

St Barnabas  
Lincolnshire Hospice



# The CARING TIMES

Issue: Autumn/Winter 2014

## History in the making!

UK's first hospice in the hospital  
opens

## The Jules King legacy

Teenage brothers raise more than  
£28,000

## "Remarkable" hospice care

How hospice care can rehabilitate



# Grantham Hospice in the Hospital



## ***Welcome to your Autumn/ Winter newsletter.***

You may have noticed that we've made some changes to the look and feel of your newsletter. The name is now 'The Caring Times' which we feel better communicates the ethos of our hospice and what you can hope to find in these pages.

This summer I was delighted to see history in the making when we opened the UK's first hospice in the hospital at Grantham.

We are always looking for opportunities to strengthen services so that people can access these close to where they live. It was for this reason that we have worked with GPs, colleagues from Grantham Hospital and the Clinical Commissioning Group to open this exciting new venture.

The new six-bed inpatient unit will care for more than 160 people from across South West Lincolnshire each year – saving them and their friends and family a 60-mile round journey to currently the county's only inpatient unit at Nettleham Road, Lincoln.

The unit is at the forefront of latest thinking and research which shows how the patient experience can be transformed by the design of the environment in which they are cared. Each room has its own en-suite facilities and french doors that lead them outside into the courtyard.

We are all really proud of the new unit and the opportunities it creates for us to further improve palliative and end of life care for people in Grantham, Sleaford and the surrounding villages.

I hope you enjoy reading your copy of 'The Caring Times'.

*Sarah Jane Mills*  
**Chief Executive**

The overall design of our newsletter has been slightly changed to ensure easy and enjoyable reading. You can let us know what you think of these changes at [marketing@stbarnabashospice.co.uk](mailto:marketing@stbarnabashospice.co.uk). Your opinions are really important to us and may help to shape future issues.





Each room has en-suite "wetroom style" facilities



The reception area showcases local artistic talent

## The purpose designed **HOSPICE IN THE HOSPITAL** will care for **MORE THAN 160 PEOPLE** across South West Lincolnshire each year



Patio doors have the effect of bringing the outside in



Seating areas are included and reinforces that this unit supports patients and their families



Colours of decorations and fabrics have been chosen to create a homely environment



The theme of the new unit is trees - each bedroom is named after a tree



## Crucial care in the final hours

Terry Wright, 68, and his wife Christine, 64, had been married for 46 years; they had two beautiful daughters and five grandchildren. In 2008 their lives would change forever.

Terry said: "Christine confided in me that she had found a lump in her breast. Her Mother had died from breast cancer and this was the catalyst for Christine refusing to seek medical intervention, instead vowing to battle the cancer herself."

Terry and the rest of the family rallied around her to support her in any way they could. For the first two years Christine managed her symptoms well and continued to live a good quality of life.

However, by 2012 she became housebound and the cancer had broken through her skin, leaving her with an open wound. Realising that they could no longer cope alone Terry called for our help.

Terry said: "Two nurses arrived and immediately set about washing and changing Christine and making her as comfortable as possible. I felt like a weight had been lifted off my shoulders, just knowing that somebody was there was a huge relief.

*"What I like about St Barnabas is that the care is there when you need it the most and the people are so genuine. "*

"The nurses returned later that day to ensure Christine was still comfortable and to reassure me that they were at the end of a phone if I needed them. Christine was extremely poorly and I knew in my heart that we didn't have long left together.

"Later that evening I climbed into bed with Christine for what would be the final time. She passed away a few short hours later.

"I know that Christine only received care from St Barnabas for one day but they really did make such a difference in her final hours, and two years on, they are still making a difference to me."

Terry and his family are now active supporters and are heavily involved in our annual fundraisers.

Terry said: "The whole family has thrown themselves into fundraising for St Barnabas; we just want to raise as much money as possible and give something back to such a deserving organisation.

"It's the small things that make the biggest difference, like they take the time to remember your name; it's that level of personal care that really matters. They have welcomed me with open arms and you never have to feel like you are alone; it's just like being a part of one big family."



## Extending our care to the renal unit

In a pioneering new project our volunteers are supporting patients in the renal unit within Lincoln County Hospital.

The volunteers are on hand to offer patients dedicated support through a host of skills, including; basic relaxation techniques and therapeutic hand massage.

Sam Lewis, Specialist Nurse Practitioner, said:

*"It is often very difficult for patient's under-going regular dialysis treatment to be able to access some of the services we provide in Day Therapy due to their treatment commitments.*

*We are hoping that our volunteers may be able to bring a little bit of Day Therapy to those patients and bridge the gap between acute and hospice services."*

For a chat about volunteering on this project call us on  
**01522 518221**



# Providing a lifeline of support



Cathy Poulton, 73, has been the sole carer for her husband Ted, 78, for the past three and a half years. Ted is suffering with the early onset of dementia and the muscle wasting disease ataxia.

Cathy herself has faced personal health struggles and underwent surgery in 2010 to have a tumour removed from her pituitary gland, at the base of her brain. Although the tumour was successfully removed she suffered a bleed which left her with tunnel vision in her left eye.

Despite only having partial eyesight Cathy cares for Ted alone. She does all the cooking, cleaning and household chores. She is also Ted's emotional support as he struggles to understand and accept his conditions.

Cathy said: "The tragic part about these two conditions is that one progresses the other. They feed off one another and Ted has begun to deteriorate. He can't be left alone for long, which means I can't go out and see friends as much as I'd like. Ultimately, he relies on me entirely. Our whole lives are dictated by Ted's illness.

