559 515** or email laura.stones@stbarnabashospice.co.uk



Sign up today!

Adults £15
Children (aged 11 – 17) £10

Chosen charity



Thank you to Jacksons Workwear Rental Ltd who donated an incredible £6,000, raised from several fundraising events held throughout 2016.

The staff have been busy baking cakes, washing cars, selling books and holding non-uniform days. They even put on a special charity day, which brought in an incredible £600.

Jacksons Workwear Rental Ltd are regular supporters and over the years the family owned business have raised £14,475!

They already have lots of fundraising activities planned for 2017, as they help us to celebrate our 35th birthday.

StBarnabasHospice.co.uk



@StBarnabasLinc



StBarnabasLinc



@stbarnabashospice

Rise, Sir Barnabas!

We are spending 2017 celebrating our 35th birthday, and are excited to include one of the Lincoln Knights in the plans.

Our Knight has a brilliantly colourful design, which has been created by local artist, Lizzy Mason. Lincolnshire features and landmarks are prevalent throughout the design, with the Lincolnshire flag tying it all together.



It took Lizzy a total of 120 hours to decorate the St Barnabas Knight, which she has been doing live in the Waterside Shopping Centre throughout February.

The Lincoln Knights' Trail will lead participants around the city of Lincoln, and enable them to immerse themselves in the fascinating history which the city boasts.

"I am pleased to be painting a knight for a local charity, having grown up in Lincolnshire. It is a delight to give back to the community with my love of art and Lincolnshire's great beauty and enchanted lands."

Lizzy Mason

Richard's Ball

Catherine McIntosh and her cousin Paula Broughton have raised £16,500 from their second annual fundraising ball, held in memory of Catherine's brother.

The black-tie ball, held at The Bentley Hotel in Lincoln last October, saw over 200 people in attendance and an auction featuring prizes from the RAF, Chelsea football club and the Bomber Command Memorial.

Amazingly, this brings their total fundraising efforts to a staggering £27,500 over the past two years!





Give your possessions a good home!

We are pleased to announce the launch of our new House Clearance Service across Lincolnshire.

This service is undertaken by our trained, professional staff and volunteers who offer a quality service at competitive prices.

Full House Clearance

This is a chargeable service based on your individual requirements. We will arrange a convenient time to view the property and give you a personal quote for the full clearance service. The fee will depend on the size of the property to be cleared, the amount of items for removal, if packing is required by our team and the proportion of saleable items.

Partial House Clearance

This is a free service. Our team will assess your property for saleable items and will give you a report on the items that they would like to take. They will then arrange a convenient time for the safe removal of these items.

Our dedicated team will clear property of any size with every property receiving the same level of care and respect.

To find out more about the service, or to book a house clearance, contact **01522 559 500** or email houseclearances@stbarnabashospice.co.uk

Memorial golf champions

Last summer The Richard Tindall Memorial Golf Day was held for the third consecutive year, with 44 golfers taking to the course. The day also featured an auction with generous prizes helping to raise £4,173 and bringing their three-year total to over £10,000.

James Tindall, said: "The day wouldn't be possible without the support of the sponsors, golfers and friends and we are delighted to be able to support St Barnabas whilst remembering Richard. We are looking forward to holding the event again this year."

StBarnabasHospice.co.uk

[@StBarnabasLinc](https://www.facebook.com/StBarnabasLinc)

[StBarnabasLinc](https://www.facebook.com/StBarnabasLinc)

[@stbarnabashospice](https://www.facebook.com/StBarnabasLinc)

Care for a cuppa?

We are delighted to announce that we are opening a new shop and cafe in Spalding at the end of July.

The new shop will take residence within the Grade II listed building that was formerly home to The White Hart Hotel.

Spread across 2,000 sq ft, the shop will stock a mix of fashion including vintage and retro pieces in addition to books, music, and household items. The shop will also sell new merchandise including handbags, accessories and gift ideas.



Our first ever cafe will be located towards the back of the shop and will serve drinks and light bites made from locally sourced produce including Stokes coffee and Pipers crisps.

We can't wait to invite you in for a coffee and a shop!



Going, going, gone...



St Barnabas is currently recruiting Online Sales Volunteers to support the Online Sales Department in completing internet based sales and associated administration.

This is a varied role, which will include duties such as: using online resources to research goods, create accurate and compelling sales listings, cataloguing incoming and outgoing stock, and packaging and distributing stock when required.

You will be working within a small, dedicated team, with the chance to make a significant impact on our sales.

It's a great opportunity for those wanting to boost the skills on their CV and do their bit for the local community. To apply, please visit **StBarnabasHospice.co.uk**

Spiritual boxes providing support to patients

Patients and staff in our Hospice and Lincolnshire's hospitals are benefitting from an innovation that supports people's spiritual needs at the end of life.

