



# The CARING TIMES

Issue: Spring/Summer 2015



live in my dream house.



see the  
northern lights.



have a huge water  
balloon fight



live to meet my  
grandchildren.



live near the beach.



sleep under the stars.



kiss under the  
eiffel tower.



**Before I die...**  
do everything on my  
bucket list




swim with dolphins.



shower under  
a waterfall.



have someone write and  
sing a song about me.



be happy.



pack everything up  
and get away.



let go of 100 balloons  
at one time.



go on a road trip  
with friends.



Dying Matters Awareness Week, which runs 18th to 24th May, is a national campaign seeking to help people talk more openly about death and dying. This year we will be supporting this campaign by hosting a 'Before I die...' wall within our local community.

01522 559504

**Chief Executive**

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This project was started by Candy Chang in February 2011 on an abandoned house in New Orleans after she lost someone she loved



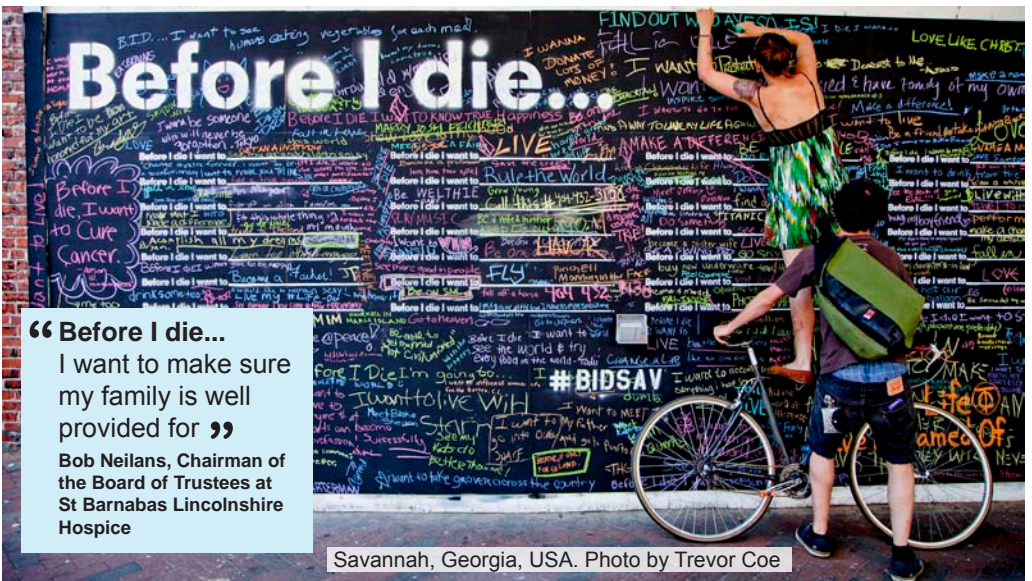
Cordoba, Argentina. Photo by Jenny Carden

“ Before I die...

I want to swim along the Great Barrier Reef ”

Paul Banton, Managing Director of Ruddocks

Over 550 Before I Die walls have been created in 73 countries and 36 languages by passionate people around the world.



“ Before I die...

I want to make sure my family is well provided for ”

Bob Neilans, Chairman of the Board of Trustees at St Barnabas Lincolnshire Hospice

Savannah, Georgia, USA. Photo by Trevor Coe

# Fear of the unknown



In December 2011, Irene Larder, 69 died from pancreatic cancer at our hospice on Nettleham Road in Lincoln. Since then her daughters have worked tirelessly to raise money for the hospice and Pancreatic Cancer UK in their mother's memory.

Diane Bell, 44, and her sister Sharon Yell, 41, spent a year planning a charity ball which was held at Kenwick Park Hotel in October 2014. Over 160 people turned out for the black tie event in tribute to Irene's brave battle.

Diane and Sharon share with us their initial fears of the hospice and why they choose to support us.

Diane said: "We were keen to organise the ball because we wanted to give something back for all the wonderful care we had received as a family.

"Mum spent three weeks in the hospice and the care she received was second to none and best of all they kept her dignity throughout."

The black tie event included raffles, music, a three course meal and also an auction with donated prizes such as an afternoon at a Premier League football ground, motor racing hospitality and pamper sessions.

Diane's employers, TSB, are further boosting the total amount raised through their Match Giving initiative.

Sharon said: "This is the first time we have ever planned an event and we were lucky to have the help of our family and friends who gave up their time to support us. They understood how important it was for us to be able to give something back.

"If I'm completely honest, in the beginning I didn't want Mum to come to St Barnabas Lincolnshire Hospice because I was frightened of what lay behind those doors.

"I soon realised there was no reason to be frightened and the staff there instantly put us all at ease. We soon came to feel very safe at the hospice and very cared for.

"The nurses there were simply wonderful and we started to think of them as our friends. They understood the complex emotions we were experiencing and encouraged us to talk about how we were feeling. They really empathised with what we were going through."



*“That was the unique thing about St Barnabas Lincolnshire Hospice, they didn’t just look after Mum, they looked after the whole family.”*

Irene was admitted into the hospice in November 2011 after being diagnosed with terminal pancreatic cancer in October 2011.

Diane said: “The onset of the disease was very sudden and Mum deteriorated extremely quickly. It was hard to watch but the doctors at the hospice took the time to explain to us what was happening and what to expect as Mum’s condition worsened.

“Most importantly they were always very honest with us; we knew exactly what was happening at all times.”

Irene had celebrated her 69th birthday in the hospice before sadly dying on 6th December 2011.

Diane said: “There is nothing quite like St Barnabas Lincolnshire Hospice. Nothing was ever too much trouble and they cared for Mum with such unbridled depths of compassion.

“For that reason alone we will always support them in any of our fundraising efforts. We just want be able to repay them for their care and kindness.”

## Making memories



Our dedicated workforce at our inpatient facilities work tirelessly to ensure that our patients and their families receive the care and support they need. They also recognise the importance of creating special moments and memories for their loved ones to cherish.

On Christmas Day our patients began the day with a specially made breakfast complete with a mini bottle of fizz, box of chocolates and a lovingly wrapped Christmas present. We also ensured that any children visiting the hospice would have a present waiting for them under the hospice Christmas tree.

It is only with the generosity of our local community that we are able to support our patients in creating precious memories.

## You made a difference

In November we launched an appeal on Facebook for unopened travel size toiletries and light-weight fleece blankets for our patients at our inpatient facilities.



