

Caring Times

Spring • Summer Issue 2016



St Barnabas
Hospice • Care • Support

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Hello

I have now been in the role of Chief Executive for five months, and it's been an amazing time getting to know the organisation.

I witnessed how the people of Lincolnshire value St Barnabas as a patient centred organisation dedicated to providing care with compassion, dignity and respect.

I have also seen how our shops provide a very real link with the communities they serve providing a place to visit that really cares.

Before joining the hospice I managed Mental Health Services and worked across the East Midlands in a number of roles, most recently in Derbyshire. I knew that if I was to ever change my vocation it would be to lead a Hospice, this was based on my personal experience of my father dying and my mother being a Hospice at Home Nurse in Somerset.

I visited the Hospice as a child and I saw from an early age that the Hospice approach to care was different. Talking openly about death is something my family have always done and valued, so to be able to combine my values with my management experience is such an honour.

The Hospice approach to care is unique and is something I believe has so much to offer in other areas of care. Hospice care looks after the whole person, helping with emotional and spiritual issues as well as the physical symptoms each patient has.

“ I believe it is a human right to receive high-quality end-of-life care and that individuals should be able to choose where they die. ”

To this end, I believe St Barnabas will need to deliver excellence in all we do. We will need to educate others to ensure that palliative patients are identified and end-of-life care can be delivered. We will need to innovate and develop different models of care, utilising the advantages technology can provide.

We will need to demonstrate the value of the Hospice approach to care, through our values, outcomes and most of all, patient and carer experience. If we get all of this right, we will continue to make a difference to the people we serve.

Chris Wheway

Chief Executive

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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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New look

This month we will be rolling out a new brand identity as we celebrate the continual growth of our hospice services and seek to raise awareness of our charity.

The new visual identity includes a refresh of our logo, which will act as a signpost for all the work the hospice is involved in. The design includes the familiar colour pallet of blue and yellow, to retain our reputation and heritage while modernising the overall look.

Our emblem features the introduction of a yellow heart to represent the care we provide to our patients and their families and to symbolise that people are at the heart of all we do.

The refresh stemmed from the continued expansion of our hospice services which has seen an overhaul of Day Therapy, the introduction of hospice at home and the support of patients in acute hospital beds.

The new brand identity will help our organisation to bring our core services together while underpinning our values of hospice, care and support.

The refresh will help us to raise our profile, increase our donations and encourage access to our hospice services. The new identity will also help us to continue our awareness raising about the range of life limiting illnesses we are able to care for – ranging from cancer, to lung and heart conditions, to dementia.

A special thank you to Ruddocks, a local design and print company, who generously donated their expertise to refresh our brand free of charge.

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

Making mum proud

Adam Lilley, 29, wants to raise at least £2,000 for our hospice by cycling 900 miles from Land's End to John O'Groats after we cared for his mum in her final days.

Jean Godber died on 19th November 2014 at the six-bedded community hospice at Grantham and District Hospital.

Adam said: "It was a massive shock for us all when Mum was first diagnosed with lung cancer in 2012. She handled it all with such grace and had a fantastic attitude; she was determined to battle the cancer head on.

"And for a while this seemed to be working as the chemotherapy and radiotherapy drove the cancer away."

After a year in remission, Jean began to feel unwell and in June 2014 she was told the cancer had returned and this time it had spread into her back.

Adam recalls: "Over the summer her health became very unsettled and she spent a lot of time in and out of hospital. Admirably, she took it all in her stride and remained in good spirits, ensuring that she always had a smile for everyone that visited."

In early November, Jean was admitted into the Hospice in the Hospital after receiving the sad news that the cancer was terminal.

Adam said: "It was such a heart breaking time for us all and so difficult watching her deteriorate but the homely feel of the hospice and the caring nature of the staff helped to make this time easier.

After almost two weeks in the care of St Barnabas, Jean Godber died at the age of 71.

“I was overwhelmed at how well Mum was looked after and the staff always ensured that she was comfortable, nothing was ever too much trouble.”

Adam said: "I was determined to do something to give something back to the hospice after they helped my mum through her final weeks. I have so much admiration for the staff that care for patients like my mum and I am so grateful for everything they did for her."

Adam and a group of friends will start the 900-mile bike ride on 18th July, cycling from Land's End to John O'Groats.

Adam said: "Training for the bike ride is quite a challenge and it is becoming ever more intense as the date draws closer. I am really looking forward to the experience even though I know there will be difficult moments.

Adam concludes: "The loss of my mum has been the hardest thing I have ever had to deal with and I am still adapting to life



without her. This bike ride is a wonderful opportunity for me to remember my mum and I know that wherever she is, she'll be smiling down on me."

To sponsor Adam, go to: www.justgiving.com/Adam-Lilley2

"I think my mum would be really proud and knowing that this would have made her smile is what will keep me going."

Adam Lilley



"The knowledge that the money I raise will directly benefit local adults battling life-limiting illnesses is enough to see me through to the finish line."

Tracy Atkins

One step at a time

Our Health Care Support Worker, Tracy Atkins, is planning to raise £2,800 this summer by trekking the Great Wall of China.

Tracy said: "The trek really is the chance of a lifetime and I am honoured to be able to raise the money for St Barnabas. My family and colleagues are behind me one hundred percent and their support will help with the emotional and physical aspects of this challenge.

