

Caring Times

Autumn • Winter Issue 2016



St Barnabas
Hospice • Care • Support

StBarnabasHospice.co.uk



@StBarnabasLinc



StBarnabasLinc



@stbarnabashospice

Louth hospice garden wins gold

page 3



**The climb
of his life**
Page 4



**St Barnabas
Christmas
cards**
Page 19



**A volunteer
with a big
heart**
Page 40



“Our Mission is to ensure all individuals facing the end of their life in Lincolnshire receive dignified, compassionate care when they require it and where they ask for it.”



Hello

As you will read, our flagship site in Louth have had a RHS award winning garden donated to them by Caitlin McLaughlin. Catlin is a brilliant garden designer who designed the garden in memory of her friend who St Barnabas supported. Catlin wanted patients, carers and families to benefit from this precious gift, which is now in the grounds of St Barnabas, Louth. The garden is a really positive celebration of the hospice care St Barnabas delivers to the people of Louth.

Over the last 6 months we have undertaken a review of our Vision, Mission and Values. This work has highlighted our commitment and passion for delivering the hospice approach to care in Lincolnshire.

St Barnabas cannot do this without the support of the people of Lincolnshire; voluntary income funds two out of every four patients we support. Your continued support has enabled St Barnabas to make a real difference to thousands of people in Lincolnshire.

Looking ahead, we will be having our Light up a Life events in November and December; these events are extremely touching and offer an opportunity to collectively celebrate the lives of those we love. The lead up to Christmas is often a time where our sense of loss is more profound and at St Barnabas our passion and our drive is to serve the people of Lincolnshire and ensure you, your families and the people you care for are supported.

Chris Wheway

Chief Executive

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

StBarnabasHospice.co.uk



@StBarnabasLinc



StBarnabasLinc



@stbarnabashospice

The gift that keeps on giving

Our hospice garden in Louth has been transformed thanks to the generous donation of RHS Young designer of the Year winner, Caitlin McLaughlin.



The garden entitled 'Nature and Nurture' was installed in July and combines green spaces for human health and wellbeing with nature conservation. Having access to outdoor space has been shown to have therapeutic benefits and aid relaxation.

Caitlin chose to donate the garden after St Barnabas Hospice cared for her friend Jane McCarthy in her final days.

“It is a real pleasure to be able to donate my show garden as a memorial garden for our dear family friend, Jane. I really wanted to do something in her memory and to bring comfort to others in the hospice that may need a garden space to relax in.”

East Lindsey in numbers

As the principal provider of end-of-life care in East Lindsey it has been a busy 12 months...

725

people were cared for in their own homes

435

people were helped to live better, for longer at Day Therapy

801

people received help with financial problems

206

family members were supported by our bereavement support group

The climb of his life

On Sunday 26th June, 16-year-old Daniel Knibbs from Gainsborough was joined by his dad and brother when they took on the challenge of climbing Scafell Pike in Cumbria, the highest mountain in England.

Daniel was raising money in memory of his beloved Grandma, Jean Knibbs, who was "loved by so many".

Daniel said: "Growing up, my grandma was my role model and best friend. She was intelligent, warm hearted and understanding. She was what many people hope to have as a grandma, which is why I would say that she deserves to be looking over us with pride.

"No matter what the problem was, whether it was a graze on my knee or problems at school she was someone that I knew I could speak to and who would offer advice or help.

"I believe it is important to raise money for the hospice as they are an exceptional charity and offer outstanding care to their patients. The staff are friendly, caring and understanding and it is a charity that has become very close to my heart."

Daniel Knibbs



"We got up and back down the mountain in 5 hours and 30 minutes. It rained the entire time coming down, making it very, very difficult and we ended up taking a couple of tumbles on the way!

"But we did it and I have raised £425! I'm exhausted, aching and proud to have done this, as are my dad and brother! My brother has asthma too, so I think he did amazing."

Dying Matters

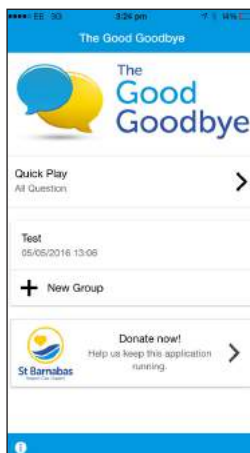
It's not always easy to know how to talk about dying.

Awkwardness, embarrassment and fear means we tend to shy away from these subjects but talking about dying makes it more likely that you, or your loved one, will die as you might have wished.

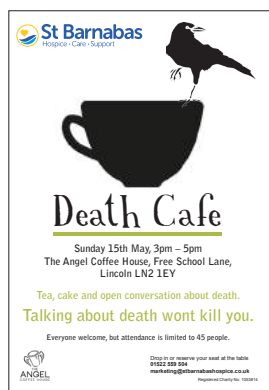
In May, hundreds of you had the Big Conversation for Dying Matters Awareness week, which aims to encourage people to talk more openly about dying, death and bereavement, and to make plans for the end of life.

Together we worked hard to remove the stigma associated with these subjects and are continually striving to change social attitudes.

Remember, talking about dying won't kill you!



We launched the free mobile app The Good Goodbye which poses a series of questions to spark discussion



Before I Die boards at the Waterside Shopping Centre, Lincoln



The BIG bucket list continued to grow in Boston

Helping patients to live better, for longer

We are appealing for trained and qualified Complementary Therapists to join our team of volunteers providing therapeutic treatments for patients and their relatives. We are looking for people to help deliver Reiki, Indian head massage, reflexology, and aromatherapy massage.

All of the treatments are provided free of charge and are found to improve the wellbeing of patients; both emotionally and physically. The therapies can help to reduce stress, ease symptoms and bring comfort.

Pam Haynes, 84, is a volunteer Reiki Practitioner in our complimentary therapy service and provides treatment at our Day Therapy Centre in Skegness.

Pam said: "I enjoy volunteering and being able to help others, especially as I can see the positive effect that Reiki has on the patients. It can help them to adjust to their conditions and improve their daily lives.

"Reiki really seems to help people to relax and the patients I see leave feeling uplifted, calm and centred."