The toiletries are used by our patients and our nurses to provide their personal care and the blankets were for our patients who are sadly too emaciated for regular blankets.

The response we had from our supporters was unparalleled and we were simply overwhelmed by the show of support.

Hundreds of donations were received daily from across the county and allowed us to give our patients the added quality of care they deserve.

Thank you to each and every person who supported this appeal.



# Time we never thought we'd have

Chris Brooker, 50, relives how he broke the saddest news of all to the woman he loved. His wife Alie was dying from secondary bone cancer and she had only hours or at best days left to live.

In this very personal account, Chris describes how transferring Alie to the hospice meant they were able to share more precious moments together.

Chris said: "Alie's diagnosis came completely out of the blue. It was New Year's Eve 2013 and Alie was in the hospital to have her arm looked at following an incident involving her power steering belt snapping on her car. An x-ray soon revealed that Alie had broken her humerus bone plus she had fractures to her ribs and hip area.

"These injuries were inconsistent with Alie's accident which was one with no trauma attached to it. It was then that the doctors revealed their suspicions: Alie could have cancer.

In a matter of days our worst fears were confirmed by the results of a biopsy.

"It was then that Alie was diagnosed with secondary bone cancer. I couldn't believe what I was hearing. Alie had always been in good health and apart from the pain in her arm there hadn't been any symptoms."

Alie and Chris had been together for 33 years and married for 26. They were childhood sweethearts who met at 15 and went on to have four children together.

"Up to this point I hadn't told our children about the cancer because Alie and I had wanted to sit down with them and tell them together at home, alongside the rest of the family. Alie was put on a course of radiotherapy and suffered severe side effects that made her extremely unwell and further weakened her already brittle bones.

"With Alie too poorly to return home I took the decision to tell our children myself. It was one of the hardest things I have ever had to do, but I had to tell them. It just wasn't fair to leave them in the dark for one day longer."

Alie's health continued to deteriorate and after only three weeks in the hospital Chris was given the news he had been dreading.

"The doctor told me Alie's cancer was far more aggressive than they had first thought. Her body was struggling under the strain of the cancer and the treatment. It was then they delivered the worst news of all; Alie had only hours or at best days left to live.

*"I was utterly shocked. The wind was completely knocked out of me. It was as though I had found myself trapped in a nightmare that I couldn't wake up from. They hadn't told Alie yet and even though I knew it would be difficult, she had to hear the news from me. After all Alie was my wife, the love of my life, my best friend and my soul mate."*

"Alie reacted incredibly well to the news, she was such a strong character and that was apparent now more than ever. I was awestruck by her bravery and how she was managing to face this devastating news head on."

Chris was familiar with our services and Alie was soon admitted into the care of our hospice on Nettleham Road in Lincoln.

Chris said: "After only a short while at St Barnabas Alie's condition improved considerably and her spirits lifted. I accredit this to the expert care she was receiving from the specialist team who are experienced enough to know how to look after someone at the end of their life.

"The team of staff and volunteers demonstrated such sincere compassion and even set up a bed in Alie's room for me because they understood that I couldn't be away from her for a single second.

"St Barnabas always cared for Alie with the utmost dignity and respect. We always felt like Alie was a priority and nothing was ever too much trouble. The hospice team were always sensitive to how the family were feeling and they were always there to support each and every one of us.

"Alie was keen to have certain things in order with regard to her funeral and where her final resting place would be. I know she was comforted somewhat by having these plans in place. She didn't want to be involved with the rest of her funeral arrangements but knew we would do her proud and everybody did."

Alie Brooker died in the hospice on 17th February aged 47.

Chris said: "The end came quite quickly for Alie. She became very weak and deteriorated suddenly. I called our children and family who rushed to be by her bedside and they were able to see her one final time.

"When Alie took her final breath, it was just me and her alone; it was a very private and very painful moment. But its how she wanted it, how we both wanted it.

*"I think it is a common misconception that people go to the hospice to die. Yes Alie died in the hospice but because of them we were able to share four more precious weeks together. It was time we never thought we'd have."*

Read about the family's incredible fundraising efforts on page 23

If you would prefer to receive The Caring Times by email then please contact us at [marketing@stbarnabashospice.co.uk](mailto:marketing@stbarnabashospice.co.uk)

# The ultimate battle



Lincoln wrestling champion, Hayden Loeve, 31 has raised £2,135 at a charity event he organised in memory of his mum.

Hayden, better known as 'Dutch' to his wrestling fans, began planning the Body Slam to Cancer event the day after losing his mum, Dee Mansell to a four-year cancer battle.

The Lincoln Fight Factory Heavyweight Champion arranged the fundraising event at Yarborough Leisure Centre on 10th October 2014, challenging wrestlers from across the country to compete for the Dee Mansell Charity Memorial Cup.

Dee, 54, was diagnosed with an aggressive form of breast cancer in 2010 and despite being given the all clear the cancer returned. This time she had found a cancerous lump on her neck which had spread into her lungs.

Hayden said: "Mum had always wanted to see me fight in the ring but sadly due to her illness she never got the chance. We had planned for her and a friend to come and watch but she was rushed into hospital where she died three days later.

"We had often spoken about putting on a show for charity as Mum was desperate to give something back to the people who had helped her through her darkest times. That's why, alongside my wife and brothers, I threw myself

into organising this event. I was determined to achieve Mum's goals for her.

"Part of her enjoying the time she had left was the time she spent at St Barnabas Lincolnshire Hospice in Gainsborough. When the word 'hospice' was first mentioned it set alarm bells ringing in my head. I thought it would be like a care home, all doom and gloom and depressing.

"I couldn't have been more wrong. The place was warm and welcoming and the staff and volunteers went the extra mile to look after the entire family. It was a relief to know that Mum was getting the help she needed and that we would be involved in her care."

Dee regularly attended our Day Therapy Centre in Gainsborough where she accessed complementary therapies, such as Indian Head Massage, Reiki and relaxation techniques.

Hayden said: "I remember speaking to Mum after she'd had a massage and she told me how good it had made her feel. She said she felt completely relaxed and at ease, which was a welcome relief from the side effects she was experiencing from her medication.



*“Day Therapy also provided Mum with crucial social support. She had the opportunity to make new friends and speak to people in a similar situation to her own. St Barnabas played a crucial role in Mum’s journey right until the end and for that reason alone we were compelled to give something back.”*

“We are already in talks with St Barnabas for next year’s Body Slam to Cancer which we hope will be even bigger and better. The show helped us to grieve as a family and putting our efforts into something positive made us feel good again.