Lead Chaplain Yve White-Smith, who works for both St Barnabas Hospice and United Lincolnshire Hospitals NHS has come up with the idea of spiritual boxes, which are being used across the hospice, and are now being rolled out to hospital wards.

These boxes contain a number of items that are aimed at helping staff to communicate with end of life patients, bring families together and provide some comfort and support.

The boxes were recently recognised as an innovation that benefits patients at



the Fab Awards 2016. These awards are run by the Academy of Fabulous NHS Stuff, celebrating all the fab people, best practice and innovation happening across the NHS and social care.

It's a Knockout!

4th June 2017 - Wyndham Park, Grantham

16th July 2017 - Washingborough Playing Fields, Lincoln

Our 'It's a Knockout' event is inspired by the famous TV game show, and features wacky challenges, giant inflatables and various water pools. As well as this, there will be lots of fun activities for spectators to get involved in, including: water zorbing, giant inflatable slides, face painting, and a bouncy castle!

Registration is only £10 per person, with each individual being asked to raise a minimum of £60. Spectators can visit free of charge.



For more information contact: **Laura Stones (Lincoln)** 01522 559 515 or email laura.stones@stbarnabashospice.co.uk.

Tina Dingley (Grantham) 01476 513 542 or email tina.dingley@stbarnabashospice.co.uk.

Leap of faith

Help us to celebrate 35 years of hospice care by taking on our Big Birthday Skydive on Sunday 11th June.

Jump for free when you raise a minimum sponsorship of £395, and pay a £70 booking deposit (which can be taken out of the sponsorship money). All you have to do is be aged 16+ and be under 15 stone in weight.

Whether you're looking to fulfil a lifetime ambition or push yourself out of your comfort zone, we're here to help every step of the way.

The Big Birthday Skydive will take place at Hibaldstow Airfield, Redbourne Road, Hibaldstow DN20 9NN.



For more information on this event, or to sign up, please email **harriet.hickin@stbarnabashospice.co.uk** or call **01522 540 300**.

Why not join us at one of our other skydiving days:

9th July 2017 – Langar Airfield, Harby Road, Langar, Nottingham, NG13 9HY

10th September 2017 – Hibaldstow Airfield, Redbourne Road, Hibaldstow, North Lincolnshire, DN20 9NN.

Go to **StBarnabasHospice.co.uk** for more information

DIARY MAY - OCT 2017

May

20th	Cream Tea and Plant Sale Louth	1.30pm	A
21st	Cream Tea and Plant Sale Gainsborough	1.30pm	A
21st	Hospice Fair and Plant Sale Lincoln	10am	A

June

1st	Volunteers' Week	N/A	
4th	It's a Knockout - Grantham	12pm	S R A
8th	Coffee Morning Gainsborough	10am	A
10th	Moonlight Walk	8pm	S R
13th	Ladies Lunch - Boston	11am	R A L

July

16th	It's a Knockout - Lincoln	1pm	S R A
20th	Coffee Morning - Grantham	10am	A

August

6th	Death Cafe	4pm	L
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September

27th	Autumn Ladies Lunch Woodhall Spa	12pm	R A L
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October

14th	Hearts of Gold Birthday Ball		R L
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For more information visit **StBarnabasHospice.co.uk**

S Sponsorship **R** Advanced Registration **A** Accessibility **L** Limited Availability **P** Pay on the day



Photo courtesy of the Skegness Standard

Skegness Superstar

Pam Haynes, a volunteer at the St Barnabas Hospice Skegness Day Therapy Centre, was selected from over 100 nominations as the winner for this year's Volunteer of the Year award at the Coastal Community Awards, which were held on 31st March at the Grosvenor Hotel in Skegness.

Sarah Holmes, Complementary Therapy Services Team Leader at St Barnabas Hospice, nominated Pam, who she described as an "extraordinary 84 year old lady, extremely compassionate, caring, giving, and completely committed to her role at St Barnabas."

Pam began volunteering in 2004, and chose to undertake Reiki training and join the Complementary Therapy team at the Skegness Day Therapy Centre.

In addition to her Skegness commitment, Pam has travelled to Louth for several months to cover for another Reiki Practitioner who was unwell.

Pam was completely surprised when she got the news that she was nominated, and felt honoured to have won the award:

“ During my time as a volunteer, I have been privileged to meet some wonderful people who have demonstrated such compassion and strength, who I have learnt from and who remind you how fortunate you are in life. ”

Volunteering is a wonderful way for people to learn new skills, boost their CV and give something back to their community. It can help people to make new friends and get hands-on experience in hundreds of roles.

For further information about volunteering, call **01522 518 221** or email volunteering@stbarnabashospice.co.uk