"Ted doesn't realise how bad he actually is. He doesn't recognise that his behaviour is out of the ordinary. It's sad really. There are times when he just sits in his chair staring endlessly out of the window for hours, his face expressionless and his eyes vacant.

"His behaviour can be very erratic, one minute he is completely on the ball and then the next he acts like a small child."

Cathy explains that being a full-time carer can leave you feeling cut off from society but accessing our Day Therapy support in October 2013 has proven to be a lifeline.

Cathy said: "I was immediately struck by how helpful and empathic the staff there are. They have helped to put my mind at ease by creating an emergency carer's plan which details how Ted would be cared for if I became unwell.

"It has also been wonderful to have the opportunity to talk openly and freely; I don't have to bottle everything up, and I know it sounds strange, but I could never speak to my GP like that.

"Being a full time carer can be stressful and exhausting and I often find it difficult to relax. When I'm at home with Ted I'm always on edge, if he's in another room I'm straining to listen out, worried that he may have a fall or need my help.

*"Day Therapy offers me a tranquil environment and the chance to have time out from my everyday life. I am so grateful to the outstanding staff and volunteers I have met. I'd be absolutely lost without St Barnabas now."*



# How “remarkable” hospice care helped my husband return home

In April 2014, Amanda Orr, 56, received the devastating news that her husband Mick, 65, had just a short time to live and as a result would be transferred to our hospice on Nettleham Road in Lincoln.

Only eleven months earlier Mick had been diagnosed with an aggressive and incurable form of prostate cancer. He went on to suffer spinal cord compression as a result of the secondary cancer in his bones and his health began to deteriorate.

Amanda said: “That was five-weeks ago and I am happy to say that Mick is still with us and he is in high spirits. People assume you come to the hospice to die but that is not always the case and certainly was not true for Mick. He has gone from strength to strength at St Barnabas and, amazingly, he is being discharged next week to return home.

“Mick has really benefited from the care of the specialist nurses and doctors who are available to him twenty-four hours a day. Pain management has always been administered quickly and efficiently and this has ensured that Mick has remained pain free and comfortable.

“He has also had daily sessions with physiotherapists and complementary therapists who have worked to improve Mick’s mobility and to rehabilitate him.

“We have been so impressed with the quality of care Mick has received, it has been outstanding. The staff and volunteers go the extra mile, nothing is ever too much trouble

and all you have to do is ask. It really is home from home, as best as it can be, in this situation.”

During his time at the hospice, Mick and Amanda were also able to plan for Mick’s future care in an Advance Care Plan.

Amanda recalls: “Writing an Advance Care Plan was not easy or comfortable but it was necessary. It is a real comfort to know that when things get difficult Mick has already made decisions about the sort of care he is happy to receive and ultimately where he would like to be at the very end.

“This allowed Mick to take back some control and leaves us free to enjoy the time we have left together. Mick’s continued positivity and the ethos at the hospice have taught us both that a cancer diagnosis doesn’t mean life has to just stop.”

Amanda concludes: “It really is a cruel irony that St Barnabas Lincolnshire Hospice is reliant on charitable donations when it is such an integral part of our community. I have seen first hand how hospice care makes a remarkable difference.”

*Since writing this article Mick suffered further complications and sadly passed away peacefully on Monday 2nd June 2014, pain free and in the company of his loving wife.*

# Celebrating our successes!

On Tuesday 9th September we celebrated our very first awards evening! It was hosted by our Chief Executive Sarah-Jane Mills and took place at our Day Therapy Centre in Lincoln.

Sarah-Jane began planning for the awards evening 12 months ago when she recognised the opportunity to showcase and reward the excellence that was being demonstrated by her staff, volunteers and close partners within the community.

Sarah said "St Barnabas Lincolnshire Hospice is an organisation that prides itself on its pioneering and

ambitious commitment to delivering high quality palliative and end of life care. It is because of the outstanding contributions from the people who work for us, or alongside us, that we can continue providing an unparalleled level of care.

The highlight of the evening was the Young Achievement Award, won by Alex and Harry King, who have raised in

excess of £28,000 in memory of their mum who was cared for by the hospice.

Their achievements were further celebrated when it was announced that the award would be renamed the Jules King Award as a lasting legacy to their mum.

Congratulations to all the winners and for their commitment to hospice care!



**The Innovation Award**  
Wendy Smith



**The Outstanding Contribution Award**  
Neil Paulger



**Long Service Volunteer Awards**  
Pat Harvey, Joan Robertson, Ann Taylor, Doreen Wood, Elizabeth Bourn, Sheila Briggs, Pearl Landry



**The Palliative Care Hero Award**  
Christopher Peacock and Bethany Evans, East Midlands Ambulance Trust



**The Corporate Award**  
Running Imp, Elite Fish & Chips, Western Power Distribution and Gelder Group



**The Young Persons Achievement Award**  
Alex and Harry King



**The 30 Years Long Service Award**  
Marie Pattison



**The Team Award**  
Lincoln High Street Shop





## New shop in heart of community

Thanks to our dedicated supporters we were delighted to open the doors to our new shop on Wragby Road in Lincoln!

The new unit was opened on 16th August after we won the public vote in the Tesco and Lincolnshire Echo 'Yours for a Year' competition. We had won the public vote after demonstrating how we would involve and support local young people.

We were delighted to see so many of you at our grand opening which was kindly officiated by the City Sheriff and Lady. Trading has been brisk from the start and our new location is proving to be very popular with shoppers.

We would like to take this opportunity to thank everyone who voted for us to win this very generous prize!