“I hope that we can create a lasting legacy to Mum. The strong, courageous and passionate woman who just wanted to give something back.”

Due to the success of Body Slam to Cancer, Lincoln Fight Factory are hosting a series of charity events throughout 2015.

Go to their website on [www.lincswrestling.co.uk](http://www.lincswrestling.co.uk) to hear about their next event first!

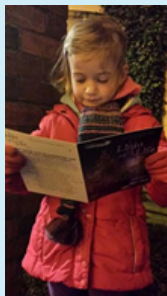
## Online chat

We really value your support online and love how Facebook and Twitter makes it even easier for us to stay in touch. Here’s what you’ve been saying...



**Ian Stewart**

sent us this gorgeous picture after Light Up a Life! – ‘First year of my daughter joining in x’



**Linzi Gunter**

shared this heartfelt experience with us – ‘My mum got married in the hospice it was the most precious day, the staff were amazing and helped plan everything with only a few hours notice! They are amazing!’



**Felicity @FelicityJERSEY**

shared this special moment with us – ‘Big smiles today with Grandad @StBarnabasLinc talking about @CR\_UK #WorldCancerDay & praying. Love him lots xx’



**Mark@Markeybee** has signed up to our Paws 4 a Cause in Lincoln – ‘Gilbert and his sister Lola looking forward to this years #paws4acause



**TeamHammaGirls @TeamHammerGirls**

get ready for their first Strictly Ballroom dance lessons – ‘Tomorrow we will begin to learn the dances and sponsors are going well! @EmmaHoran29 @GeorgiaHannah23 @StBarnabasLinc #TeamHammaGirls’

## What’s your story?

Sharing how St Barnabas Lincolnshire Hospice has helped you can help other people come forward and get the help they need. It is also an incredibly powerful way of promoting the work of the hospice.

If you have a story you’d like to share contact marketing on 01522 559 504 or submit your story to [marketing@stbarnabashospice.co.uk](mailto:marketing@stbarnabashospice.co.uk)

# Grantham Hospice in the Hospital: eight months on

In September last year we made UK history when we opened the first ever hospice in the hospital at Grantham. The purpose built unit has already cared for more than 70 patients from the south of the county.

Last month Adrian Curtis from The Grantham Target spoke with Linda Lovell about how the new unit helped to care for her mother.

Linda Lovell didn't know the "hospice in a hospital", the first of its kind in the UK, even existed but following the care her mum Mary Parker received, she is now urging more Grantham families to make use of its facilities.

St Barnabas Lincolnshire Hospice, United Lincolnshire Hospitals NHS Trust and Lincolnshire South West Clinical Commissioning Group, pooled their expertise in a unique partnership that has made history.

It is the first hospice to be opened within a hospital anywhere in the UK and is staffed by a team who provide specialist end-of-life care.

Mrs Lovell, whose mum was in the hospice from October 31 until her death on November 6, said:

"My mum was moved into the hospice from the hospital a week before she died, the staff were just amazing. It made her final week so much better and for my sister and I.

*"We could spend all day with her and I even spent one night with her. It was great for my sister and I. The staff are so caring and wonderful. The place is very calming and the rooms are like hotel rooms."*

"It is such a beautiful and calm place. Everything is lovely. I didn't even know it existed. When they said they were going to move my mum down to the hospice, I wondered what they were talking about.

"I didn't know it was there at all. I think it is an amazing thing to do and made a terrific difference to us in terms of travelling.

"The facilities for relatives who want to stay over are excellent. My mum was 95 and a real fighter. She had not been well for many years.

"She had stayed in her own home with carers until she went into hospital. I cannot speak highly enough of the place and the staff. People should have no worries about anybody going in there."

The unit has broken new ground in healthcare design and layout, triggering interest from hospices across the UK in the way it aims to transform the patient experience.

The unit will save family and friends a 60-mile round journey to what was the charity's only existing inpatient unit in Lincoln.





It was opened after figures revealed that South West Lincolnshire has one of the fastest-growing populations in the UK, with GPs reporting an increase in the number of their patients suffering from cancer, heart and lung disease and dementia.

Sarah-Jane Mills, chief executive of St Barnabas Hospice, said:

*“The ‘hospice within the hospital’ heralded the start of a new era for end-of-life care not just here in Lincolnshire but for the rest of the UK too.”*

“It is about widening local access to hospice services - offering all those living in the community with life-limiting illnesses a far wider choice of how and where they would like to receive their care.” Go online at [www.granthamtarget.co.uk](http://www.granthamtarget.co.uk) for all the latest news in Grantham.

## Look after the pennies...

Can you help Rob reach his £2,500 target?

Rob Glover is 84 years old and has been volunteering in our fundraising department for 18 years.

He kindly sorts through bags of currency, whether it is British, European or Worldwide coins that are old or new.

He catalogues these coins and they are then bought by agencies and dealers. Last year Rob raised an incredible £2,157 and this year he hopes to boost that total to £2,500!

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

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



## Once in a lifetime!

Skydiving is a great way to raise money and is an experience you will never forget.

For a deposit of just £98 you can experience terminal velocity as you jump from 10,000ft!

Plus raise a minimum of £395 and you will jump for free.

For more information and to book your place go to [www.stbarnabashospice.co.uk/skydive](http://www.stbarnabashospice.co.uk/skydive) or email [chris.fox@stbarnabashospice.co.uk](mailto:chris.fox@stbarnabashospice.co.uk)





## Did you know?

Our current volunteers have amassed a massive

**5,064 years** of volunteering between them! That's a lot of caring, compassion and tea!

## We want to hear your story

If you would like to tell us about your experience of the healthcare system and in particular about palliative and end of life care, as a patient, service user or carer, we would like to hear from you.

Our specially trained volunteers will listen to your experiences to help us better understand how the healthcare system impacts you. The information we gather also means we can share best practice, and where necessary, make improvements to ensure that services remain centred on those that use them.

If you would be willing to chat with one of our volunteers please call Pippa on 01522 518221

## Pat's story

Pat has taken on many roles since she first joined us as a volunteer over 22 years ago. She began by supporting our Day Therapy patients as a host and a driver before training in Reiki six years ago.