"Every day I witness first hand just how crucial fundraising is to the care and services we provide and it is really motivating to know that I am able to support that, even in some small way."

Two years ago Tracy raised £1,500 when she jumped 13,000ft in a sponsored skydive.

Tracy said: "Fundraising is vitally important to our hospice because it raises much-needed funds and helps to raise the awareness of our services.

“People often ask me if working in a hospice is upsetting and, although we experience times of great sadness, the hospice is also an inspiring place filled with laughter, love and an abundance of happy times.”

"I am incredibly proud to say I work for the hospice and that I am able to help people to have the best possible quality of life until the very end. It is comforting to know that

what we do makes a real difference to so many people across Lincolnshire."

Tracy has worked at our hospice on Nettleham Road in Lincoln for the past 17 years.

Tracy said: "My role is to take care of the patients, which can be anything from helping them to eat and drink to washing their hair and applying their make-up. It's about more than just the physical side of care. It's about ensuring that their wellbeing is looked after.

"I am so confident about the quality of care that we deliver that if a member of my family ever needed the support of the hospice I know they would be receiving the best possible care in Lincolnshire."

Since the beginning of January, Tracy has organised a coffee morning, a bingo night and a disco to help raise the minimum sponsorship of £2,800 for her to take part in the trip.

Tracy continued: "I am very lucky to have the support of all my wonderful colleagues who have been digging deep to help me in my fundraising endeavours. They have already helped to raise over £1,900.

"The knowledge that the money I raise will directly benefit local adults battling life-limiting illnesses is enough to see me through to the finish line."

To sponsor Tracy, go to:
www.justgiving.com/Tracy-Atkins3

Pole position to pounds

In 2015, Chattertons named us as their Charity of the Year and raised over £14,000.

Throughout the year the firm organised a number of fundraising activities including quizzes, bake-a-thons, tombola's, raffles, ten pin bowling and a Christmas jumper day. The fundraising culminated in an F1 evening held in September which raised over £7,250.

Katherine Bunting, Partner at the Firm and Chair of the Charity Committee says:

"St Barnabas Lincolnshire Hospice provides a vital and free service that we at Chattertons are proud to support. The charity also touched the hearts of the staff as our dear colleague Sophie Attfield was diagnosed with a tumour and has since passed away. Sophie was admitted to St Barnabas Hospice in Lincoln so we are pleased to have been supporting the Hospice in 2015."





From left to right: Caroline Opsblum, Paula Broughton, Una Taylor and Catherine McIntosh

Remembering Richard

Catherine McIntosh raised £11,000 for our hospice after she spent six months planning a charity ball to remember her brother.

Richard's Ball took place on Saturday 24th October at The Bentley Hotel in Lincoln and attracted 215 guests. The evening featured live music, a casino, a raffle and a tombola, with 120 prizes donated from the local business community.

The ball was organised to mark the 50th birthday of Richard Taylor who had died from cancer at the age of 42.

It was Richard's sister, Catherine McIntosh, 44, and their cousin Paula Broughton, 42, from Lincoln who decided that they should mark the milestone birthday.

Catherine said: "Richard was the happiest and most cheerful person you could ever hope to meet. He was the kind of person that would light up a room when he

walked into it and his fun loving nature was infectious to all that met him.

"Myself and my cousin Paula thought the ball would be a fitting tribute to Richard and we are absolutely delighted to have raised such an incredible amount for St Barnabas, who cared for Richard in his final days.

"We ensured the ball was personal to Richard and the colour scheme on the night reflected Richard's love of Manchester United Football Club."

The evening also included an auction with prizes such as a signed Manchester United football shirt, a signed Chelsea FC football and a water colour painting of Lincoln at night.

The evening was supported by The Nags Head Public House in Bardney, Goldsmiths, Lindums, Branston Potatoes and Belvoir Lettings.

Catherine said: "When I first heard that Richard was being transferred from the County Hospital to the hospice my heart sank. I imagined the hospice as a dark and gloomy place full of sadness and people at the end of their lives. It wasn't the kind of place that I wanted Richard to be in. How misinformed I was.

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

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

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

Catherine concludes: "The hospice allowed Richard the freedom and dignity to be able to spend precious time with his family and friends and for that we are forever grateful.

Richard's Ball is to return this year at The Bentley Hotel on 22nd October 2016.



Best foot forward

Earlier this month 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 was 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."

Online chat

We love how social media means we can keep up-to-date with all the wonderful things you do for our hospice.

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



Graham Pearce@Graham_GGHTrust shared this photo of something special he had found



in one of our shops - 'Great charity shop thanks @StBarnabasLinc'



Jeanie Bowditch

praised our Hospice at Home team – 'Can't fault the team that came and gave care to my Gran. They made a difficult and not a pleasant time in our lives a bit easier to deal with. Thanks x'



Margaret Keenan praised our teams working on Christmas Day – 'Many thanks to all working and any volunteers in today for your care of residents, like Bill. Thanks too for giving me my "day off", resting assured that he couldn't be in more expert hands! You have given me peace at Christmas.'