## Help your donation go further *Gift Aid it!*

The hospice shops are bursting with high quality products which are kindly donated by our supporters.

Remember, if you Gift Aid your donations we can claim an additional 25% from the Taxman at no extra cost! So please ask our staff and volunteers about Gift Aid and help us to get the most from your generous donations.

Gift Aid really does make a **HUGE** difference! So far this year we have raised an additional £27,000 through Gift Aid and since we first ever claimed, we have amassed an extra £123,000 for the hospice!



## The WOW Factor!

Our Lincoln High Street shop was crowned winners at this years Charity Retail Association Annual Conference! They scooped the 'WOW Factor Best Shop Window' for their Alice in Wonderland inspired display.

Congratulations to Carol and her entire team on this excellent achievement!

## Seasons are a changing

Autumn heralds new styles for our shops as we fill up with warmer clothing and accessories. With Christmas quickly approaching we also have a lovely new range of Christmas cards, gifts, diaries and calendars now in stock!

The images in our calendar have kindly been provided by our very own St Barnabas Camera Club! The club is made up of staff members with a passion for photography and the countryside! The images are truly breathtaking.



## Get to know the volunteering team



**Lisa Gibson, Volunteer Services Manager**

*"I have been with St Barnabas for three years and I love what I do here."*



**Steve Bond, Assistant Volunteer Services Manager**

*"I began working for St Barnabas in April 2014 and I am proud to help our volunteers in making monumental differences to the lives of our patients."*



**Pippa Sellers, Volunteer Services Administrator**

*"I am embracing my new role, helping our volunteers to make a difference to the lives of our patients."*

## Making the difference

Volunteers have always been at the heart of the hospice and our new unit in Grantham will be no different. Reception, ward and garden volunteers will contribute to the care of our patients in much the same way as in our Lincoln Inpatient unit.

To find out how you can get involved at Grantham call Pippa on **01522 518221**

*"Investing time into someone who is aware their life is coming to an end is an absolute privilege."*

*"To share in their journey, to bring them a cup of tea, to listen to their story changes my life as well as theirs"* Anonymous volunteer

## Hands on at Nettleham Road!

Chloe Jacklin began volunteering at the Inpatient Unit in July last year. Chloe has always wanted a career in medicine and saw volunteering as a way to gain experience and knowledge that would assist her in fulfilling her ambitions.

Long term volunteering roles such as this are looked upon favourably by institutions as it shows a real willingness to commit to a cause.

Chloe said: "My volunteering experience has helped with my personal statement and interviews for university. I enjoy the personal interaction; have grown in confidence and learnt to better communicate with different people. My volunteering has helped me to understand palliative care in a real setting. It is a supportive environment for students to learn and grow."

After receiving the required A Levels, Chloe is now studying medicine at Oxford University. Her volunteering role means that much to her that she wishes to continue volunteering during her holidays!

This volunteering success story is mirrored by many of our student volunteers. In fact nearly 50% of our ward volunteers are under 25!





## Can you lend an ear?

At St Barnabas Lincolnshire Hospice we are committed to continually improving our care services. In order to do this effectively we need to hear directly from our patients and their carers.

We would love to find out about their experiences and need YOUR help to do that.

We are looking for special people who have time to listen and are willing to undertake training. As a specially trained volunteer you will speak to people about their experiences as a patient or a carer. This definitely isn't about filling in another survey; it's a conversation, where time isn't an issue.

Patient and carer conversations may take place in the hospital, hospice or a patients home and you will be reimbursed for your expenses.

For a chat about the role, call Lisa on **01522 518248**

**21,095**  
hours were  
donated by retail  
volunteers in the  
first 6 months of  
2014

**541** shifts  
and endless  
conversations by  
our volunteers at  
the inpatient unit  
from April – July  
2014

**445** years  
volunteering  
experience in  
our Family  
Support Service

**82%** of our  
volunteers are  
female! Where  
are you gents?

**125** shifts  
and endless  
encouragement  
at Day Therapy  
in Lincoln from  
April – July 2014





# Dates for your diary

## November

2nd Nov	Christmas Table Top & Crafts Fair, Kirton Town Hall, 11am - 2pm, 20p entry. £5 per table or £7.50 with a clothes rail
6th Nov	Ladies' Lunch, Kenwick Park Hotel, Kenwick Park Estate, Louth, 11.30am. Tickets £20
7th Nov	Quiz Night, King's School, Grantham, 7pm for 7.30pm start. Tickets £3 per person. Teams up to 6
8th Nov	Bailgate Christmas Craft Fair, Bailgate Methodist Church, Lincoln, 10am - 3pm. 50p entry
11th Nov	'Joules' Seconds Sale, The Urban Hotel, Swingbridge Road, Grantham, 6pm - 8pm. £4 on the door
15th Nov	Sleaford Christmas Fair, Leasingham Village Hall, 10am - 1pm
18th Nov	Coffee Morning, St Barnabas Louth Hospice, Grimsby Road, Louth, 10am - 12pm
18th Nov	Fashion Show & Clothes Sale, William Farr School, Welton, 6.45pm. Tickets £5, £6 on the night
22nd Nov	St Barnabas Hospice and Tealby WI Festive Fayre, Tealby Memorial Hall. 10am - 3.30pm. Free Entry.
25th Nov	Lincoln Light up a Life Service and Torchlight Procession, Our Lady of Lincoln Church, Cabourne Avenue, Lincoln, 6pm
27th Nov	Festive Coffee Morning, St Barnabas Grantham Hospice, 86 Barrowby Road, Grantham. 10.30am - 1.30pm
28th Nov	Christmas Shopping Evening, St Barnabas Spalding Hospice, 2 Clover Way, Wygate Park, Spalding, 6.30pm - 9.30pm. £1.50 entry including mulled wine & mince pie
28th Nov	Family Bingo, Horncastle Community Centre, Manor House Street, Horncastle, Doors open 6.45 pm, eyes down 7pm
29th Nov	Christmas Fair, St Barnabas Spalding Hospice, 2 Clover Way, Wygate Park, Spalding, 12 noon - 4pm
29th Nov	St Barnabas Christmas Tree at St Mary's Church Christmas Tree Festival, Church Lane, Horncastle, 10am - 2pm, 11am - 3pm Sunday