Since her training Pat has been offering the complementary therapy to our patients to encourage wellbeing and a sense of deep relaxation.

Pat also became an instrumental figure when a new weekly support group was established at the hospice in Boston.

Pat said: "I have thoroughly enjoyed my work, the patients give so much back, its so fulfilling."

Pat's passion to support patients is extraordinary and she has responded to changing circumstances with drive and creativity.



## Celebration of Volunteering

Our hospice simply wouldn't be the same without the loyal support of our volunteers and we would like to say a great big **THANK YOU!**



**VOLUNTEERS' WEEK**  
time to say thank you

Volunteers Week is an annual celebration of volunteering and takes place from 1st to 7th June. This year our Volunteer Services Team will be travelling across Lincolnshire to visit every hospice building and on Tuesday 2nd June they will be hosting a celebration at the Assembly Rooms in Lincoln.

Invitations have been sent and we are looking forward to welcoming 200 of our volunteers to this event, which will celebrate and showcase the fantastic contribution made by volunteer teams across the county.

# We couldn't do it without them

We now have over 1,000 volunteers who give up their time to provide their support in a range of roles. Here are some of our longest serving volunteers receiving an award for their longevity from our Volunteer services Manager, Lisa Gibson.



**Daphne Greaves**

retail volunteer at Skegness  
Drummond Road

**Christine North**

retail volunteer at Skegness  
Drummond Road



**Judy and Brian Hickingbotham,**

Fundraising Volunteers in Grantham, 24 years

**Shirley Gaffney**

retail volunteer at  
Forum Main Shop in Lincoln



**Ann Jex**

Lincoln Fundraiser



**Margaret Scholey**

retail volunteer at Horncastle



**Violet Ashford**

retail volunteer at Mablethorpe 1



# Dates for your diary

## March

26th Mar	Skegness Ladies Lunch North Shore Hotel, North Shore Road, Skegness PE25 1DN 11.30am - 3.30pm. Tickets £20
28th Mar	Heckington Spring Fair & Crafts Heckington Village Hall, 9-11 High Street, Heckington, NG34 9RA 10am - 2pm
28th Mar	Skellingthorpe Easter Fair, Skellingthorpe Community Centre 10am - 12 noon
28th Mar	Lipstick & Champagne Ball, Springfields Event Centre, Camelgate, Spalding PE12 6ET 6.45pm Tickets £35
29th Mar	Strictly Kidz Finale Lincoln Performing Arts Centre, 1pm Lincoln Strictly Ballroom Finale, Lincoln Performing Arts Centre, 6.30pm

## April

4th Apr	St Barnabas Stall, Beales Department Store, 77-87 Lumley Road, Skegness PE25 3LS 9.30am - 4pm
9th Apr	Louth Tea Dance, Louth Town Hall, Eastgate, Louth LN11 9HN, 1.30pm Tickets £6, Louth Town Hall or call Eve & Ranshaw 01507 354336 or 01507 602031
12th Apr	Easter Craft Fair Egg-stravaganza, Branston Hall Hotel, Branston LN4 1DP, 10am - 4pm, Entry 50p
17th Apr	St Barnabas & Friends, Engine Shed, Brayford Pool, LN6 7TS, 7pm Tickets £5 in advance, £7 on the door
22nd Apr	Spring Ladies Lunch, The Dower House Hotel, Woodhall Spa, LN10 6PY 12 noon for 1pm, Tickets £24, call Mrs J Horton 01526 353907
22nd Apr	Ladies Lunch, Boston West Golf Club, Hubberts Bridge, Boston PE20 3QX 11.30am Tickets £25
24th Apr	Classic Soul & Motown Night, Urban Hotel, Swingbridge Road, Grantham NG31 7JX, 7.30pm. Tickets £5, £6 on the door
26th Apr	Table Top Sale, Kirton Town Hall, 21 Station Road, Kirton, PE20 1LD, 12 noon - 3pm, Entry 20p
26th Apr	Charity Golf Day, Gedney Hill Golf Club, Gedney Hill PE12 0NT, 9am £68 per team of four
28th Apr	Lincoln Ladies Lunch The Bentley Hotel, Newark Road, Lincoln LN1 1SE, 11am. Tickets £29.50
30th Apr	Coffee Morning, Bentons Coffee, 29 Bridge Street, Horncastle LN9 5HZ. 10am - 12 noon
30th Apr	Spring Coffee Morning, St Barnabas Hospice, 86 Barrowby Road, Grantham NG31 8AF 10am - 12 noon

## May

1st May	Grantham Ladies Lunch, Belton Park Golf Club, Londonthorpe Road, Grantham, NG31 9SH 11.30am. Tickets £25
3rd May	Paws 4 a cause, 3 or 8 mile sponsored dog walk, St Barnabas Boston Hospice, Mayflower Lodge, Green Lane PE21 9NB. 10am, Registration £5 per dog
4th May	Bottle Tombola Denton St Market, Near Grantham 10am - 4pm
7th May	Coffee Morning St Barnabas Hospice, Grimsby Road, Louth LN11 0SX 10am - 2pm
9th May	Colour Dash, Lincolnshire Showground, LN2 2NA Registration 10am, Adult £20, Child £10, Family £50
10th May	Paws 4 a cause 3 or 6 mile sponsored dog walk, Horncastle Swimming Pool, Coronation Walk, LN9 6HP, 10.30am, Registration £5 per dog



## May

12th May	Coffee Morning Legbourne Village Hall, Legbourne, Louth LN11 8LL 10am - 2pm
16th May	Plant Sale and Garden Party, St Barnabas Hospice, Front Street, Morton DN21 3AD 11am - 2pm
17th May	Grand Plant Sale, The Grandstand, Carholme Road, Lincoln LN1 1SE 10am - 1pm, 50p entry
17th May	Plant Sale St Barnabas Hospice, Grimsby Road, Louth, LN11 0SX 11am - 2pm
31st May	Skellingthorpe Open Gardens Skellingthorpe Village, 11am - 4pm, Entry £3