Steve Markham@

SteveM962 tweeted about his experience of our Hospice in the Hospital - '@WarwickADavis @LincsEcho @StBarnabasLinc A wonderful place indeed as they took great care of my Dad in his final hours. Thank you'



Su Roys MA @SuRoys1

is excited for our upcoming Gary gig – 'Home to my secret santa! Tah @MichS1981 🤔❤️ ...and a #007 ticket for @StBarnabasLinc @barlowlookalike gig. Epic 🤩'





Jonathan Scrimshaw

shared this touching post about his Dad 'On the 12th day of Christmas my Dad passed away in St Barnabas Lincoln, that's one year tomorrow. We spent Christmas and New Year by his side. Sometimes sleeping over, the staff were amazing.'



Lincolnshire Blogger@lincsblogger

supported our shops - 'Still on a huge clean out so dropped off several more bags of clothes at @StBarnabasLinc Such a great charity #SupportLocalCharities'



Emily Sentance@EmzSenny

shared this motivational pic 'Yesterday's very muddy Rauceby Ripper completed ♡run with your heart MYZONE moves @StBarnabasLinc'



Emma Delmont-Shell@DelshellEmma

tweet from the Lincoln Cathedral – '@StBarnabasLinc. Tree of Life ✨🌟🌈 #ThinkingOfYou DadGrandma AuntyGrandadx'



Jeremy Ball@jlballinteriors

praised our tea in Bourne - '@StBarnabasLinc thank you for the help and support given by the Bourne team. Best wishes to all for #Christmas and #NewYear X'

Bring a gift

Earlier in the year we hosted our Bring a Gift coffee morning at our George Henderson Lodge in February. We were inundated with beautiful unopened gifts that will be used to support future raffles and tombolas in the area.

Thanks also to the Chairman of West Lindsey District Council, Councillor Angela Lawrence for supporting the event and drawing the raffle. In addition to the raffle prizes that were donated we also raised a wonderful £337.



Tying the knot

On Friday 23rd October, we were invited to witness a truly beautiful occasion at our Hospice in the Hospital in Grantham.



Our team were able to help make dreams come true when one of our patients married his partner of 12 years.

Thomas and Frazer married in an intimate ceremony in our lounge at the hospice, which had been beautifully decorated with balloons and flowers.

The newly married couple then enjoyed a buffet complete with champagne and a wedding cake, which had all been kindly donated.

The couple met when they were both patients at Grantham Hospital and they

happened to be in beds that were next to each other. They immediately struck up a friendship which has helped them both through some very traumatic and personal issues.

Their dream was always to marry and on the day of the ceremony they were just like any other couple in love. They were nervous, excited, but above all, happy and elated.

Frazer even wore a tie from his late Grandad so that a part of him could be there to share their special day.

Festive fundraiser

Thank you to all at Lincoln North Fire Station for donating over £3,500 from their Santa's sleigh collection.



The Nettleham Road fire fighters took to the streets of Lincoln in their Santa costumes, with escorting fire engines, to encourage members of the public to dig deep into their pockets and give generously in the spirit of Christmas.

After spending a week visiting various locations in Lincoln and surrounding villages they were delighted to see so many people turn out to support them.

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Death over tea and cake

Next month we will be supporting Dying Matters Awareness Week (9 - 15 May) which aims to put the importance of talking openly about death, dying and bereavement firmly on the national agenda.



The week is themed around the 'The Big Conversation' and how having this conversation can help you to live well and make the most of life until the very end.

Plans are already underway for numerous Dying Matters events across the county with a community question time, academic workshops and bucket list window displays.

In Lincoln we will be hosting 'Before I die...' boards and a Community Coffin Project within The Waterside Shopping Centre from 9th to 13th May. Here you will be encouraged to share your hopes and dreams while helping us to decorate a coffin with your favourite quotes, photos and memoirs.

This year we are also encouraging you to join us at a Death Café being held in Lincoln.

Death Café is a global movement where people gather to discuss death over tea and cake. The objective of a Death Café is to increase awareness of death with a view to helping people make the most of their finite lives.

Our work during Dying Matters Week is about removing the stigma surrounding death and encouraging people to have conversations with their loved ones and friends about what they want to happen.

Remember, talking about dying won't make it happen!

Visit our website to find out how you can get involved in a Dying Matters event near you.

Death Cafe Lincoln

Sunday 15th May
3 – 5pm
Free entry

The Angel Coffee House, Free School Lane, Lincoln LN2 1EY



Death Cafe

My dearest Anne

Our annual quiz night Wine and Wisdom, started by Lincoln widower, John Davey in memory of his wife, Anne is celebrated its 20th year this year.

Since the quiz began in 1996, over £35,500 has been raised for our hospice after we cared for John's wife in her final days.

In December 1992, Anne was admitted to the hospice on Nettleham Road in Lincoln after being diagnosed with terminal cancer.

John, 77, said: "Anne's diagnosis came as a real shock to us all especially when we learnt that nothing more could be done for her. It was such a sad time, truly heart-breaking for all the family.

"I was a little apprehensive when it was suggested that Anne should be transferred into the care of the hospice but I was assured that they would be able to help make Anne comfortable and pain-free.

"The hospice was a truly wonderful place and the people there were incredibly kind. They took such good care of Anne but they also looked after the whole family too."

John Davey



John and Anne in 1989 on their Silver Wedding Anniversary

John added: "I will always remember the night I fell asleep holding Anne's hand and I awoke to find that a blanket had been placed over me by one of the kind people there. It's only a small thing but it is something I will never forget and it really meant a lot."

During her time in the hospice, Anne and John celebrated Christmas and New Year together.