Pam has been a volunteer with St Barnabas Hospice for 12 years and donates her time on a weekly basis.

“Offering a listening ear is also a really important part of my role and the patients I see feel comfortable enough to share their worries and anxieties with me. It’s a real honour to be trusted with such personal matters.”

“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.

"People might be quite surprised to find out what a happy place the hospice is. We value life and we encourage others to make the most of theirs. There's a great sense of togetherness and a feeling that you are not in this alone."

Complementary therapists receive a thorough induction to ensure they are confident in delivering a treatment appropriately adapted to meet the individual needs of people receiving palliative care. The complementary therapy team volunteers are offered regular support and have the opportunity to attend monthly team meetings as well as study days and courses.

For more information on how you can become a volunteer complementary therapist contact Sarah Holmes on 07595651185 or email sarah.holmes@stbarnabashospice.co.uk

What is Reiki?

Pronounced "ray-key", it is a simple technique in which energy is channelled through the hands of the practitioner to the recipient, which activates the body's own natural ability to balance itself.

It is believed that Reiki goes to wherever it is most needed in the body, releasing blocked energies, working to create a state of balance and harmony and promoting a sense of deep relaxation.



Hustle and Bussell

In April, our Strictly Ballroom competitors took to the stage in Grantham to Foxtrot and Jive their way to victory whilst helping to raise £6,000.

Susanne Stevens, winner of the audience trophy, said: "It was an absolute honour to be on that stage, showing the audience what we had learnt and knowing that we were helping to raise vital funds for such a worthy cause."



Join us in January for 10 weeks of dancing lessons before taking to the main stage on Saturday 22nd April.

Call **01476 591 010** for further information.

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



Doing the write thing

Michael Poole, 69, from Lincoln has end stage kidney and heart failure and has written a collection of poems providing an honest and intimate insight into life as he faces the end.

First diagnosed in 1992, Michael has undergone three heart bypass operations before being referred to St Barnabas Hospice for their Day Therapy services eight years ago.

Michael said: "St Barnabas has had a real and lasting impact on my overall wellbeing; they have taught me how to live as fully as possible with my condition. I have been given access to specialist physiotherapy, arts and crafts classes and joined the creative writing group.

“ It was the art and creative writing group where I began to write poetry and I discovered that I could explore my feelings and express myself fully, in a way I was never able to do face to face. I have always written about what I know and this collection is the joys and struggles of my illness. ”

Michael has written 51 poems to be collated in a poetry book with all proceeds set to go to St Barnabas Hospice.

Michael adds: "I hope that people in a similar situation to my own may be able to find some comfort in my words. Every poem has been written from the heart, I have laid myself bare in this book."

Over the past eight years, Michael has had four poetry books published and raised over £1,000 for the hospice.

Michael concludes: "Without St Barnabas I wouldn't be going out or doing much at all. They have given me real purpose and I have made some lifelong friends. And, I find real comfort in knowing that they will be there to support my wife when I am gone.

"I hope that my book will be able to raise some much needed funds for St Barnabas Hospice so that I can repay them for all they have done and will do for me and my family."

To get your hands on a copy of the poetry book contact fundraising on **01522 540 300**

or visit one of our bookshops in Louth, Ruskington or The Forum in Lincoln. The book is priced at £3.50 with all proceeds donated to the hospice.



Best foot forward

Earlier this year we hosted two Strictly Come Dancing inspired events at the LPAC in Lincoln and raised over £16,000 for our hospice.

First to the stage were the under 16's for Strictly Kidz followed by 17 adult couples who competed in Strictly Ballroom.

Strictly Ballroom's winner, Emma Platten from Lincoln, said:

"When I saw that the hospice was recruiting for participants for their Strictly style show I couldn't wait to sign up! I have always had a love of dance and the hospice is a charity that is very close to my heart."

Michael Johnson, 10, and Hannah Vickers, 10, danced together in Strictly Kidz and won an award for raising the most amount of sponsorship, which totalled £1,112.

Michael Johnson, said:

"Our mums are really proud that we were able to raise so much money as they have cared for good friends of ours. Raising money for them was my main reason for doing it."

Thank you for your support





- 1 The Rotary Club in Gainsborough raised £250 to support hospice services in West Lindsey.
- 2 House of Fraser in Lincoln raised £445 from their lucky dip fundraiser on their launch night.
- 3 The Humberside International Women's Club donated £450 in memory of one of their members, Edna Laville.
- 4 Chris and Lynne from The White Hart pub in Lissington raised an incredible £400 from a garden party held over the May Day Bank Holiday weekend.
- 5 The Shakespeare pub in Lincoln raised £300 in a charity auction.
- 6 Lincolnshire Police raised £1,000 from their annual Christmas Carol service held at the Lincoln Cathedral.
- 7 Julie and her family raised £615 from an afternoon tea, tombola and raffle.
- 8 £870.29 was donated in memory of our Finance Director, Sally Cheetham who sadly died in February.
- 9 Anthony, Lilly, Amy and Mrs Tyler from Fiskerton Primary School raised a fantastic £96.39 by holding coffee mornings at school throughout the last year.
- 10 Staff and customers from Norwich and Peterborough Building Society in Lincoln donated £500 as part of their Charity Choices Campaign.
- 11 Mabel Craggs donated £170 which she raised in lieu of presents for her 100th birthday. St Barnabas holds a special place in Mabel's heart, as her husband was cared for by the hospice 20 years ago.
- 12 The Mayor of Louth donated £1,510 after choosing us as her Charity of the Year.
- 13 Alford and Mablethorpe Inner Wheel donated £100.
- 14 Staff and customers from Sainsbury's in Bourne raised £3,146 from fundraising events held throughout the year.
- 15 Staff and pupils from The Gainsborough Academy raised £100 from a fun run.

Tree-cycle

Christmas is right around the corner and that means Christmas trees will soon be common place in homes across Lincolnshire. Once the festivities have come to an end we would like you to think of St Barnabas Hospice and let us recycle your tree this year.

The simplest, greenest and most charitable way to get rid of your Christmas tree.

Collection will take place on Saturday 7th January. Check online to see if we are collecting in your area.



Help us grow!