## June

6th June	One Night in a Onesie Across the region, see page 31
6th June	Run to Remember Magdalen Church of England & Methodist Primary School, Magdalen Road, Wainfleet All Saints, 10am call Tamara on 07850937476
9th June	Boston Ladies Lunch, Hubberts Bridge Community Centre, Langrick Road, Boston PE20 3SG 11am - 3.30pm Tickets £20
11th June	Louth Tea Dance, Louth Town Hall, Eastgate, LN11 9HN Tickets £6 Louth Town Hall or call Eve & Ranshaw 01507 354336 or 01507 602031
13th June	Grand Plant Sale, St Barnabas Hospice, 86 Barrowby Road, Grantham NG31 8AF 10am
14th June	Grimsthorpe Challenge Bike Ride Grimsthorpe Castle, Bourne, PE10 0LY 4 routes, 9am -5/6pm
20th June	Dunholme Fete, Holmes Lane, near to St Chads Church LN2 3QT 12 noon - 4pm
23rd June	Ladies Lunch, Kenwick Park Hotel, Louth, LN11 8NR 11.30am Tickets £22.50
26th June	Charity Golf Day Am-Am Tournament, Gainsborough Golf Club, Belt Road, Gainsborough DN21 1PZ 9am, Entry fee £140 per team, Team of four
28th June	Swaton Vintage Show The Park, Thorpe Latimer, Near Sleaford. NG34 0RF. 10.30am stand

## July

2nd July	Cheese and Wine Party Fydell House, South Street, Boston PE21 9NB 6.30pm - 9pm. Tickets £10
2nd July	Castle to Coast to Castle Bike Ride, 100 mile route, visit <a href="http://www.castle2coast2castle.co.uk">www.castle2coast2castle.co.uk</a> to register
4th July	Midsummer Music, The Garden House, Cliff Road, Saxby LN8 2DQ 4.30pm - 10pm Adult £8.50, Child £4, Family £20
12th July	Its a Knockout Washingborough Playing Fields and Pavillion, 1pm
13th July	Sunflower Afternoon Tea St Barnabas Hospice, Green Lane, Boston PE21 9NB 2pm - 3.30pm
18th July	Walk in the Park William Farr School, Welton LN2 3JB, 10am - 10pm, Raising money for St Barnabas Hospice, CRUK & Lincs and Notts Air Ambulance
23rd July	Coffee Morning, St Barnabas Hospice, Grimsby Road, Louth LN11 0SX 10am - 12 noon
25th - 26th	Heckington Show, Heckington Show Ground, NG34 9JF 9am, St Barnabas stall

## August

2nd Aug	Revesby Show Revesby Estate, Mareham Rd, Boston, PE22 7NB. 9am St Barnabas stall
13th Aug	Summer Coffee Morning St Barnabas Hospice, 86 Barrowby Road, Grantham NG31 8AF. 10am - 12noon
26th Aug	Sunflower Cycle Ride, London, Amsterdam and Brussels

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



# Thank you for your support





1 Arthur Campling donates £1,000 from the proceeds of 'The Unchartered Way' a book about his life

2 Homelet Ltd ran a series of fundraisers for six months and raised £2,653.46

3 Chestnut Homes Ltd raise £3,450 from a Christmas raffle

4 Andrea and Malcolm Calvert raise £90 from their Christmas tree at the Wragby Methodist Church festival.

5 James Frost donates £1,674.19 from The Lincolnshire Foodbank Cycle Challenge

6 The Anglers in Saxilby raise £850 through a series of fundraisers

7 Jacksons Workwear Rental Ltd donate £3,000

8 Lincoln Pike Anglers Club raise £550 bringing their total to £3,000 over the past four years

9 John Houtby and Alan Hewett raise £1,640 from undertaking the Cumbrian Way 100 mile trek

10 Thorntons on Lincoln High St donate £100 worth of chocolate hampers

11 Students from St Peter and St Paul Catholic Voluntary Academy raise £627.18 from bag packing and a candy cane sale



# Meet the Family Support Services Team

## Mandy Irons, Psychological Support and Counselling Manager

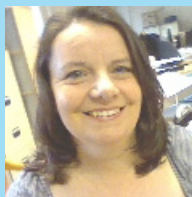
Mandy joined the team in December 2014.

*"This is genuinely my dream job and I am looking forward to reaching out to even more people and providing them the support they need during the most difficult times in their lives."*



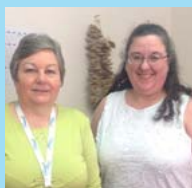
## Caroline Jubbs, Palliative Care Social Worker

Specialist palliative care social workers offer a wide range of support to service users and their families from practical help and advice around income maintenance, debt counselling, help with housing and accessing other services through to advocacy, individual counselling and group support.



## Betty Cross, Family Support Worker and Kay Chambers, Family Support Administrator

Betty and Kay have more than 28 years combined service and provide the first contact with our clients. They assist in the coordination of our services and ensure our volunteers are well supported.



## Volunteers

Our Family Support Services rely heavily on the dedication of over 80 volunteers who take on the roles of group facilitators, befrienders and counsellors.



## Did you know?

**80** volunteers  
support our Family  
Support Service

**17** volunteers  
are professional  
counsellors who  
provide specialist  
bereavement  
counselling

**11** bereavement  
supporters  
provided 1:1  
support

**50** group  
facilitators run  
our county wide  
groups

## We can help

Our Family Support Services Team has a proud history of providing emotional and practical support to our patients, their carers and their families. Our bereavement support services are also extended into the wider community

Much of their work is focussed on supporting people who have been bereaved through illness to guide them through their loss and grief, rebuild their confidence and connect them to our wider community of friendship and companion groups.

Our specially trained team understand that the grieving process is not the same for everyone and they can offer 1:1 or group support sessions.

Professional counsellors can help clients work through specific emotional needs and issues and our social work support helps to resolve practical issues such as family difficulties, housing, social inclusion and environmental concerns.

If you think we could help to support you or someone you know, please call our team on 01522 518225.

*"With the support of the counsellors at St Barnabas I have found support, peace and acceptance and with a new family of dear friends I am able to go forward with courage."*

Anonymous service user

# Charity of the Year



Oldrids & Downton  
PART OF THE OLDRID GROUP EST. 1804

Each year we work with many organisations that choose us as their Charity of the Year. Their support is invaluable and plays a vital role in funding the care we provide.

In addition to the financial support we receive many organisations help us by providing gifts in kind. This is the charitable giving of goods and services such as printing of literature, event equipment or even raffle prizes. All of which can help to significantly reduce the cost of hosting an event.

We are delighted to announce that in 2015 we have a charity partnership with Oldrids and Downton in Grantham who are planning a variety of fundraising activities within the store.