"I'll never forget Christmas Eve and the carol singers who were performing in the hospice. The sound of the music drifted into Anne's room and Anne sat up in bed

and sang every carol. For that short time, I had my Anne back, she was just like her old self.

"It was wonderful, they had managed to bring Christmas inside the hospice and bring some normality back into all of our lives. Of course, I have many sad memories of Anne's time in the hospice but I was also given many happy ones and it's those memories that are really important."

Anne died at the hospice at the age of 56 on 13th January 1993, just eight weeks after being diagnosed.

Following her death, John organised two sponsored walks which raised over £8,000 for our hospice. In 1996, John organised a quiz night which became known as the annual Wine and Wisdom fundraiser.

“Wine and Wisdom began as a wonderful way to remember my wife of 29-years and also for our family and friends to remember her too. It also gave us an opportunity to raise money to help other families who need the valuable support of the hospice.”

"I am truly humbled by the amount of money the quiz has raised and it far exceeds any expectations I had. I never expected the quiz to become so popular and I wouldn't have dared to dream that it would still be going now.

"It's a lovely lasting tribute to my dearest Anne."

A day to make a difference

Last year Eminox, a local Gainsborough company, named us as their charity of the year and undertook a series of fundraisers.

Through their bake sales and raffles they were able to raise enough money to support the refurbishment of a physiotherapy suite at our George Henderson Lodge in Morton.

In addition to this their Deputy Managing Director, Nick Lyons, presented us with a cheque for £405 which was raised from their Christmas raffle.

Last month a team from Eminox undertook **A Day to Make a Difference** at our hospice site in Morton where they painted fences, pressure washed the patio and pruned the bushes to help make a difference to our patients and their families.



On your bike!

Our Community Fundraiser Harriet Hickin is saddling up for an epic bike ride that will see her cycle 300 miles over four days from London to Paris!



She will cycle through two of the worlds most chic cities on one of the best cycling routes in Europe!

Harriet is a novice cyclist who is looking for 10 people to join her on this once in a lifetime experience.

The bike ride is set to take place from 7th – 11th September and participants are asked to pay £99 on booking and raise a minimum sponsorship of £1,460.

We are also looking for 35 people to take on the challenge next May when we celebrate 35 years of providing end of life care across the county.

"I am really looking forward to beginning this thrilling adventure and I feel privileged to be able to do this for **St Barnabas**. I know just how important the money raised is to our patients and their families".

Harriet Hickin

To find out more information on how you can join Harriet this year or to sign up for 2017 visit **StBarnabasHospice.co.uk/L2PSept16**, call **01522 540300** or email **harriet.hickin@stbarnabashospice.co.uk**

Giant Store in Lincoln is an innovative state-of-the-art cycling store & cycling-friendly café based in the grounds of Doddington Hall. They are kindly supporting Harriet with this mammoth cycling challenge by donating clothing and loaning her the use of a professional bike which she has been fitted for, all free of charge!



Giant Store
Lincoln's General
Manager, Mark
Hollingworth,
offered Harriet the
following top tips:

1. Do plenty
of training
before the
big day

2. Learn
how to ride
in a group

3. Have
a well
balanced
nutrition
plan

4.
Have fun!

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The bird of happiness

This month Doddington Hall will open their Elizabethan gardens for their Cherry Blossom Festival from 17th – 24th April.

In celebration of Japanese culture they are encouraging as many of you as possible to make an origami crane to help decorate their hall.

For a small donation you can purchase the square of paper from Doddington Hall from 1st April.

The origami crane is symbolic of 'the bird of happiness' as the wings of the crane were believed to carry souls up to paradise. To personalise the crane participants can include a message or the name of a loved one.

Doddington Hall is hoping to receive 1,000 donated cranes as this symbolises good luck.

The cranes must be dropped off to any hospice shop in Lincoln or to Doddington Hall directly before 17th April.



Charity of the Year

Each year we are privileged to be chosen as Charity of the Year by a number of local businesses and organisations.

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

- Jacksons Workwear Rental
- Lincoln Chamber of Commerce
- Carillion plc
- Mundys
- J H Walter
- Belton Woods Hotel
- Belton Woods Hotel Leisure
- Brake Bros Ltd
- Yorkshire Bank
- Barclays Bank
- Victor Wood, Kia Cars
- Melton Mowbray Building Society



Hole in one!

A young fundraiser from Ellison Boulton Church of England Academy in Scotthorn has raised £150 from his 'On Your Knees Golf Challenge'.

Towards the end of last year Will King, 10, informed his mum that he didn't want to ask Santa for presents and instead wanted to give something back.

After careful consideration Will soon came up with the 'On Your Knees Golf Challenge' which encouraged people to film themselves driving a golf ball whilst on their knees, and make a donation to the hospice.

Will chose to support the hospice because "there are lots of people in the hospice who need help, who are very poorly and dying, which is very sad, so I'd like to do what I can to help them."

Thanks a million!

Last year our flagship day hospice in Louth marked its second anniversary by achieving two major million-pound-plus milestones.

Not only has the investment topped more than £1.5m in the provision of end-of-life care support to people living across Louth, its coastal area and neighbouring communities such as Boston, but our welfare and benefits team has also secured over £3.3m in previously unclaimed benefits for 1,900 patients and their carers.

Our advisors have secured this by demystifying which allowances are potentially available, and guiding people through what can be a complex or stressful maze to make an application.