HUG are a local horticultural company who have pledged their support to our hospice. They stock a wide range of plants, bulbs and seasonal gifts!

Plus, 50% of every purchase will be donated to St Barnabas Hospice.

You can order online at www.helpusgrow.co.uk and select our hospice from the charity list or for a catalogue please contact our Fundraising department on **01522 540 300** or email fundraising@stbarnabashospice.co.uk



The HUG Autumn Bulb Collection 2016



50% of every purchase goes directly to your Organisation!

Take That!

In April, Dan Hadfield joined us as Gary Barlow for a tribute evening at Gainsborough Golf Club. Over 300 guests sang along to some of Gary's greatest hits and helped to raise over £7,400.

Dan had such a great time that he will be returning next year! Watch this space!

Scratch and win!

A Lincoln woman scooped the top £1,000 cash prize after trying her luck with a St Barnabas Hospice scratch card.

Maureen Bycroft, 72, was at the hospice fundraiser 'It's a Knockout' when she decided to buy a £1 scratch card.

She said: "I've never bought a scratch card in my life but I thought I'd try my luck and give it a go. I played the game, hoping that I might win a little something, never in my wildest dreams did I expect to see three matching £1,000's."

After revealing the winning prize Maureen handed it back to the hospice volunteer for a second opinion.

She said: "I needed a second opinion because I just couldn't believe my eyes. It was such a lovely surprise and I am going to use the winnings to put towards a holiday for my husband and I."

Maureen is also a regular player of the weekly hospice lottery and first started playing when it began 20 years ago.



"I enjoy playing the hospice lottery and it is nice to know that the money we spend is going towards a local charity that is caring for local people."



Hospice UK in the Hospital

In June we were delighted to welcome Tracey Bleakley, the CEO of Hospice UK to our ground-breaking 'Hospice in the Hospital' in Grantham.

"It is a real honour to be recognised as leaders in our field by the national charity for hospice care and to work with them to share our expertise and knowledge to further support the development of palliative and end-of-life care."

Chris Wheway, St Barnabas Hospice Chief Executive

Tracey, who leads the national charity representing hospices, visited the innovative 'hospice in the hospital' and praised its approach to the patient experience.

The purpose designed £1.2 million six-bedded community hospice opened in September 2014 and has cared for more than 260 patients.

Thrive

As part of our work to encourage people to talk more openly about dying, death and bereavement, we have been working with Zest, a national theatre company.

On Monday 10th and Tuesday 11th October, from 7pm, Zest will be performing 'Thrive' at The Gliderdrome in Boston.

'Thrive' follows the journey of three young people whose lives are turned upside down by the sudden death of a friend. Join them as they work through their pain, remember the good (and bad) times, and ultimately try to grow from their experience.

Tickets are priced at **£5 per person (age 14+)** and can be bought online at StBarnabasHospice.co.uk or from our shop in Boston.



It's a Knockout!

In June, we took It's a Knockout to Grantham for the first time! Eight teams battled it out on giant inflatables and helped to raise £3,000.

Save
the
date

Join us next year on
Sunday 4th June
at Wyndham Park.

Call **01476 591 010**
for further information.



Supporting those left behind

7 things you probably didn't know about our Family Support Services...



1

The support is free and open to everyone who has lost a loved one through illness and not just those who were cared for by St Barnabas.

2

Bereavement support groups operate weekly throughout Lincolnshire – there is sure to be one happening near you.

3

Support is available in group settings or one-to-one depending on what you need.

4

Our Family Support Services team has built up over 30 years of knowledge and expertise.

5

Many tears will be shed at our support groups and that is OK, laughing is also OK – we never judge, just offer you the support you need.

6

Support is available to those who have been recently bereaved and to those who have been affected many years ago.

7

Last year we supported over 4,000 people who were going through the most difficult of times.

Call **01522 518 225** or email **family.support@stbarnabashospice.co.uk** to talk to our caring and compassionate team today.



Looking after our future

It can be difficult to know how to help children cope with a death, particularly as you learn how to handle your own loss.

We understand that the process of grieving can look very different between adults and children.

Come along to our family drop-in session on the last Saturday of every month from 10am - 1pm at our Day Therapy Centre on Hawthorn Road in Lincoln.

The FREE drop-in provides a welcoming and relaxed atmosphere, which encourages children to be children.

Join us for a day packed full of fun with toys, arts and crafts and outdoor games. Plus, professional support will be available from play therapists and counsellors.



Colour Dash breaks all records

On Saturday 14th May, 3,500 of you joined us for our second annual Colour Dash and together raised £168,000! The family fun-run saw children as young as five showered in a rainbow of colour as they walked, ran and danced the 5k route at the Lincolnshire Showground.



This fundraiser surpassed all of our expectations to become the highest attended and grossing event in our hospice history.

Plans are already underway for next year's Colour Dash, which promises to be the biggest and best yet!

Save
the
date

Our next Colour Dash will take place on **Saturday 13th May** at the Lincolnshire Showground.

Registration will open online, later in the year.

Last year we sold out in super quick time, so keep checking online for when registration goes live!

StBarnabasHospice.co.uk



@StBarnabasLinc



StBarnabasLinc



@stbarnabashospice

PULL OUT ORDER FORM

CHRISTMAS CARDS & GIFTS



BIRDS IN A WREATH (TWIN PACK)

14 x 14cm and 12.5 x 12.5

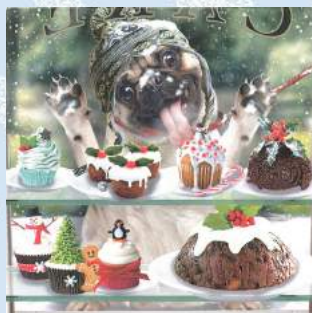
5 cards each of two designs with envelopes



CONES OF ORIENT

16.8 x 12 cm

10 cards with envelopes



HUNGER STRIKES

15.8 x 15.8cm

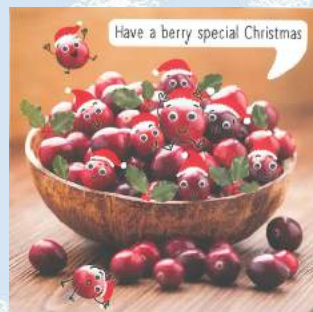
10 cards with envelopes



SINGING HAMSTERS

15.8 x 15.8cm

10 cards with envelopes



BERRY CHRISTMAS

15.8 x 15.8cm

10 cards with envelopes



ROBINS HOUSE/BERRIES (TWIN PACK)