We have also been chosen as Charity of the Year by Chattertons who began their fundraising with their staff Christmas party in January, raising £460.20. They have a busy year of fundraising planned with monthly quiz nights, bake sales and a Formula 1 evening at The Dower House in Woodhall Spa.

Katherine Bunting, Chair of the Charity Committee and a Partner at Chattertons, said:

“St Barnabas Lincolnshire Hospice is a wonderful local cause that we are thrilled to be supporting. It is a charity close to the hearts of many of our employees and we look forward to the fundraising activities the year will bring.”

Visit [www.chattertons.com](http://www.chattertons.com) for updates on all of the fundraising activities at Chattertons.

Talk to us about the mutual benefits of choosing us as your charity of the year on 01522 559507

## Climbing to great heights

MARKS &  
SPENCER

Our Charity of the Year comes to a close with M&S Lincoln and as this newsletter goes to print, one of their team – Jake Randall will be climbing Mount Kilimanjaro in aid of the hospice. We wish Jake the best of luck and we will find out how he got on in our Autumn newsletter.

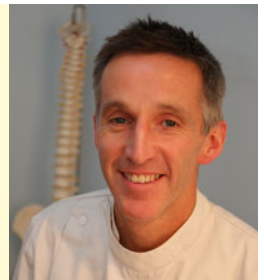
## It's a marathon, not a sprint!

Registered Osteopath, Jonathan Hobbs is gearing up for his tenth consecutive London Marathon to raise money for the hospice. Each year, Jonathan takes on the incredible 26 mile challenge in memory of his friends Don and Kevin who we cared for during their final weeks.

Jonathan said: “I really wanted to see if I could raise some money to help support the great work that the hospice does.

The majority of the money that I have raised has been given to me by my patients, who continue to generously support me year after year. I would like to thank them for all their support.”

Support Jonathan and his marathon challenge at:  
[www.justgiving.com/Jonathan-Hobbs1](http://www.justgiving.com/Jonathan-Hobbs1)



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



Photographs courtesy of Stuart Wilde

# Light Up a Life burns brighter than ever

Our Light Up a Life campaign has raised an incredible £37,419 in memory of loved ones after more than 1,500 people attended one of nine events taking place across Lincolnshire.

The celebration in Lincoln saw the biggest turn out in its history, as more than 1,200 people walked shoulder to shoulder in the spectacular flaming torchlight procession.

The procession were led to Lincoln Cathedral by RAF Waddington Pipe Band and followed by members of the Army Cadet Choral Band.

*The breathtaking event saw the crowd pause poignantly outside the hospice where members of our nursing team and patients came out to show their support. This was an extremely emotional moment and many people were visibly moved by this show of solidarity.*

Once at Lincoln Cathedral, the procession was greeted by songs from a choir before the Tree of Life lights were switched on. The railings around the tree were adorned with hundreds of messages of love and the crowd came together to enjoy hot soup and mulled wine.

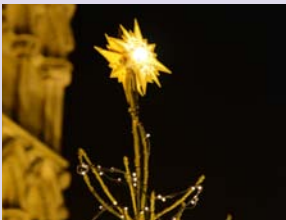
It was a real honour that so many people chose to remember their loved ones at our Light Up a Life celebrations and it was bittersweet to see so many torches burning brightly.

Light Up a Life is an event that brings many people together from our communities across the county. It can be moving and extremely emotive but above all else it is heart-warming, inspiring and sincere.





The **14TH ANNUAL** Light Up a Life celebration is our **MOST SUCCESSFUL** ever and raises **£37,419**





Photograph courtesy of Lincolnshire Echo

# COLOUR DASH 5K

This year we are excited to be bringing the **FIRST EVER** Colour Dash to Lincolnshire!

In Partnership with **RUNNINGIMP**

## It's time to get messy!

Held on Saturday 9th May at the Lincolnshire Showground, the event promises to be the brightest and most vivid race our region has ever witnessed!

Add a dash of colour to your life and run, walk or dance the 5k route but remember our Paint Pirates will be waiting at every 1km to shower you in a rainbow of colours!

The Colour Dash is all about wearing your biggest smile, getting messy and raising money for your local hospice.

### How much does it cost?

- ADULT (OVER 16)  
£20 STANDARD
- CHILD (5-16YRS)  
£10 STANDARD
- FAMILY - TWO ADULTS (OVER 16)  
AND TWO CHILDREN (5-16YRS)  
£50 STANDARD



For all the information and to register go online at: [www.stbarnabashospice.co.uk/colouredash](http://www.stbarnabashospice.co.uk/colouredash)



# Money does grow on trees!



You helped us to go green this Christmas with our first ever Christmas tree collection service in Lincoln. The tree-cycle campaign collected 148 trees and raised a whopping £740!

Each tree was collected for a suggested donation of just £5 per tree as this is how much it costs to buy a meal for a patient in our hospice.

Look out for the next edition of The Caring Times which will have all the details on how you can sign-up to support the tree-cycle this Christmas.

## The time of year for giving

Navenby couple Julie Marshall, 58 and Simon Marshall, 57 raised £1,140 when they ran the Danwood Lincoln Santa Run on Sunday 14th December 2014.

They took on the challenge in memory of their sister-in-law, Alie Brooker, 47, who died from cancer on February 17th 2014.

Alie had spent her last few weeks being cared for by the team at our hospice on Nettleham Road in Lincoln.

Julie said: "It was so important for us to be able to give something back to the organisation that had cared for Alie when she had needed it most. The Santa Run was a fitting tribute to a woman who was bubbly, outgoing and so full of life."

Read Alie's story on page 6



## Santa comes to town

Our Santa's Grotto in Grantham was once again a resounding success and raised over £3,000!

Thank you to Kaberry's of Lincoln Ltd for the generous donation of the Grotto, the George Shopping centre for the use of an indoor shop unit, Grantham Book Services for donating the gifts and to The Yorkshire Bank for agreeing to match fund the total raised!





# A dusting of Christmas magic



Photograph courtesy of John Edwards

For the past five years Jean and Derek Turner have lit up Wragby by decorating their house and garden with a stunning display of festive fairy lights. Each year the lights shine brightly from 7th November until 5th January.

Last year the couple raised £939.33 bringing their overall fundraising total to a very impressive £4,500, since the first Christmas lights were turned on in 2009.

Derek said: "It's great to see everyone enjoying the lights, especially the children, and it's wonderful that we can collect so much money for such a good cause. We also have an old red post-box in the garden in which children can post their letters to Santa Claus!"