## December

2nd Dec	Christmas Lunch, Woody's Bar & Restaurant, The Vinery, Woodthorpe, Alford, 11.30am. Tickets £18
4th Dec	Skegness Light up a Life Service, St Matthews' Church, Skegness, 6.30pm
5th Dec	Christmas Party Night, Masonic Centre, 4 Chambers Street, Grantham, 7.30pm - 11.30pm. Tickets £27 per person or £200 for a table of 8
7th Dec	Sutton on Sea Light up a Life Service, Methodist Church, High Street, Sutton on Sea, 3pm
7th Dec	Spalding Light up a Life Service, St John the Baptist Church, Spalding, Lincs, 4pm
8th Dec	Louth Light up a Life Service, Trinity Centre, Eastgate, Louth, 6pm
8th Dec	Sleaford Light up a Life Service, Sleaford Methodist Church, Northgate, 6.30pm
9th Dec	Grantham Light up a Life Service, St Wulfram's Church, Grantham, 6pm

## December

9th Dec	Gainsborough Light up a Life Service and procession to the tree, United Reformed Church, Gladstone Street, Gainsborough, 7pm
12th Dec	Boston Light up a Life Service, Zion Methodist Church, Brothertoft Road, Boston, 6.30pm
13th Dec	Christmas Sing along and Santa's Grotto, High Street, Lincoln, 9am - 3.30pm
18th Dec	Late Night Grotto, The George Shopping Centre, Grantham, 4 - 7pm

## January

Jan	WelDun Challenge, Welton and Dunholme. A month of activities and events, call Caroline Swindin 07435 970309
7th Jan	Grantham Strictly Ballroom lessons start, Long Bennington Village Hall, 7.30pm 8.30pm for 10 weeks
13th Jan	Bring a Gift coffee morning, St Barnabas Louth Hospice, Grimsby Road, Louth, 10am - 12pm
15th Jan	Bring a Gift Coffee Morning, St Barnabas Gainsborough Hospice, Front Street, Morton, 10am - 12pm
17th Jan	Bring a Gift Coffee Morning, Market Rasen Library, Mill Road, Market Rasen, 10am 12pm
18th Jan	Lincoln Strictly Ballroom lessons start, St John the Baptist Church Hall, Sudbrooke Drive, Lincoln, 5pm - 6pm
18th Jan	Lincoln Strictly Kidz lessons start, St John the Baptist Church Hall, Sudbrooke Drive, Lincoln, 4pm - 5pm
24th Jan	Burns Night, South Holland Centre, Spalding, 7pm. Tickets £35

## February

5th Feb	Winter Warmer Coffee Morning, St Barnabas Grantham Hospice, 86 Barrowby Road, Grantham, 10am - 12pm
7th Feb	Boston Hospice Coffee Morning, St Barnabas Boston Hospice, Green Lane, Boston, 10am - 12pm
Feb	Murder Mystery Evening with Grantham Amateur Dramatics Society
17th Feb	Pancake Coffee Morning, 2 Poachers Gate, Pinchbeck, Spalding Lincs, 10am - 12pm
27th Feb	Jacket Spud Supper and Race Night, British Legion Hall, Crowland, 7pm. Tickets £7 including jacket potato supper
27th Feb	Wine and Wisdom, Waddington Village Hall, Waddington, 7.30pm. Teams 5 - 8, £6 per person includes wine and crisps
28th Feb	Sleaford Lantern Walk, St Denys Church Hall, Sleaford, 6pm Sponsored 2.5/5 mile walk, £5

### CHALLENGE EVENTS

#### Treks

30th September - 4th October 2015.....**MOROCCO TREK**  
 7th - 11th October 2015 .....**PETRA TREK**  
 Other treks available include Mount Kilimanjaro, Iceland & The Great Wall of China, dates available upon request

#### Cycles

22nd - 26th April 2015 ..... **LONDON TO PARIS CYCLE**  
 27th May - 31st May 2015 ..... **3 CITIES CYCLE**  
 11th - 14th June 2015 **LONDON TO PARIS 3 DAY CYCLE**  
 1st - 5th July 2015 (Hospice Only) ..... **3 CITIES CYCLE**  
 29th October - 8th November 2015 ..... **VIETNAM CYCLE**

**SKYDIVES** available throughout the year from your chosen site.

Please email [chris.fox@stbarnabashospice.co.uk](mailto:chris.fox@stbarnabashospice.co.uk) or call 0791 8023908 for more information about challenge events