Our Hospice General Manager, Nicky Ingall, said:

"With every month that goes by, we are getting busier and busier with increasing demand for the services we provide.

“It has also been a record-breaking year for the number of people St Barnabas has helped to live well when they are dying, as well as for the amount of investment that we have channelled locally into patient care.”

With an ageing and growing population, there are more and more people living in Lincolnshire with life-limiting illnesses - ranging from cancer, to lung and heart



conditions, to dementia – requiring the range of personalised services that the St Barnabas team provides from its new base.

The unit is the headquarters for St Barnabas's local Hospice at Home team, which supports people with advanced illnesses to be cared for in the familiar surroundings of their home and to die there if that is their wish. The team supported over 800 people in this way over the last two years.

Nicky added: "On behalf of everyone who has benefitted from our services, I would like to thank those who have contributed to our ongoing success – from fund-raisers in the community, to our first-class staff and volunteers.

"Their hard work has given our services an extra dimension and we are determined to build on this platform in the months and years to come, with more improvements and new initiatives to keep St Barnabas at the forefront of end-of-life across East Lindsey."

Thank you for your support





7



8



9



10



11

- 1 Employees from Stagecoach in Lincoln and Skegness competed in a football tournament and helped to raise £700
- 2 Lincolnshire Fire and Rescue raised £230 when they hosted a bake sale at their control room in Lincoln.
- 3 JTF in Lincoln donated a Christmas tree for our patients at our hospice on Nettleham Road in Lincoln.
- 4 Julie Hardman from the Thorold Arms in Harmston organised a charity walk and raised £650.
- 5 Guests and staff at The Bentley Hotel and Spa in Lincoln raised over £1,500 from a raffle held during the festive season.
- 6 Staff at Chestnut Homes worked hard to raise an incredible £2,230 from their Christmas raffle.
- 7 Staff from Jacksons Workwear Rental Ltd. raised £4,000 through cake sales, book sales and non-uniform days. Over the years the company has donated a whopping £8,475!
- 8 Staff and customers from The Plough Pub in Swinderby donated a very generous £1,000.
- 9 The Freemason's Grand Charity donated £3,490 bringing their total amount of money raised to a staggering £45,000!
- 10 Pupils from Giles Academy Old Leake raised a generous £375.
- 11 The Christian Voluntary Men's East Lincolnshire Group raised £550 raised from their 5k Mill Rundle Way walk.

Hitting the right note

Record numbers of people with life-limiting illnesses across East Lindsey are taking advantage of a further expansion in our day therapy services.

An increase in demand has led to an increase in the number of sessions we are offering at our Louth Hospice, ensuring the needs of those living with both cancer and non-cancer conditions are met.

As the principal provider of end-of-life care across the locality, we are now providing day therapy three days every week from our base at the hospice.

And we are taking the initiative into the heart of other communities by staging sessions once a fortnight in Skegness and Mablethorpe.

Around 200 patients have already benefited from various day therapy services, which are free-of-charge and currently funded wholly through charitable donations to St Barnabas.

Among the therapeutic sessions with a difference is "Singing for Health", a choir comprising of patients who find it helps with their breathing and coordination.

We have also expanded our physiotherapy services based at the hospice, which now operate two days a week, in response to increasing demand to provide more palliative rehabilitation to our patients.

Day therapy can help people with a range of issues which they may be having difficulty with, such as physical, emotional, social, spiritual and psychological problems.

The aim of attending the range of day therapy activities is to help people manage their symptoms, help them gain more confidence at home by assessing their personal needs, and help improve the quality of their lives.

We are also providing pre and post bereavement counselling through our Family Support Service, with a drop-in bereavement group meeting every Thursday afternoon at Louth Hospice.



A little something extra

As we welcomed in the festive season we paused to remember our patients, their families and our teams who were caring for those in the community and our hospices.

It is important to make Christmas a treasured time and one that is filled with precious memories. Our workforce bring Christmas into the hospice where a patient's entire family and friends are invited in for as long as they like.

On Christmas day, each patient received a special Christmas breakfast complete with a gift, chocolate and a mini bottle of fizz! Then at lunchtime our cooks served up a full Christmas dinner with all the trimmings!

Our community teams worked just as hard, helping to support and care for our patients who were well enough to celebrate Christmas in their own homes.

The most important thing is to give our patients and their families a special day. The focus of our whole nursing team is to provide the care, reassurance and support they need during this significant time.



Land your dream job

This is your chance to make a real difference to the lives of people with life limiting illnesses and their families.



Our employees describe working in the third sector as one of the most rewarding but you will need passion, commitment and dedication, as well as a willingness to get the job done.

Browse through hundreds of dynamic opportunities at:
StBarnabasHospice.co.uk

Volunteers are priceless

Volunteers have been at the heart of our hospice since we first began almost 35 years ago, bringing with them a passion to care and a willingness to help.

We have hundreds of volunteering roles available across the county including fundraisers, listening volunteers and bereavement support.

In particular, we are looking for volunteers to join us at our shops on Burton Road in Lincoln, Boston, Alford and Gainsborough. We are also in need of volunteers to help support our teams at our Louth and Skegness Day Therapy Centres.

Volunteering is varied and flexible and there is sure to be a role that works for you. Plus volunteering is a great way to make new friends, learn new skills and boost your CV. For more information please call **01522 518221** or email **volunteering@stbarnabashospice.co.uk**



What does hospice care mean to you?