## Things are hotting up!

Firefighters from Lincolnshire Fire and Rescue have raised £2,362.50 for the hospice from their Santa's Sleigh Collection which was held before Christmas.

Fire Fighter, Dale Seaton from North Lincoln Fire Station, said: "We wanted to give some of our collection money to a local charity who we felt would benefit the most. We decided on St Barnabas because we all know of someone who has been supported and cared for by the hospice.



*"Just recently one of our crew members experienced the care first hand when his Dad was looked after by the hospice. The staff all do a tremendous job and we hope that by doing our collection we can help in providing support and assistance to the people who need it."*

# In memory of Frank

Chrissy Bird from Ulceby in Alford raised an incredible £821.26 by hosting a garden fete and a sponsored walk in her husband's memory.



Her husband Frank had been receiving care from our hospice at home team before he died from lung cancer in February 2014.

Chrissy said: "I will always remember the team coming to our house and discussing with us how they would care for Frank. Not only did they look after Frank they also ensured that I had their full support.

"When Frank passed away I needed to do something to say thank you to the organisation who had cared for him and who had cared for me."



Photograph courtesy of The Grantham Journal

## A stitch above

A huge thank you to Creative Crafts for donating a quilt to be raffled at our Day Therapy Centre in Grantham. The raffle raised £192 through people paying a £1 donation.

The quilt was made in memory of Marilyn Scarborough who was a member of Creative Crafts and also the mother of our Corporate Fundraiser, Tina Dingley.

The quilt, which was a year in the making, was won by our event organiser Janie McCormick who received the quilt alongside Tina Dingley. The quilt was presented by Creative Crafts members Maureen Smith and Sheila Marshall.

## They s-mashed it!



Last year we were named Charity of the Year for Branston Holdings Ltd who raised an incredible £10,000 for hospice care.

With a busy schedule of fundraising to get on with, staff set about challenging themselves with physical tasks, including the Lincoln 10K, Santa Run and 'Pounding For Pounds' – a treadmill run covering the equivalent distance from Lincoln to York.

Simon Telfer, HR and Logistics Director for Branston Holdings Ltd, commented:

"Yet again, the staff at our Lincoln site have done the company proud and exceeded the target we had hoped to reach for this year's charities. Fundraising is really important to us at Branston and we hope it will help them to continue their excellent work in Lincolnshire."

# Fundraise: Your Way

If you are planning your own event we can now be with you every step of the way with Fundraise: Your Way, your guide to fundraising success!

This handy little book is packed full of inspiration, helpful advice and tips on how you can make the most of your fundraising activity – whatever you choose to do for us.

To get your hands on a copy of this guide go to: [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk) where you will be able to download the guide directly from our Library and Resources.

If you would prefer a hard copy please contact our fundraising department on 01522 540 300 or email [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk)



## Care2Save

Supporting us just got even easier!

Care2Save is offering you the chance to shop online for your favourite products, while donating back to us – at no extra cost.

Care2Save uses ethical purchasing to generate income for other charities across the UK.

How it works:

1. Go to [www.care2save.co.uk](http://www.care2save.co.uk)
2. Register on the site, with your email address. As part of the registration process, you will be asked to choose which charity you wish to support.
3. Start shopping!



Every purchase made through the Care2Save website generates a commission from the retailer. That commission is given to Care2Save.

Care2Save gives 80% of every commission earned to the charity/cause of the shopper's choice.

## Can you go the distance?

From 26th – 30th August 2015 you could be cycling through three of Europe's most vibrant cities in the Sunflower Cycle Ride. You will begin your challenge in London before heading over to Amsterdam and then crossing the finish line in Brussels.

This challenge will require true grit and determination and is definitely not for the faint-hearted!



For more information call Chris Fox on 07918 023 908 or email [chris.fox@stbarnabashospice.co.uk](mailto:chris.fox@stbarnabashospice.co.uk)



# Opening the gates to remember

Last summer Landscape Architect, Ian Stubbs opened his beautiful garden at Pear Tree Corner Farm in Louth to the public.

The garden of outdoor rooms combines a Mediterranean and seaside style garden with formal lawns and linear ponds.

Our hospice team had helped to care for Ian's mum in her final days and the garden was opened on the first anniversary of her death and raised an incredible £700. Ian hoped the open garden would be a wonderful way for his family to come together to remember his mum and to support the hospice.

Ian said: "St Barnabas looked after Mum so well in her final weeks and the nurses were very good at explaining what was happening to Mum at all times. They also provided us with great help and support following Mum's death."



## Finding her way back

Ex Lives First Responder Coordinator – Keith Auvache launched Finding Her Way Back as an e-book last year and due to the popularity it has now been released as a paperback.

The book chronicles a catalogue of mystical and uncanny events which occurred after the death of his wife Yvonne.

The book is available to download from Amazon.com at **£3.69** and the paperback version is available for **£4.99**. The book

can be found in the following hospice shops; Louth Bookshop, Mablethorpe, The Story Teller, Ruskington, Gainsborough, Wragby Road, Birchwood.

Alternatively order a copy directly from [keithauvache@gmail.com](mailto:keithauvache@gmail.com)



## Did you know?

In the last 12 months...

**650,000**  
items were sold in  
our shops across  
the county

**£67,000**  
was generated in  
Gift Aid revenue

**1,000**  
customers were  
served each day

**500 tonnes**  
of recycling was  
produced – keeping  
it out of landfill  
and generating  
extra income

**60,000 hours**  
were donated by our  
volunteers

**£500,000**  
was raised in our  
shops

## New beginnings

We are proud to announce that we are opening our 26th shop in March! The new shop will be located in the Market Place in Boston. At the time of printing we are working hard to fit the shop out with fantastic donated items from our wonderful supporters plus we will also stock a range of new goods!



## Two become one

This April we are hoping to take over the large vacated Barclays at The Forum in North Hykeham. Subject to signing the lease we will move our two present shops at The Forum into this one location. The bookshop will take residence upstairs and the space downstairs will allow us to increase our stock of furniture.

We're very excited by this opportunity, and hope our local supporters are too. Further information will be released as it becomes available.

## Online treasures

Last year you helped us to raise over £24,000 by purchasing items from our St Barnabas eBay site. The items we list online can range from pearl necklaces to vintage perfumes and mobility scooters! We have even sold a couple of toy tractors for £250 and a 1950's Tretchikoff print for £114!