# Our year



Katie Mumby  
Lincoln 10k



Cherry Willingham Co-op raised  
£756.94



Lincoln Strictly  
Ballroom winners



Brayford Belle raise £505



Lottery Bear



D Brown Builders  
walked 54 miles



Womens Institute raise £1,510



UK Headz play at  
Midsummer Music



Emma Hilton  
London Marathon



Grantham Strictly Ballroom



# in photos



y  
rs



*Lincoln Golf Club raise  
£1,354.74*



*Gainsborough Lions  
raise £100*



*Summer Fete*



*Danwood raise  
£253.97*



*One night in a Onesie*



*Paws 4 a Cause*



*Natasha Markham  
skydiving*



*Morton Co-op raised £641*



*Qinetiq raised £480*



*Kirsty John - skydiving*



*Tesco transformed  
Louth Road gardens*



*An Audience with  
Warwick Davis*

If you have any photos  
you would like to share in  
future newsletters please  
send them to [marketing@stbarnabashospice.co.uk](mailto:marketing@stbarnabashospice.co.uk)

# The Jules King Legacy

Two teenage boys have been working tirelessly to continue their mother's legacy whilst raising awareness and £28,007.42 for the hospice.

Alex King, 19 and his brother Harry, 17, found their lives turned upside down when their mother, Jules King, died in March 2012, following a 14 month battle with bowel cancer.

Jules had been cared for on two separate occasions at our inpatient unit on Nettleham Road, Lincoln. After her first stay she was so impressed by the quality of care she had received that she organised an auction for the hospice which raised £9,000.

It was during her final days and second stay at the hospice that Alex and Harry realised their own desire to help the hospice.

Alex said: "Myself and Harry wanted to organise fundraising events at our school to continue the good work our mother had started. Up to this point very few people were aware of our situation and if we were to ensure the success of our fundraisers we would need the support of our peers.

Alex and Harry, students at William Farr School, Welton, planned to address their entire

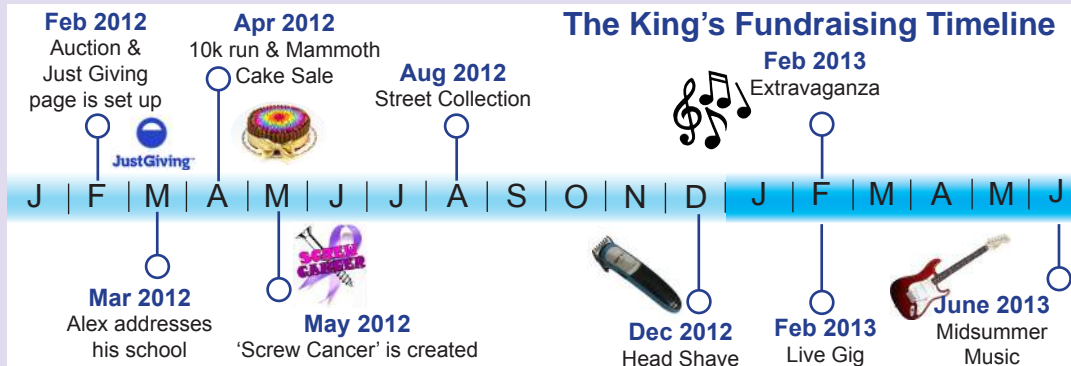


school during the Easter assembly. However, hours before they were due to speak they received news that their mother's condition was critical and both boys raced to her bedside.

Alex said: "She was unconscious when we arrived but we were told she had stabilised and would live a little longer. There was still time to return to school and deliver the speech I had planned. As assemblies were only 3 times a year I couldn't let the opportunity pass, so I rushed back to school, leaving Harry by our mother's side."

Courageously Alex stood in front of the entire school and delivered a personal account of how his mother had been battling cancer and that in that moment he didn't know if she was dead or alive. Sadly she passed away at the hospice the following day.

## The King's Fundraising Timeline





When the boys returned to school the impact of Alex's speech was evident when their classmates turned out in force for their sponsored 10k run and mammoth cake sale.

Spurred on by the success of these events Alex and Harry set up their own charity 'Screw Cancer' to help younger people identify with their cause.

Alex said: "Screw Cancer came from my speech I did in front of the school. It was the last thing I said before rushing off to be with Mum. It somehow seemed to resonate with people, especially young people and before we knew it, we were selling charity T-Shirts with the slogan emblazoned across the front."

Carrying on the momentum the brothers have organised mass head shaves, street collections and live music gigs. Throughout their fundraising efforts the boys have maintained their studies with Alex now reading English at Cambridge University.

In his absence Harry will continue to fundraise with plans for a potential skydive next summer.

Harry talks of the care his mother received at the hospice and why he thinks it is important to continue his fundraising.

Harry said: "I always remember there was homemade biscuits and hot chocolate waiting for us when we visited mum at the hospice after school. Its funny how you remember such a small thing like that, but it perfectly illustrates the sincere care the nurses provided.

"The wonderful thing about the hospice is that it focuses on really living not just staying alive. Its about quality of life and making the most of every single second.

*"Any of us could end up in the situation the patients at the hospice find themselves in. All we can hope for is to be looked after by people who really care and the nurses at St Barnabas genuinely care, with unparalleled depths of compassion."*

**Feb 2014**  
Extravaganza



**June/July 2014**  
World Cup Sweepstake



**MAY 2014**  
School leavers fundraiser

**June 2014**  
Midsummer Music





# One Night in a Onesie is a huge success!



On Saturday 7th June our annual Moonlight Sleepwalk saw 873 supporters take to the streets in their onesies.

The walks were held in Lincoln, Boston, Grantham and Louth and together they have raised over £59,000 for St Barnabas Lincolnshire Hospice.

Becky Otter, Events Manager, said: "A huge heartfelt thank you to everyone who took part in the walks. It was wonderful to see so many like minded people coming together to unite for one common cause. The sense of community spirit was inspiring as men and women, both young and old, walked shoulder to shoulder for hospice care."