In October we supported Hospice Care Week, an annual awareness-raising week to raise the profile of hospice care across the UK.

We focused on the special role our hospice plays in connecting with individuals and families, connecting with local communities and connecting people with each other.

We are proud that our hospice brings together a diverse range of professionals and volunteers to work side-by-side to support dying people and their families when they need it most.

Throughout the week our dedicated workforce shared with us what hospice care meant to them.



Living with secondary breast cancer

In September we launched a secondary breast cancer support group – the first of its kind in Lincolnshire – to provide additional care to those living with the disease.

The group meets the second Tuesday of every month with the next meeting held on Tuesday 10th May from 2 – 4pm, at our Day Therapy Centre on Hawthorn Road in Lincoln.

The sessions allow for people in similar circumstances to get the support they need in a relaxed atmosphere. This support may come from our health care professionals or from each other.

Sue Scully, Deputy Team Leader for St Barnabas Lincolnshire Hospice, said: "Each year we are seeing the number of people diagnosed with secondary breast cancer increase. It is vitally important that these people are recognised and that a dedicated support service is available to assist them to live well with their secondary disease."

"This group will be able to access advice and expertise from various guest speaking health professionals whilst gaining support and friendship from each other. The group welcomes anyone with secondary breast cancer regardless of what stage of the journey they are at."



"It is vitally important that these people are recognised and that a dedicated support service is available to assist them to live well with their secondary disease".

Sue Scully

The sky's the limit

Whether you're looking to fulfil a lifetime ambition or push yourself out of your comfort zone, you won't fail to feel inspired when you take part in a St Barnabas challenge event!

Imagine standing at the edge of an open doorway in an aircraft flying at 10,000 feet - Now imagine leaning forward out of that doorway and letting go - falling forward into the clouds, skydiving down through the air as you start freefalling at over 120mph!

This exhilarating once in a lifetime experience is completely free! All you have to do is raise a minimum of £395 for St Barnabas Hospice.



Our skydiving takes place on:

Sunday 24th April & Sunday 24th July at Langar Airfield

Sunday 26th June & Sunday 4th September at Hibaldstow Airfield

For further information go to StBarnabasHospice.co.uk/SDApril16

What's happening in your area?

There are hundreds of events happening in your local area from family-friendly days out, evening entertainment and once in a lifetime challenges!

To find out what's happening near you go to StBarnabasHospice.co.uk and view our Events Calendar.

Alternatively call **01522 540 300** or email fundraising@stbarnabashospice.co.uk for a copy of our latest events guide!





"We are absolutely thrilled to have been announced as the clear winners of this prestigious award".

Michelle Webb

Building better healthcare

Our ground-breaking "hospice in the hospital" was the clear winner for the End-of-life Care Development award at the Building Better Healthcare Awards 2015.

The unit at Grantham and District Hospital is the first of its kind in the UK and has been recognised for its innovative approach to patient experience at an awards ceremony.

The Hospice in a Hospital beat off competition from across the country to win the best End of Life Care project, being recognised for its unique approach of providing care to patients under the responsibility of GPs but with access to hospital nurses, doctors and therapists.

The purpose designed £1.2 million six-bedded community hospice opened in September 2014 as part of a joint venture between St Barnabas Lincolnshire Hospice, United Lincolnshire Hospitals NHS Trust, and Lincolnshire South West Clinical Commissioning Group.

It harnesses the very latest thinking and research, putting the project at the forefront of best practice by adopting a novel approach to design to improve end-of-life care across South West Lincolnshire.

Our Director of Patient Care, Michelle Webb, said:

"We are absolutely thrilled to have been announced as the clear winners of this prestigious award. It demonstrates that when organisations work collaboratively great things can be achieved which enhance the services that we are able to provide to patients and their families."

Warwick brings star quality to Grantham

In January we opened our doors to renowned actor, Warwick Davis who performed the official opening of our new purpose designed £1.2 million unit within Grantham and District Hospital.

Warwick generously donated his time and came along with his family to open our ground breaking six-bedded Inpatient Unit.

Warwick was a true star who took the time to talk to our patients, their families and our dedicated team.

“It is a great honour to be asked here to open this pioneering Hospice in the Hospital which is providing the benchmark for palliative care across the country. After speaking with the patients here, it is clear how important a unit like this is.”

.....
Warwick Davis

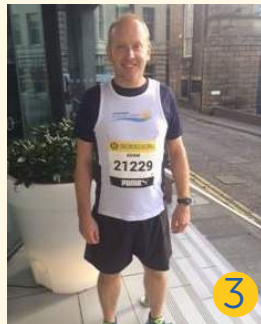
The official opening was staged by St Barnabas Lincolnshire Hospice, United Lincolnshire Hospitals NHS Trust and South West Lincolnshire Clinical Commissioning Group, who have pooled their expertise in this unique partnership.

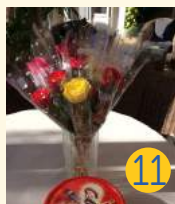
Since it opened its doors in September 2014, the Hospice in the Hospital has cared for more than 221 patients – saving them and their family and friends a 60-mile round trip to what was the county's only Inpatient Unit at Nettleham Road, Lincoln.



Local legends

Every month we are humbled and amazed by the dedication and support our patients and their families receive from our local community. Here we highlight just a few of our local legends.