12.5 x 12.5cm

5 cards each of two designs with envelopes



THE PRIDE OF LINCOLNSHIRE AT CHRISTMAS

16.8 x 12 cm

10 cards with envelopes



TWELVE DAYS

14 x 14cm

10 cards with envelopes



A CHRISTMAS MESSAGE

12.6 x 12.6cm

10 cards with envelopes



HOLY ANGEL

15 x 15cm

10 cards with envelopes



COSY FIREPLACE

15 x 15cm

10 cards with envelopes



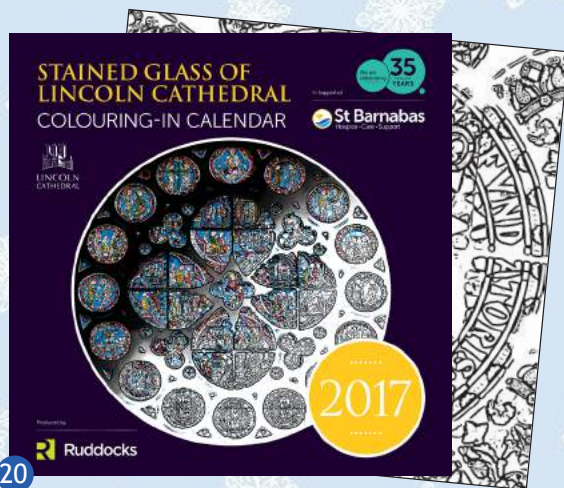
THE DEAN'S EYE, LINCOLN

17.2 x 12.6cm

10 cards with envelopes



ST BARNABAS LINCOLNSHIRE HOSPICE 2017 DIARY



ST BARNABAS LINCOLNSHIRE HOSPICE 2017 COLOURING-IN CALENDAR

Step 1

QTY:	TITLE	PRICE	TOTAL VALUE
	BIRDS IN A WREATH (TWIN PACK)	£2.99	
	CONES OF ORIENT	£2.99	
	HUNGER STRIKES	£2.99	
	SINGING HAMSTERS	£2.99	
	BERRY CHRISTMAS	£2.99	
	ROBINS HOUSE/BERRIES (TWIN PACK)	£3.49	
	THE PRIDE OF LINCOLNSHIRE AT CHRISTMAS	£4.99	
	TWELVE DAYS	£2.99	
	A CHRISTMAS MESSAGE	£2.99	
	HOLY ANGEL	£3.99	
	COSY FIREPLACE	£3.49	
	THE DEAN'S EYE, LINCOLN	£4.99	
	ST BARNABAS HOSPICE DIARY 2017	£2.99	
	Choice of colour <input type="checkbox"/> Pink <input type="checkbox"/> Floral <input type="checkbox"/> Grey <input type="checkbox"/> Purple <input type="checkbox"/> Lime Green <input type="checkbox"/> Navy <input type="checkbox"/> Orange		
	ST BARNABAS HOSPICE CALENDAR 2017	£7.99	

Postage & Packing

£1.50 for UP TO TWO PACKS OF CARDS
 £3.50 for THREE PACKS OF CARDS OR MORE AND/OR CALENDARS
 For overseas orders please call 01522 559500

Subtotal

Please DO NOT include payment for other events,
 lottery etc with this order - Thank you

P&P total

Donation

TOTAL:

Step 2

Address details

Please complete **address label** to help fulfil your order quickly

IMPORTANT: Please include your daytime telephone number in case we have queries with your order.

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Step 3

How to order

By post:

Send your order form and cheque/credit card details to:

St Barnabas Shops, 12 Cardinal Close, Lincoln LN2 4SY

We will despatch your order 7-14 days from receipt of your order

Postage and Packing

£1.50 for **UP TO TWO PACKS OF CARDS**

£3.50 for **THREE PACKS OF CARDS OR MORE AND/OR CALENDARS**

For overseas orders please call **01522 559500**

Step 4

Gift Aid - Please tick box

☐ I confirm that I am a UK taxpayer and wish the charity to reclaim the tax on this and any previous donations until I notify you otherwise. I have paid an amount of tax equal to the tax reclaimed.

Step 5

Payment by credit card

I authorise you to debit my credit/debit card with the total order value
(We do not accept Amex and Diners cards)

St Barnabas Hospice Shops will appear on your credit card statement

Card no: (switch only)

Switch Card Issue no security code

Valid from date /

Expiry date /

We will only keep your card details until your transaction is processed and then we will destroy that information

Signature _____

Step 6

We hold a large stock of cards, but some designs may sell out early. If this should happen, please tick the box to the right to let us know what you would like us to do with any balance of money:

- ☐ Send alternative cards, similarly priced
- ☐ Give as donation
- ☐ Refund



I couldn't believe it!

A huge congratulations was in order for Karen Farrey who won an incredible £1,000 on our hospice lottery!

Karen works as the Shop Manager for our store in Skegness on Lumley Road after joining our organisation two years ago.

Karen said: "I joined the hospice lottery not long after I started working for

"I will always support the lottery as it is a fun way to help raise funds for hospice care across Lincolnshire."

St Barnabas as I was keen to support the charity as much as possible.

"I couldn't believe it when I found out I had won, I was smiling all day and was excited to tell my daughter. We have just moved house so this couldn't have come at a better time for us.

For your chance to win, sign-up ONLINE today!

Charity of the Year

Each year we are privileged to be chosen as the Charity of the Year by local businesses across the county.

We are delighted to be working in partnership with the following businesses for the duration of 2016:

- Lincolnshire Chamber of Commerce
- J H Walter
- Mundys
- Barratt Homes North Division
- Jacksons Workwear Rental
- Belton Woods Golf Club
- Belton Woods Hotel
- Belton Park Golf Club
- Sleaford Quality Foods
- Melton Mowbray Building Society
- Nationwide Building Society
- Grantham Book Services
- Victor Wood Garage
- Diane Genders Solicitors

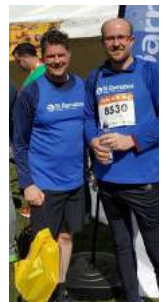
Running for gold!