We have also recently started selling items via Unique Auctions based in North Hykeham, with donations such as LPs, brassware, furniture and sporting goods. These are items that wouldn't normally sell well in our shops so this is proving to be a valuable sales outlet for us to generate extra income.



The Tretchikoff print



**It could  
be you!**

Lottery winner Tracey Duke, 48, couldn't believe her luck when she discovered she had won the hospice jackpot!

Tracey, who had been playing the lottery for 12 years, was surprised to receive a phone call from Debbie Watson, the manager of the lottery, who informed her that she had won £6,500.

Tracey joined the hospice lottery after witnessing the care and support her uncle received after being admitted into the hospice on Nettleham Road.

Tracey said: "I have seen first hand how valuable the hospice is to our local community. It is integral that the hospice continues to receive support and the lottery is a wonderful way to do that.

"I have never won anything before in my life and I can't get over the shock! I'm not sure how I'll spend my winnings, perhaps on a new car."

**If you would like the chance to be our next lucky lottery winner then complete the application form enclosed or sign-up online at [www.stbarnabashospice.co.uk](http://www.stbarnabashospice.co.uk)**

## The gift that keeps on giving

Looking for a unique gift for that special occasion?

Our Lottery Gift Voucher is the ideal present all year round!



### Lottery Gift Voucher

#### A gift that carries on giving

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

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

Thank you for supporting St Barnabas Lincolnshire Hospice



When you buy a Lottery Gift Voucher you give your loved one the chance to win up to £7000.

Plus money raised from the lottery ensures that we can continue to deliver end of life care across the county.

**To order call 01522 546500 or pick up an order form in any St Barnabas Hospice shop.**



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



# Dedication's what you need!

Last December we honoured staff and volunteers for their long service in a special awards evening.

There were 41 recipients of the award who between them have clocked up over 956 years of service!

Our Chief Executive Sarah-Jane Mills, said:

"We are very lucky to have an extremely loyal and hard-working team of staff and volunteers. Without their dedication our organisation would not be what it is today and we wouldn't be able to care for the thousands we do each year.

"Many members of our workforce have been with us for several decades and have been instrumental in the changes our organisation has undergone. They have embraced new challenges and above all else they have shared a real passion for providing end of life care that is patient centred."

A huge thank to our wonderfully dedicated workforce who allow us to focus on supporting tens of thousands of people to live well and make the most of their final moments.



## Fundraising milestone



Kathleen Woodham-Wells raised £250 in lieu of presents to celebrate her 65th birthday. The money was raised from a raffle and donations from friends and family.

Kathleen's husband Ray Woodham died at our hospice ten years ago.

Kathleen said: "I was very impressed with the care Ray received at the hospice, it was simply brilliant. It was a very challenging time and I wouldn't have managed without the support of the hospice."

## Darren's dryathlon



Our Head of ICT, Darren Holmes, raised an impressive £710 when he gave up alcohol in January.

He described the month as his "greatest challenge ever" and we'd have to agree that he's earned himself a pint or two!

# Comfiest walk in the county!

Our annual Moonlight Sleepwalk is now in its ninth year and a firm favourite in our hospice events calendar.

And, due to the county-wide popularity of last year's walk, we are bringing the onesie theme back for the second consecutive year!

This year One Night in a Onesie will be held on Saturday 6th June and takes place in Lincoln, Spalding, Louth and Grantham – so there's sure to be a walk happening near you!

We encourage everyone to wear their onesies and join us for the comfiest walk our county has ever seen!



walks are  
approximately  
10k

## When and Where?

### Lincoln One Night in a Onesie

Yarborough Leisure Centre,  
Riseholme Road, Lincoln  
9pm registration, 10pm start

### Louth One Night in a Onesie

Meridian Leisure Centre, Wood  
Lane, Louth LN11 8SA  
6pm registration, 7.30pm start

### Grantham One Night in a Onesie

Meres Leisure Centre, Trent  
Road, Grantham NG31 7XQ  
9pm registration, 10.30pm start

### Spalding One Night in a Onesie

Spalding Grammar School,  
Priory Road, Spalding PE11 2XH  
7pm registration, 8pm start

## How much does it cost?

ADULT (OVER 16)  
£15

CHILD (11-16 YRS)  
£5

FAMILY - TWO ADULTS  
(OVER 16) AND TWO  
CHILDREN (11-16 YRS)  
£35

## The only onesie walk in Lincolnshire!

### How to register



Register online at:  
[www.stbarnabashospice.co.uk/onesiewalk](http://www.stbarnabashospice.co.uk/onesiewalk)

or



Return the entry form overleaf to  
Lincoln Onesie, Fundraising Office,  
12 Cardinal Close, Lincoln LN2 4SY



Please ensure that each Onesie participant completes their details below including each member of a family ticket

I would like to take part in the the following Onesie Walk

☐ Lincoln ☐ Louth ☐ Spalding ☐ Grantham

Team Name \_\_\_\_\_

Title \_\_\_\_\_ First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Tel No (mobile) : \_\_\_\_\_

☐ Adult

☐ Child

☐ Family

Title \_\_\_\_\_ First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Tel No (mobile) : \_\_\_\_\_

☐ Adult

☐ Child

☐ Family

Title \_\_\_\_\_ First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Tel No (mobile) : \_\_\_\_\_

☐ Adult

☐ Child

☐ Family

Title \_\_\_\_\_ First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth \_\_\_\_\_

Tel No (mobile) : \_\_\_\_\_

☐ Adult

☐ Child

☐ Family

Entrants must be 11 years of age or over on the date of the event. Any walker between the ages of 11 and 16 must include the name and signature of the guardian who will be accompanying them on the walk.

Name of Guardian : \_\_\_\_\_

Signature of Guardian : \_\_\_\_\_

By taking part in this event you are agreeing to St Barnabas Lincolnshire terms and conditions, marketing and sponsorship as stated on our website [www.stbarnabashospice.co.uk/onesiewalk](http://www.stbarnabashospice.co.uk/onesiewalk)

Total amount enclosed £ \_\_\_\_\_

(Cheques made payable to [St Barnabas Hospice](http://www.stbarnabashospice.co.uk)) and sent to the address below.

Please return your form and payment to:

Lincoln Onesie, Fundraising Office, 12 Cardinal Close, Lincoln LN2 4SY

If you suffer from any medical conditions which may affect you during this walk, please consult your GP.