- 1 Annie Doig donated a generous £500 from her birthday celebrations when she asked for donations in lieu of gifts.
- 2 Toby Hope raised over £1,700 for our hospice after enduring 24 hours on a spin bike!
- 3 Adam Davey donated £1,295 after undertaking his 11th Great North Run in aid of our hospice! Over the years Adam has raised in excess of £10,000!
- 4 Woodhall Spa Ladies Golf Club raised an astounding £5,400.
- 5 Allison Carruthers and Victoria Goodwin organised a Family Fun Day. Together they raised over £1,900 and they are already planning a second event this year!
- 6 Lincoln Netball League raise money for our hospice on an annual basis and last year presented us with a cheque for an incredible £1,300.
- 7 Marian Ritchie and her family raised £770 from a hog roast held in memory of her husband, Dave.
- 8 The Foss Ladies Choir raised £900 from a concert themed 'We'll Meet Again' featuring songs and entertainment from wartime Britain.
- 9 The Branston All Saints Ladies Group raised a fantastic £700 from numerous coffee mornings held throughout 2015.
- 10 Marjorie Green raised £237 from her milestone 90th birthday party held at Cherry Willingham Church Hall. She was very happy to see the money go to a local cause close to her heart.
- 11 The Lincolnshire Muslim Community stopped by our hospice on Nettleham Road in Lincoln with chocolates for our staff and flowers for our patients in celebration of Eid.
- 12 The Sutton-on-Sea Women's Institute raised £350 at a concert held in memory of their friends.
- 13 Thank you to Richard Tindall who donated £3,000 from a memorial golf day held in memory of his father, Richard Tindall.

Raising the roof

On Saturday 7th May, from 7:30pm, Lincoln Cathedral will be host to the 80 strong, world famous Morriston Orpheus Choir.

First formed in 1935 and enjoying an international reputation as a leading figure of male choral singing, the Morriston Orpheus Choir is in constant demand performing around 25 engagements annually. In addition, the Choir undertakes performances on television, at national and promotional events and have also performed at Sydney Opera House.

The Morriston Orpheus Choir, often referred to as the 'Ambassadors of Song', is probably the most travelled of the Welsh male voice choirs. To date, 30 overseas concert tours have been undertaken since 1965.

Tickets are sectioned in pricing, £22.50, £18.00 and £15.00 all of which can be purchased from **StBarnabasHospice.co.uk/morristonchoir**

Tickets can also be purchased at the Lincoln Cathedral Box Office.



Golfer's swing into fundraising

Thank you to Tony Titley and friends at Gainsborough Golf Club who donated over £4,500 to support our hospice services from our George Henderson Lodge in Morton.

Last year our hospice was chosen as the Golf Captains charity of the year because of their desire to support a local cause and from personal experience of the care the hospice delivers.

The money was raised through various fundraising activities including raffles and Tony's Captain's Golf Day.

Remembering our loved ones

Our Light Up a Life campaign raised over £37,000 after more than 1,600 people turned out to remember the people they love.

Nine celebrations were held across the county with each event featuring touching readings, music and time for quiet reflection, with candles lit in remembrance of loved ones.

The torch-lit procession in Lincoln saw over 1,000 people carry a flaming torch to

Lincoln Cathedral before the Tree of Life lights were switched on. The lights are a symbol of hope in the darkness with each light dedicated to someone special.

Our celebrations across Lincolnshire were emotional and moving, each filled with love and comfort.



Photograph courtesy of Lincoln Cathedral



Photographs courtesy of Stuart Wilde

Money one less worry

Cathy Andrews, 61, from Hackthorn in Lincolnshire was working as our Assistant Cook when she was sadly diagnosed with bowel cancer.

After a course of treatment and a failed colostomy Cathy received the most devastating news of all, the cancer was terminal and she had just two years to live.

Cathy said: "From the very beginning I had an instinctive feeling that something just wasn't right and I suspected cancer all along. I am no stranger to the disease, my father, mother and husband all died from cancer and working at the hospice has opened my eyes even wider.

"It still doesn't make the news easier to hear, but I was determined to live each day to the full and to spend as much time as possible with the people I love. It was then that I began to think about early retirement but I was worried about how I would cope financially.

“Living with a terminal diagnosis is stressful enough without the additional burden of money worries. But with the help of the Welfare Benefits team at St Barnabas that worry was taken away.”

"Their wealth of knowledge about the complexities of the benefits system was astounding and they were able to help me fill out the forms and make the necessary phone calls on my behalf."



With the help of the team at St Barnabas it wasn't long before Cathy began to receive her weekly payments.

"The wonderful thing about the Welfare Benefits team is that they kept in regular contact and always followed through with their promises. If they said they would call you back at a certain time, they actually did. I know it sounds small but reliability is really important at a time when everything around you seems uncertain.

"Their continued support also meant that they were able to identify that the benefits I was receiving were incorrect and they were able to rectify this on my behalf. The money they were able to secure has made a real difference to my life; it is the difference between existing and really living.

"It has given me the freedom to be able to visit my children and grandchildren without the worry of how I will pay for it."

Cathy concludes: "I can't thank the team at St Barnabas enough for all their care and support. Their reassurance that they will help me through this challenging time made a real difference to me and my life. It is because of them that I am getting to spend what time I have left with the people who matter the most."