Hundreds of you turned out for one of the biggest road races in the region, the Lincoln 10k!

Together you raised over £17,000 to help us care for people near you every day of the year.

Next year, the Lincoln 10k will take place on Sunday 2nd April, sign up at www.runforall.com

"Over the last five years, runners in the Lincoln 10k have raised over £40,000"



Be inspired!

After being diagnosed with a heart condition and undergoing surgery, Beth Hart wanted to be more active, so decided to take up running. She found that it gave her a new lease of life and soon became hooked.

With her new found confidence growing, Beth decided to take on the challenge of the Lincoln 10k and ran in aid of St Barnabas Hospice, a local charity close to her heart.

Beth said: "I am running and raising money for St Barnabas Lincolnshire Hospice, an amazing local charity who cared for my grandma before she died. It will also be a tribute to my mum, who died in April 2014. She loved to hear about my running achievements.



“ Running has transformed me. Not only do I notice the health benefits – I have so much more energy in my job – but it has also given me my confidence back and has led to so many new experiences. ”



Stephen Doherty and his 16-year-old daughter Niamh ran the 10k in memory of Stephen's Mum who died of cancer two years ago. Stephen ran the course dressed as Barnabas Bear and Niamh ran with two collection buckets.

Stephen said: "I'm a keen runner and wanted to challenge myself, so thought that running in the bear outfit would do that and raise awareness on the day. It certainly has been challenging as the event took place in bright sunshine and sweltering heat. Whilst I've struggled around the course dressed as St Barnabas, Niamh has had to run with two buckets and collect money.

“ It's worth mentioning Niamh has never run a 10k prior to this, let alone being weighed down by buckets of cash! Having said that, we are both very proud to support St Barnabas Hospice and feel honoured to do so. ”

A cut above

The team at Salon Two on Burton Road in Lincoln have been busy fundraising this year, raising an incredible £1,327 for hospice care.

They opened their salon on a Sunday to offer cut and blow dries with all proceeds donated to the hospice before entering a team into our It's a Knockout inflatable competition held in Washingborough.

Next up is their Charity Hair Show, to be held on Wednesday 2nd November at The Lincoln Drill Hall, doors open from 6.30pm and the show begins at 7pm. Tickets are on sale at their Burton Road and High Street branches.



“ The Salon Two family are raising money to support this fantastic charity. It is a charity that is very close to our hearts after they looked after Richard Slight, the founder of Salon Two, with such care and compassion. ”

For love or money

Adele and Mick Gibbons raised £835 at their wedding when they asked for donations to be made to the hospice in lieu of wedding gifts.



The couple were overwhelmed by the generosity of their family and friends as they joined them for their wedding reception on Saturday 28th May at Lincoln Hospital Social Club.

Adele said: "Mick and I have been together for 14 years so we have everything we need and thought it would be a nice gesture to give something back to a local charity that does so much for our community."

Adele and Mick chose to support St Barnabas Hospice after two of their family members were cared for by the charity.

Adele said: "St Barnabas is a charity that is close to both of our hearts because we have witnessed first-hand the incredible care they deliver."

"Not only did they look after Mick's mum but they were there for the whole family too, providing them with unparalleled levels of empathy and comfort."

Adele Gibbons

Mick's mum was cared for at the hospice and the nurses and volunteers always treated her with such compassion.

"It's never easy to lose someone you love but with the support and help of the hospice they somehow managed to make it bearable. They guide you through the darkness, they are true angels."

Bloomin' eck!

Our annual Plant Sale and Garden Party held at our George Henderson Lodge in Gainsborough raised over £1,100!

Thank you to our staff and volunteers and to the team from The Yorkshire Building Society for helping out on the day!



Celebrating 20 years of winning!

This year we are celebrating two decades of St Barnabas Hospice Lottery, which has raised more than £3.5 million since its first draw on 8th November 1996.

Phil Brandon, Head of Trading, said:

"It seems like only yesterday that I was brought in to launch the St Barnabas Hospice Lottery. I was given an office, a desk and a telephone with the objective of holding the first draw in 13 weeks.

"With the help of my quickly expanding lottery team we soon achieved this goal together and set about growing the membership. I am incredibly proud of each and every person who has helped to grow the lottery into what it is today."

Since 1996, the St Barnabas Hospice membership has grown to 10,000 weekly playing numbers.

"Over the years we have met many wonderful people who have been overjoyed with their winnings. It has helped people through periods of illness, to see family overseas and brought happiness to local families across Lincolnshire," continued Phil.



Go online to sign-up today for just £1 per week or return the application form included.

“ The St Barnabas Hospice Lottery has helped to generate vital funds to help with the expansion of our hospice services and we are thankful to the people of Lincolnshire for their support and recognition. ”

Lottery in numbers

**£3.5
million**

has been raised
by St Barnabas
Hospice Lottery
over the last

20 years



584

members playing
today have won
between £1000
and £7000
each

Our 42 cash collectors
have **332 years** of
service between them

812 people who
played in the
first draws **are still**
members today



££££ Nine members
have won the
£7000 rollover
jackpot since 2012

Over
£700,000
has been won in
prizes over the
past 20 years

The challenge of a lifetime!

Many of our supporters choose to take on once in a lifetime challenges to raise money and support the hospice. We are always inspired by their dedication and passion towards helping to make a difference.

The London Marathon



Becky Reddish ran the London Marathon and raised £600



Nikki Howe is 44 and ran the London Marathon for the first time and completed it in 4 hours and 49 minutes, raising an incredible £1230.

She said: "I ran the marathon in aid of my friend Jayne Lusby who died at 33 from liver cancer. Her last few days were spent in your wonderful hospice and she was lovingly cared for by your staff. I find the courage of your staff to nurse sick patients very inspirational. So even though running 26.2 miles seemed hard going, it is nothing compared to what you guys do every day. It was an honour to do it for such a worthy cause."