We are already planning next years walk and would love to see you there, so please put this date in your diary – **Saturday 6th June 2015.**





# Go green and tree-cycle

Support St Barnabas Lincolnshire Hospice by recycling your real Christmas tree with us!

Once the festive season is over we can help you get rid of your unwanted tree by collecting and recycling it for a suggested donation of just £5.

The hospice will be collecting trees on Saturday 10th and Sunday 11th January – Simply book through our website or call Fundraising on **01522 540300**.

Please visit [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk) to check if we are collecting in your area.

*Strictly Ballroom*

Over 10 weeks learn one ballroom and one latin style dance  
Lessons start Sunday 12th January  
Only £5 to take part

For further information contact Becky  
T: 01522 559516  
E: [becky.otter@stbarnabashospice.co.uk](mailto:becky.otter@stbarnabashospice.co.uk)  
W: [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk)

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LEARN TO DANCE  
AND TAKE  
PART IN OUR  
FUN DANCING  
COMPETITION  
FOR KIDS  
8 YEARS  
UPWARDS

**STRICTLY  
KIDZ**

Over 10 weeks learn the  
Cha-Cha-Cha and the  
sequence Passo Doble.  
Lessons start Sunday  
18th January, 4 pm - 5 pm  
Only £5 to take part

Find us on  
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[facebook.com/StBarnabasLinc](https://facebook.com/StBarnabasLinc)

For further information contact Becky T:01522 559516 E: [becky.otter@stbarnabashospice.co.uk](mailto:becky.otter@stbarnabashospice.co.uk) W: [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk)



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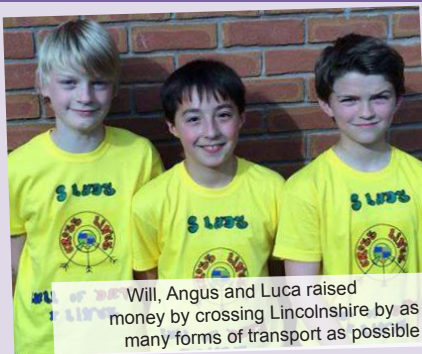


# Proving you're never too young to start fundraising

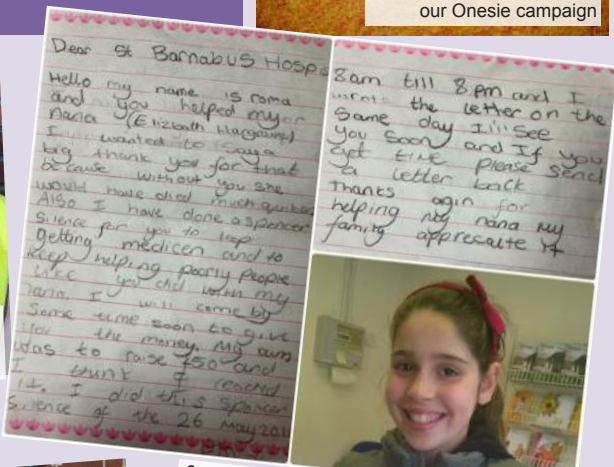
This year our younger supporters have been out in droves helping to raise money and awareness for the hospice. They have supported many of our events, backed our campaigns and even wrote us a special letter.



10 month old Oscar backs our Onesie campaign



Will, Angus and Luca raised money by crossing Lincolnshire by as many forms of transport as possible



9-year-old Roma writes us a very special letter



Macanley Fosdyke and friends celebrate his 12th birthday at 'One Night in a Onesie'



Hermione meets the Disney Princesses at 'It's a Knockout'



Our very first children's games at 'It's a Knockout'



Jack Covill-Lowndes raises £1,500



Lincolnshire Young Inspectors raised £281.62 and collected care bowl items



Barnabas bear is always around to entertain!



# A mother's courage

Jason Wilkinson, 38, describes how hospice care has helped him and his family through his mother's terminal diagnosis

"In April 2013 my Mum received the news that she had terminal liver cancer and tragically was given just two years to live. It was hard news to hear, and there have been dark days, but as a family we've picked ourselves up and have tried to get on with living life as normally as possible. It's so important to us all that we make the most of what time we have left and ensure that we capture each moment together.

"My mum is an amazingly brave woman who has coped with her diagnosis like she does with everything in life, with a stoic fighting spirit. She has tackled her diagnosis with such positivity and has put her efforts into working through a bucket list, whilst she is still able to.

"I knew that St Barnabas Lincolnshire Hospice cared for people in their final days and knew that mum may eventually require their care and services. After making the initial contact with the hospice we were surprised to discover the wide range of services that were available to Mum from the point of diagnosis.

"She now attends Day Therapy where she is able to benefit from the many therapies and activities they have to offer. Day Therapy has also offered her the opportunity to meet people in a similar situation to her own and she has



made many new friends who have given her a new lease of life.

"The hospice doesn't just help Mum, they support our entire family. They have been helping my younger sister through Mum's diagnosis with counselling sessions, and I know that if I ever need them, they will be there for me to.

"In the last two years I have taken part in many of the hospice fundraisers including a Tough Mudder, Strictly Ballroom and a skydive! It was vitally important to me to give something back to a charity who cares with such compassion and dignity and who are a fundamental part of our local community."



# Supporting each other and the hospice

A massive thank you to our Lincoln drop-in group who have raised £2,112 through their weekly raffles.

This money has been used to buy a portable suction machine and air mattress; both of which are crucial pieces of equipment for our patients at our Nettleham Road hospice.