Many people do not receive payments they are entitled to because they believe that their income or savings are too high. However, a lot of benefits are not means tested and can be paid regardless of financial circumstances.

For information and advice call the Welfare Benefits team on: **01476 513 544**

Nature and Nurture

Caitlin McLaughlin is one of the three finalists for the 2016 RHS Young Designer of the Year, which takes place at RHS Flower Show Tatton Park in July.

This year she is submitting a garden entitled 'Nature and Nurture' which combines the importance of green spaces for human health and wellbeing with nature conservation.

Once the garden has been judged Caitlin plans to donate the entire collection to our hospice in Louth where it will be reproduced for the enjoyment of our patients and their families. This will be created as a memorial garden in memory of Jane McCarthy, a former patient at the hospice.

Caitlin said: "The garden is intended to represent an urban nature reserve for



UK wild plants, with clean lines and hard landscaping in keeping with its imagined urban location.

“An island seating area within this space will act as a refuge and calming space for people to escape the hustle and bustle of the city and relax, surrounded by nature.”



Coming to a high street near you!

This month sees the opening of our 27th shop, located on Lincoln's High Street next to the new pedestrian bridge.

Appealing to a variety of customers, the store will boast a wide variety of stock including a great range of new goods, handbags and accessories. We will also be opening seven days a week, providing the perfect shopping destination.

Our new shop opens on Saturday 16th April at 10am.

Trailblazing barons

Our hospice calendar was a resounding success, after our special collaboration with the Trussell Trust and Lincoln BIG brought us the magnificent Lincoln Barons in all their colourful glory.

Between the shops and the Lincoln Tourist Information Centre we sold over 2,400 calendars, bringing in over £5,000 for the hospice!





Happy birthday

We celebrate three shops birthdays this year – Louth Bookshop's 2nd birthday, Boston's 1st (relocated to the Market Place) and the Forum's 1st (merging our two shops into one).

Bunting, balloons and birthday cake helped with the festivities, and our Chief Executive Chris enjoyed the task of cutting the cakes – and eating them too!

Each shop has been very well supported by their local donors and customers, and each has become a key part of the community too.

Ebay treasures

Our ebay department keeps on selling fantastic treasures donated to us by our wonderful supporters, and ships them all over the world as far as Russia, China and Chile!

Our fab finds include a set of Police medals which made an arresting £375, a Bolex movie camera captured an impressive £300, and a job lot of Ordnance Survey maps found £161 for the hospice.



The perfect gift *giftaid it*

We managed to raise £81,000 towards patient care from Gift Aid in the last financial year, from the sale of donated items in our shops. This scheme doesn't cost donors a penny, and as long as they pay some sort of UK tax we can claim the Gift Aid from the government.



May the Force be with you!

A long time ago in a galaxy far, far away a Lincolnshire Hospice sought brave Jedi knights to join them in their quest to walk 10k across the Lincoln galaxy to raise money.

Recently the Jedi have felt a disturbance in the Force generated by the dark side. Master Yoda calls upon all Padawan to join forces to defeat the dark side once and for all.

Your journey will begin on Saturday 17th September on planet Earth at Yarbrough Leisure Centre in Lincoln.

All Padawan will be greeted by their favourite Star Wars characters, receive

a Star Walks bag and warm-up for the challenge with Jedi training.

Upon completion of your challenge you will receive a complimentary Han Solo Halloumi bap or a Padmé pork bap.

Accept this challenge at:

StBarnabasHospice.co.uk/starwalks

Early bird tickets*

£12 Adult • £7 Children age 8 – 16yrs
(flat rate fee)

£30 Family ticket
(two adults and two children)

*Early bird prices end on 30th June 2016

StBarnabasHospice.co.uk

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[@stbarnabashospice](https://twitter.com/stbarnabashospice)

The real cost of hospice care

Last year we helped to care for more than 9,000 people across Lincolnshire who are living with the impacts of a life-limiting illness.

It costs £9 million per year to be able to provide our services free of charge to families across Lincolnshire.

Around half of this amount is raised through voluntary funds raised through fundraising, charity shops and our lottery.

**How
does your
fundraising
make a
difference?**

£5

pays for a three course meal for a patient receiving specialist care.

£50

pays for ten lightweight fleece blankets to provide added warmth and comfort to our patients.

£120

pays for a Hospice at Home nurse to care for a patient in their own home.



Donate online at StBarnabasHospice.co.uk/donate



Hospice to the High Street

Our Stamford hospice at home team are relocating from Stamford hospital to the purpose-built office space above our shop in Bourne.

The relocation comes after Stamford Hospital revealed their plans to make changes to the hospital site. The move to the Bourne shop is the first time that we have utilised one of our shops to support our care services.

Our Director of Patient Care, Michelle Webb, said:

"We are hoping that the convenient location will mean that our team will be able to support members of the public directly and will offer an increased choice of services including welfare and benefits advice and support from the family support services team."

The Bourne location will also act as a 'hot desk' for other health and social care professionals and will support

collaboration of palliative care services in the local community.

“Patient care will continue to be our priority and the move to Bourne will not change this. Our nurses will still be caring for the same patients in the same area and access to our services will greatly improve.”

"We always welcome ways to work differently and more effectively and this venture offers the opportunity for further innovation in the community."

The new telephone number for the Stamford Hospice at Home team is **01778 394324**.