London to Paris

Aydon Aspin cycled from London to Paris, covering 300 miles in three days and raising over £1,500.

“My advice to anyone thinking of doing the London to Paris challenge is to do it! The pace is easy, the terrain rolling and the food stops have warm freshly cooked food. The arrival in Paris is breath-taking and completely safe as you are escorted down the Champs-Élysées to the Eiffel tower. The memory of your achievement and what you have achieved for St Barnabas will live with you forever.”



StBarnabasHospice.co.uk

@StBarnabasLinc

StBarnabasLinc

@stbarnabashospice



The London Nightrider



In June, ten people cycled 100k through London in the iconic Nightrider challenge.

The riders were Will Abbot (32), Terry Davies (44), Thomas Cocker (32), Jonathan Loveridge (33), Ben Coe (32), Oliver Thurtle (31), James Pook (32), Tim Blackmore (31), Ben Walton (32) and Anthony French (37)

The team called themselves 'Charlie's Angelz' in memory of Will Abbot's dad, Charlie Abbott.

Will said:

“The Hospice provided a great deal of support to my late father during the final months of his life - allowing him to pass away peacefully at his home. They were a constant source of comfort to us as a family and we will be eternally grateful for the service they provided.”

“I think I can speak for all the team, and say that the challenge was, at times, a little gruelling but thanks to the fantastic support we have all received, it was very much worth it in the end.”

The Group raised an incredible £3,378.49



Ben Nevis

Staff from Bluecube Telecommunications in Lincoln alongside their family and friends climbed Ben Nevis for the second time in memory of the company director Paul Reames' father, John Reames.

The climb to the summit took four and a half hours from the Ben Nevis visitor centre and the same time down as the team struggled with the afternoon heat on their decent.

Paul Reames said:

“The team supported each other on the way up and down and we celebrated our achievement in a local establishment later that evening! I would like to say thank you to everyone that sponsored our trek and helped to raise such an incredible amount of much need funding for St Barnabas.”

Paul's company Bluecube Telecommunications Limited sponsor the events paying for all travel, accommodation and other expenses.

Together they have raised over £10,000 for St Barnabas Hospice and Cancer Research UK since John died eight years ago.

Tough Mudder



William Goodacre (28) ran the Lincoln 10k in April and on the 21st of May completed Tough Mudder, an 11 mile course through mud and obstacles.

“ My father-in-law Paul Parker was cared for in his final days at home by his family and the St Barnabas Hospice team. The nurses that stayed with the family and Paul offered much needed support whether it was making cups of tea or holding hands with family members. Without them we would not have got through those painful days. I feel like this is my way of giving back to this wonderful charity that helps so many families in need. ”

Will raised a fantastic £305.

Samantha Stanley and a team of 10 took part in Tough Mudder and raised £7,065 in memory of Samantha's mum Marilla.

Samantha said:



“ Marilla was our mother and friend, and would have been the first to sign up to an event like this. She died of bowel cancer in August 2015 after a brave two year battle. She was glamorous, fun loving and brave throughout. The last three weeks of her life were spent in St Barnabas Hospice in Lincoln. The warmth, support and care Marilla and her family received from all of the staff at the hospice was phenomenal. We would like to help St Barnabas Hospice continue with their wonderful work in memory of Marilla. ”

Three Peaks Challenge

On 7th May 2016, Peter Cross, Dave Hackney and Simon Skipworth took on the Yorkshire Three Peaks Challenge - Pen-y-ghent, Wharfedale and Ingleborough. The route was 24 miles long, included 5,200ft (1,585m) of ascent and had to be completed in under 12 hours.

It was Pete's idea to fundraise for St Barnabas, with Simon and Dave agreeing to join him. Pete said that he wanted to raise funds as a thank you for the excellent care given to loved ones, both now and in the past.

They raised a very impressive £757.



Skydive

Hazell Woods took part in a skydive on the 26th June and raised £730.

Hazell said:

“The only wish that my Dad had near the end of his life was to go home. There is no way in the world we could have granted this wish without the complete support & compassion of the St Barnabas team.”



“Their devotion and dedication in helping families fulfil final wishes with dignity is admirable. We could not have ever dreamed of making Dad so happy with his family, watching Strictly on telly, yelling at Match of the Day and joking with my children was priceless.

“Being able to raise some money, even a little, was my way of saying thank you. Doing a skydive has always been something on my bucket list and now I have managed to do one for an invaluable cause. Thank you for the opportunity.”

Land's End to John O'Groats

Adam Lilley and a group of friends cycled 900 miles from Land's End to John O'Groats and raised £5,000 in memory of Adam's mum who was cared for at our Hospice in the Hospital in Grantham.

Adam said:

“ I found the challenge hard, especially as we hit the heatwave at the beginning. There were a lot of miles where my mum pulled me through. It was tough mentally as well as physically but we helped each other as a team to get through it. We are delighted with what we have raised; it's certainly made it all very worth it! ”



To find out about how you can sign up for the challenge of a lifetime contact harriet.hickin@stbarnabashospice.co.uk or call 01522 559514

Hitting the right note

In June, the annual open air live music festival Knipfest was held at Belvoir Cricket Club and raised £14,000 for St Barnabas Hospice and other good causes.

John Copley and his friends organised the annual festival in memory of John's wife Julie, who died from cancer in 2010.

To raise money for St Barnabas Hospice and to promote this year's Knipfest, John drove over 1000 miles from Grantham to Normandy in France.

John said: "We at Knipfest believe St Barnabas Hospice is an amazing organisation who we are very happy to raise money for."



StBarnabasHospice.co.uk

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



Light up a Life

Remembering and celebrating the lives of those we love

St Barnabas Lincolnshire Hospice is honoured to host eight 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.

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

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.