## Pedal power!

A massive thank you to a group of keen cyclists who cycled 181 miles in 2 days in a coast to coast challenge! They raised over £5,000 for the hospice!



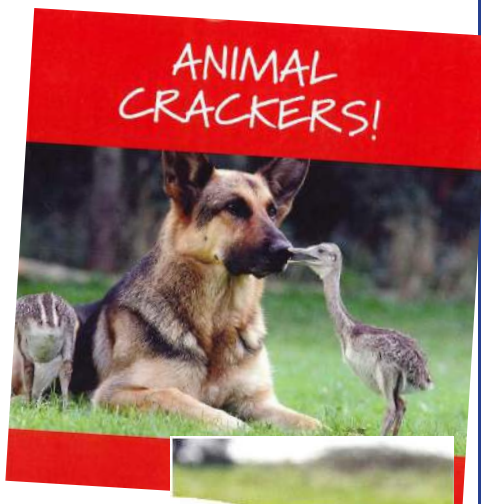
## Calling all animal lovers

How would you like to get your hands on 'Animal Crackers'? This fantastic little book is a collection of charming animal pictures, taken by professional photographer, Mike Hollist.

Mike has a lifetime of photography experience gained during his time at the Lincolnshire Echo, East Midlands Press Agency and The Daily Mail, where he remained until he retired. His breadth of expertise ensures this book is humorous, heart-warming and thoroughly enjoyable.

Mike has kindly donated 100 copies of this book to support us in raising vital funds to continue caring for seriously ill people across Lincolnshire.

To get your hands on a copy of this book contact the Fundraising department on **01522 540300** or email **fundraising@stbarnabashospice.co.uk**. All we ask for is a minimum donation of £5 per book with all proceeds to the hospice.



Support a bit... try a bit...

# Great North Run x10!



## By Adam Davey

"In 2004 I took on my first ever Great North Run, little did I know, that this would in fact be the first of many. Ten years later on Sunday 7th September 2014, I found myself ready to take on my tenth GNR!

"This was a special moment. Not only the sense of achievement, considerable improvement in fitness and great memories, but special, as it brought me within touching distance of reaching a fundraising total of £10,000 in aid of St Barnabas.

Our very own Community Events Fundraiser, Caroline Swindin and hospice supporter, Nick Milner also took part in the Great North Run!  
Well done to you both!

"This year's run was one of the toughest yet due to unseasonably high temperatures in the North East. The sense of achievement that I was doing it for a great cause, really kept me going (and I finished just 1 hour or so behind Mo Farah).

"Like many competitors at the Great North Run, there's a very personal story. St Barnabas provided amazing care for my Mum and this is my very small way of trying to give something back. Over the years, my brother Nick has run too and we have been extremely fortunate to be supported year-on-year by family, friends and colleagues who have shown their commitment with their sponsorship.

"Taking part in the world's biggest half-marathon, especially for such an amazing charity, is a real pleasure - even though it may not feel like it halfway round the course!

"So many charities being supported and so much money being raised - but for me, there's only one and that's St Barnabas."



## Uphill Avengers!



A team of 50 from NatWest East Midlands team took part in the Pennine Way Hike and raised over £12,500 for 5 local charities!

## Ready, Set, sign-up!

We are delighted to announce that St Barnabas Lincolnshire Hospice is one of the official charities of the **Lincoln 10k 2015!**

Held on **22nd March 2015**, the increasingly popular race promises a truly fast and spectacular course that takes you through one of the most scenic of cities!

So, if you fancy a post-Christmas challenge then sign-up at: [www.runforall.com/10k/lincoln/](http://www.runforall.com/10k/lincoln/)





## Shining example!

On Saturday 13th September our very own Chief Executive, Sarah-Jane Mills, took on a 35 mile challenge when she walked the boundary of Lincoln!



She managed the mammoth effort in an amazing 13.5 hours and raised money and awareness for our hospice.

Sarah-Jane said: "My motivation throughout this challenge was the patients and families who have been touched by our care. Knowing that every step I took was for them made me more determined to reach the finishing line."

## Rising to the challenge



Richard Pepper and his friend Mark Smith embarked on the Three Peaks Challenge in memory of Richard's late mother, who had been cared for at our Grantham Day Therapy Centre.

Richard and Mark set themselves a challenge to climb Ben Nevis, Scafell Pike and Snowden all within 24 hours. Despite Mark struggling with a twisted knee and torrential rain, blistering heat, gale force winds and snow, the pair battled on and crossed the finish line in 23 hours 31 minutes. They have raised an impressive £3,500 as a result!

Richard, whose mother died of breast cancer in January 2014, said:

"I know where the money goes and have seen the actions of that money in my own house. If what we've achieved helps to provide hospice care and services to other people and their families, then it's all been worth it."

## Finding her way back

Ex LIVES First Responder & Coordinator – Keith Auvache, has published an e-book, titled 'Finding her way back', which is a 'factual and mystical narrative'. With all royalties split between Cancer Research & St Barnabas Lincolnshire Hospice.

The e-book is a true life 'chronicle' of the Author's personal experience of mystical and uncanny events.

Keith's story commences with – "I had previously never believed in 'coincidences' and certainly not in 'mystical' events - just keeping an open mind - until now! As my wife Yvonne lay dying she wrote "If there is any way back my darling, I will find it". Within 37 hours of her passing, I experienced an unexplained and alarming event. Not that I knew then, but this event was to be the very first of over a 100, inexplicable and uncanny events, that would take me on a journey lasting over the next four years and beyond!"



The book is due to be released on 14th November 2014 and will be available from Amazon.

# You've got to be in it to win it!

£130,000 is won in our local lottery every year! By becoming a member you have the chance of winning our top prize of £7,000 which has already been scooped twice this year!

Money raised by the lottery helps us to provide palliative and end of life care to more than 8,000 people across Lincolnshire with a life-limiting illness. There are lots of ways to sign up!

Simply complete the form included in this pack, sign-up online [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk) or contact the Lottery Office on **01522 546500**.

## Can you help share the luck?



We are looking for outgoing and confident people to join us and help run our new lottery booth at local events!

The booth will be used to promote membership of the lottery and sell our seasonal draw tickets. Our hospice lottery is a valuable source of income to the hospice and so your role will be an important one within our organisation.

If you would be interested in helping to run the booth, or alternatively have an event or workplace you would like us to attend, then please contact the Lottery Office on **01522 546500**.



## 'Tis the season to be jolly



Our new lottery gift vouchers make perfect presents

If you are stuck for an idea for the person who has everything or want to avoid the crowds then we have the answer.

Look out for the voucher order form included in this pack and buy early to beat the rush.



[www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk)

# Remembering someone special



As the festive season approaches, St Barnabas takes time to remember those who are, for whatever reason, unable to be with us this Christmas. We celebrate their lives and embrace our memories of them at this poignant time of year.

Whilst we remember those we have known and loved, we also look to the future and our thoughts are with those we care for at St Barnabas Lincolnshire Hospice.

Light up a Life is a very special appeal that takes place in the weeks running up to Christmas. Our wish this Christmas is that we can continue to care for all our patients and keep them as comfortable and pain free as possible. We invite you to help us to make our Christmas wish a reality by dedicating a light to someone special on our Hospice Trees of Life. There is no minimum donation, any contribution you can make towards our cost of £14.31 per minute of care will make a huge difference.

We invite you to join us at one of our special Light up a Life celebrations across Lincolnshire during November and December and remember someone special.

\*Please see page 27 to dedicate your light.

Light  
up a Life



Lincoln's Light up a Life service is followed by a

## **SPECTACULAR TORCHLIGHT PROCESSION**

Setting off from  
Claytons Sports  
Ground,  
Lee Road,  
7.30 pm



From Claytons Sports Ground follow the pipe band past the hospice to the West Front of the Cathedral where the Tree of Life will be lit.

pictures courtesy of Lincolnshire Echo

**We look forward to seeing you in our Light  
up a Life celebrations across Lincolnshire**

### **LINCOLN**

Tuesday 25th November,  
6pm

Our Lady of Lincoln  
Church

### **SKEGNESS**

Thursday 4th December,  
6.30pm

St Matthews Church

### **SUTTON ON SEA**

Sunday 7th December,  
3pm

Sutton on Sea  
Methodist Church

### **SPALDING**

Sunday 7th December,  
4pm

St John the Baptist  
Church

### **LOUTH**

Monday 8th December,  
6pm

Trinity Centre, Eastgate,

### **SLEAFORD**

Monday 8th December,  
6.30pm

Methodist Church

### **GRANTHAM**

Tuesday 9th December,  
6pm

St Wulfram's Church

### **GAINSBOROUGH**

Tuesday 9th December,  
7pm

United Reformed Church

### **BOSTON**

Friday 12th December,  
6.30pm

Zion Methodist Church,  
Brothertoft Road, Boston



# Light up a Life

Your details - please print clearly

Mr/Mrs/Ms/Miss/Other \_\_\_\_\_

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Post code: \_\_\_\_\_

Daytime tel no: \_\_\_\_\_

E.mail: \_\_\_\_\_

☐ please tick if you do not wish to be contacted via e.mail for future events

I would like to dedicate a light to:

Name of Loved One	Amount

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

I would like to dedicate light(s) on the Tree of Life at the following locations:

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

*Thank you for  
supporting your  
local hospice*

For further dedications please write clearly on a blank piece of paper and enclose with your form

For Office Use	
Donor No : _____	
Amount : _____	Receipt No : _____

**Each loved one remembered will receive a celebration card**

**Each donor will receive a single silver photo star**

*There is no minimum donation to sponsor a light but any contribution to our cost of £14.31 per minute of care will make a huge difference*

- ☐ I do not wish to receive a card
- ☐ I do not wish to receive a photo star
- ☐ I do not wish to dedicate a light but would like to make a donation to St Barnabas Lincolnshire Hospice this Christmas and I would like this donation to go towards the St Barnabas Service in the .....area (please complete)



☐ I enclose a cheque/cash\* for £

\*please delete (cheques made payable to St Barnabas Hospice)

There is no closing date to sponsor a light, however if you wish to receive your card and photo star before Christmas we must receive your form and donation by

**Friday 5th December 2014**

*Gift Aid it!*

### ***Make your light shine brighter with Gift Aid***

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

- ☐ Yes, I would like St Barnabas Lincolnshire Hospice to claim back the tax on any donation I have made in the past 4 years and any donation I make from this day forward until further notice.

Signed

Dated

Please return your completed form and donation to: **Light up a Life,  
St Barnabas Fundraising Office, 12 Cardinal Close, Lincoln LN2 4SY**

## **ST BARNABAS LINCOLNSHIRE HOSPICE**

has been providing care and support free of charge to people living with a life-limiting illness, their families and carers for over 3 decades.

In the last 12 months we have cared for and supported over 8,000 patients and their families but we wouldn't be able to do this without the generous support of people like you.