- **Lincoln** – **Tuesday 22nd November**, 6pm, Our Lady of Lincoln Church followed by a torchlight procession from Clayton's Sports Ground, Lee Road, Lincoln LN2 4BH, 7.30pm
- **Skegness** – **Sunday 27th November**, 2.30pm, The Storehouse, North Parade, Skegness, PE25 1BY.
- **Boston** – **Sunday 4th December**, 2.30pm, The Hive, Boston West Academy, Sussex Avenue, Boston, PE21 7QG.
- **Louth** – **Sunday 4th December**, 3pm, Louth Methodist Church, Nichol Hill, LN11 9NQ.
- **Spalding** – **Sunday 4th December**, 4pm, St John's the Baptist Church, Hawthorn Bank, Spalding, Lincs, PE11 1JQ
- **Sleaford** – **Monday 5th December**, 6.45pm, Sleaford Methodist Church, Northgate Sleaford, NG34 7BH.
- **Grantham** – **Tuesday 6th December**, 6pm, St Wulframs Church, Church Street, Grantham, NG31 6RR.
- **Gainsborough** – **Tuesday 6th December**, 6.30pm, United Reformed Church, Gladstone Street, Gainsborough, DN21 2JR. Followed by torchlight procession to the Tree of Life at approximately 7.15pm

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.

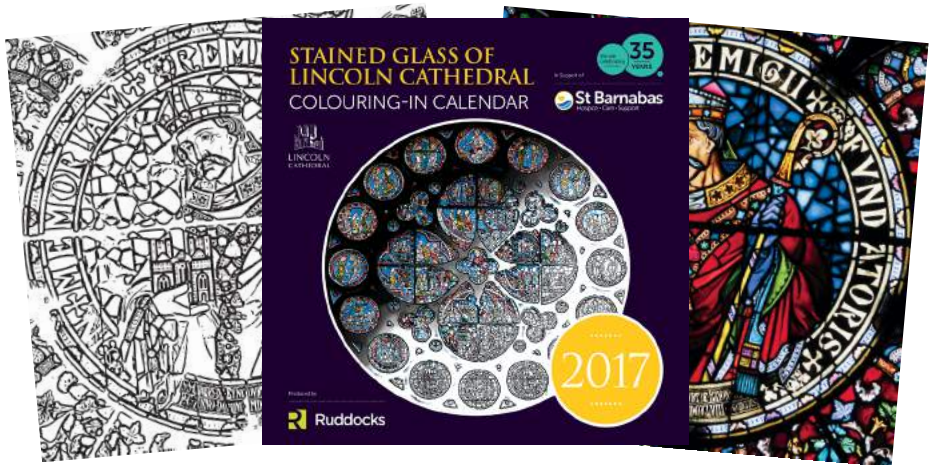
Please visit us online at StBarnabasHospice.co.uk/Donate

Add a little colour to your day

This year for our hospice calendar we have teamed up with Lincoln Cathedral to produce a calendar featuring their amazing stained glass windows. Plus each month features your very own window to colour in and keep!

We really enjoyed compiling the calendar, which includes lots of Lincolnshire references, and we hope you enjoy it too.

The calendar is available to buy for £7.99 from our St Barnabas Hospice shops.



The heart of Spalding

We are in talks to move our current shop in Spalding to a new location right in the heart of the Market Place. The new store will feature a large book department and a café – a first for St Barnabas shops! The shop is set to open after Christmas – watch this space!

Ebay treasures

Our Ebay department have had some fantastic sales recently, including an Epiphone Les Paul guitar which sold for £342 and a Soprani Accordion which raised £196, music to our ears! Our most unusual sale though was a piece of World War I Trench Art – a propeller tip from the Royal Flying Corps fashioned into a picture frame, which flew off with a sale price of £123!



End of an era

In August we sadly closed the doors to our Gainsborough shop for the final time. Despite our best efforts we had to make the difficult decision to close the shop, which had been experiencing a significant fall in sales over the past two years. This had resulted in the shop no longer being financially viable for the hospice.

Like many charities, we are operating in a tough economic environment and need to ensure we have the right structure in place to meet our current financial targets and also to adapt to future needs and challenges.

Whilst this is a sad time for the hospice we continue to remain committed to supporting people with life-limiting illnesses and their families and providing them with the highest possible standard of care.

Spend some Facebooks

If you love to bag a bargain then head on over to our new 'St Barnabas Hospice Items for Sale' Facebook page! Find out about our latest deals and fantastic new goods for sale in our shops!

Plus, shop through Facebook and have our new goods delivered directly to your door! That includes our calendars, diaries and Christmas cards!



In Memory

Sally Cheetham joined the organisation as our Director of Finance and Performance in 2007. New to the health sector, Sally was determined to understand the new clinical language she was hearing. She quickly learned the names of clinical equipment, the technical terms used and how the different services ran. She was first and foremost a people person and this, together with her growing understanding of the hospice services, meant that she was always approachable.

Her patience in explaining an element of financial practice, working through a budget or some arcane element of VAT meant that people were comfortable to ask her questions. And, they would be guaranteed an answer that they could understand, even if they didn't like it!

Sally supported St Barnabas in numerous ways, participating in fundraising events, dressing up in a onesie for the midnight walk and acting as a steward at the annual Light up a Life torch lit walk, an event she loved. All this she did with great generosity; of her time and her kindness. Sally always said she joined St Barnabas because of the values of the organisation were the values she held.

At the heart of it Sally was a very kind person. There was always a kind word and a warm smile for people walking past her door. She was always a willing partner in slimming and keep fit efforts, but also supportive of breaking the diet for a small snack. Sally always had a plentiful stock of chocolate and nibbles in her office.

Sally often worked late, but she had many outside interests as well as a passion for St Barnabas. Sally loved the theatre and concerts; she was an avid fan of Michael Buble and enjoyed trips to his concerts in London.

Sally became unwell in November last year and it quickly became evident that she would not be able to return to work. Sadly, Sally died at home after a few short months of illness. We were privileged to be able to care for Sally and to support her parents during those months and to enable Sally to be in her home, with her beloved family and her two cats.

We miss you Sally, your kindness, patience, and understanding and your passionate support for St Barnabas.



DIARY SEPT-FEB 2016/17

October 2016

16th	Paws for Cause Hubbards Hills Café, Crow Tree Lane, Louth, LN11 0QW	9:30am	S R
16th	Skellingthorpe Craft Fair Community Centre & Youth Hall, Lincoln Road, Lincoln, LN6 5UU	10:30am	A P
21st	Loveden Festival Singers St Andrews Church, Leasingham NG34 8JP	7:30pm	
28th	The Black Dog Ceilidh Band Abbey Church Hall, Church Walk, Bourne, PE10 9UQ	8pm	R A
29th	The Great Gatsby Ball DoubleTree by Hilton Hotel, Brayford Wharf North, Lincoln, LN1 1YW	7:15pm	R A L

November 2016

4th	Quiz Night Kings School, Brook Street, Grantham, NG31 6RP	7pm	R A L
4th	November Coffee Morning The Inn, The Broadway, Woodhall Spa, LN10 6ST	10am	A
9th	Ladies Lunch Henswell Court, Primrose Room, Lancaster Green, Henswell Cliff, DN21 5TQ	11am	R A L
12th	Bailgate Christmas Craft Fair Bailgate Methodist Church, Lincoln, LN1 3AR	10am	A P
12th	Christmas Fair St Barnabas Hospice, Clover Way, Woolram Wygate, Spalding PE11 3GD	1pm	A P
17th	Festive Coffee Morning St Barnabas Hospice, 86 Barrowby Road, Grantham, NG31 8AF	10:30am	A
19th	Tealby Festive Fayre Tealby Memorial Hall, Beck Hill, LN8 3XS	10am	A
19th	Sunday Lunch on a Saturday The Dower House Hotel, Manor Estate, Woodhall Spa, LN10 6PY	12pm	R A L
20th	Christmas Shopping Extravaganza, Morton Village Hall, Morton, Gainsborough, DN21 3AL	11am	A
20th	Christmas Gift and Craft Fair, Pinchbeck Library, 48 Knight Street, Spalding, Lincs PE11 3RB	10am	A P
22nd	Light up a Life - Lincoln Our Lady of Lincoln Church followed by torchlight procession from Clayton's Sports Ground, Lee Road, Lincoln LN2 4BH	6pm	A
26th	Christmas Craft and Gift Fair St Barnabas Hospice, Grimsby Road, Louth LN11 OSX	10:30am	A
26th & 27th	Christmas Tree Festival St Mary's Church, Lincoln Road, Welton, LN2 2HZ	10am	A
27th	Light up a Life - Skegness The Storehouse, North Parade, Skegness, PE25 1BY	2:30pm	A

December 2016

1st	Christmas Shopping Fair Hubberts Bridge Community Centre, Langrick Road, Boston, PE20 3SG	10am	A P
3rd	Christmas Flower Arranging Workshop Moulton Community Centre Broad Lane, Moulton, PE12 6PN	10am	R A L
3rd	Christmas Tree Festival St Mary's Church, Church Lane, Horncastle, LN9 5HW	10am	A
4th	Christmas Tree Festival St Mary's Church, Church Lane, Horncastle, LN9 5HW	12pm	A
4th	Light up a Life - Boston The Hive, Boston West Academy, Sussex Avenue, PE21 7QG	2:30pm	A
4th	Light up a Life - Louth Louth Methodist Church, Nichol Hill, LN11 9NQ	3pm	A
4th	Light up a Life - Spalding St John's the Baptist Church, Hawthorn Bank, PE11 1JQ	4pm	A
5th	Light up a Life - Sleaford Sleaford Methodist Church, Northgate Sleaford, NG34 7BH	6:45pm	A
6th	Light up a Life - Grantham St Wulframs Church, Church Street, Grantham, NG31 6RR	6pm	A
6th	Light up a Life - Gainsborough United Reformed Church, Gladstone Street, DN21 2JR	6:30pm	A
11th	Christmas Sing-A-Long St Benedict's Square, Lincoln, LN5 7WA	10:30am	A

January 2016

1st	St Barnabas 'WelDun' Challenge	N/A	R
7th	Tree-cycle	N/A	R
11th	Strictly Ballroom Lessons Long Bennington Village Hall, Witham Road, Newark, NG23 5DS	8pm	S R L
21st	Burns Night South Holland Centre, Market Place, Spalding, PE11 1SS	7pm	R A L
26th	Bring a Gift Coffee Morning St Barnabas Hospice, Grimsby Road, Louth, LN11 OSX	10am	A
28th	Bring a Gift Coffee Morning St Barnabas Hospice, Mayflower Lodge, Green Lane, Boston, PE21 9NB	10am	A

February 2016

2nd	Bring a Gift Coffee Morning St Barnabas Hospice, George Henderson Lodge, Front Street, Morton, DN21 3AA	10am	A
5th	Clubbercise Marathon The Blues Club, North Street, Gainsborough, DN21 2HU	9:30am	S R
23rd	Winter Coffee Morning St Barnabas Hospice, 86 Barrowby Road, Grantham, NG31 8AF	10am	A

For more information visit StBarnabasHospice.co.uk



A volunteer with a big heart

"Jean is a wonderful woman who I am honoured to have met and who I think of as a real friend, nothing is ever too much trouble for her."

Julie Laughton

Jean Carlton, 76, from Lincoln has been volunteering at our Forum shop in Lincoln for 10 years.

Regular customer, Julie Laughton, has paid tribute to the "big hearted" volunteer for always going the extra mile.

Julie said: "I work as a Day Time Provider for Adults Supporting Adults and often bring clients to the shop. We are always met by friendly faces and Jean, in particular, goes out of her way to make our visits that extra bit special."

Julie is a keen supporter of St Barnabas Hospice and each year she attends their annual Light Up a Life fundraiser in memory of her mum.

Julie said: "My Mum passed away four years ago and in her final days she was cared for at home by an amazing team of nurses from St Barnabas.

"They cared for Mum with such compassion and the support and kindness they offered me and my family was crucial

at such a difficult time. They gave me the strength I needed to be there for my mum at the end.

"I'll always remember one of the nurses telling me that one day I'd look back on that time and remember it as being a privilege to have spent those final moments with her.

"This is something that has stayed with me and I realise now that she was right. Although it was an incredibly sad time, to be able to spend those last days with her is something I will always cherish and hold dear."

Julie concludes: "St Barnabas is an amazing organisation who I am incredibly proud to support and Jean perfectly personifies the caring nature of everyone I have met at the organisation.

"She is truly a special lady with a big heart."