

Caring Times

Autumn • Winter Issue 2018



St Barnabas
Hospice • Care • Support

StBarnabasHospice.co.uk



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Hello

Welcome to our autumn edition of Caring Times. It has been another busy year for St Barnabas Hospice, with further developments in our clinical and income generation teams.

In the last year, we have provided care and support to over 10,500 people and without people like you, we would not

be able to continue to be there for more people across Lincolnshire each year.

Looking ahead, we will be hosting our famous Light up a Life events in November and December, including our emotive and incredibly moving Torchlight Procession in Lincoln. These events help us to come together to collectively remember our loved ones and celebrate life. Our mission continues to be to make dignified and compassionate palliative care available to everyone in Lincolnshire facing the end of their life.

Thank you for your support in 2018 and please remember every bag of clothes donated, every pound spent, every event attended and every hour volunteered helps to provide hospice care in Lincolnshire.

Chris Wheway
Chief Executive

What's on in Lincolnshire

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

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



If you are an existing supporter and wish to change your communication preferences, please contact our **Supporter Care Team**: supportercare@stbarnabashospice.co.uk

Hospice dog brings comfort to patients

Since 2015, Jess our Canine Concern dog has been a regular face at the St Barnabas Day Therapy Centre in Gainsborough, as well as the Inpatient Unit in Lincoln. She has supported many patients and their families during what is one of the most difficult times in their lives and provides comfort to those who need it the most.

Pat, Jess's owner, who is also a Hospice Chaplain and volunteer at the Gainsborough Day Therapy Centre, said: "Because our patients are all experiencing life-limiting or terminal illnesses, this sometimes means that their current situation has meant they can no longer look after their own dog. Therefore when they meet Jess, it can often bring them some comfort and gives them an outlet".

Jess was born in Cyprus around thirteen years ago before a rescue charity brought her over to England. Her breed is unknown, but she is thought to have some spaniel and pomeranian in her. Her temperament is very laid back, although she is very intuitive and is able to pick up on people's body language. Many patients have commented on how calming her presence is.

Pat said: "Jess has helped so many patients and families and I will always remember how she helped a particular patient in our Lincoln Inpatient Unit. The patient had

moved to England from South Africa three years before she was diagnosed with a terminal illness and was really missing her dog, which was still in South Africa.

"Knowing this, I took Jess to see the patient, who immediately appeared more at ease. In the following days, the patient who was no longer able to talk much spoke to the nurses at length about Jess's visit and it occupied much of her conversation in the week leading up to her death.

“ Jess has also helped a patient who had become unresponsive. She put her paws on the frame of the patient's bed and within a few minutes it became apparent that the patient was aware of Jess. The patient reached out to stroke her, saying the word “soft,” which was the first word she had spoken in some time.

Jess is part of the furniture at the Gainsborough Day Therapy Centre and is adored by all who meet her. She is often the first port of call for patients when they enter the building, as she is able to put them at ease before they meet with a Nurse for their treatment. Many people are able to open up and feel more comfortable with their surroundings with the support of Jess.



A wheelie successful day

Back in the hot July weather St Barnabas were chosen as one of the charity partners for the Castle to Coast to Castle bike ride across Lincolnshire.

The ride was enjoyed by 600 keen cyclists taking on 106 miles on a very hot day in support of International Bomber Command Centre, Cycling Without Age Skegness and St Barnabas. This included our CEO Chris Wheway, Corporate Fundraiser Caroline Swindin and Events Fundraiser Amelia Mochan, who took on the ride on her tandem bike with her boyfriend.

We were delighted and extremely grateful to receive the wonderful donation of £6,250 from the day.

The organisers of the event do so on a voluntary basis and each year they deliver such an excellent day. The event could not run without the support of the volunteers who helped and some who had a very early start helping with car parking, registration and marshalling.

Thank you to the sponsors and supporters of the event for enabling much-needed drink and food stops along the route, goody bags, t-shirts and a well-deserved meal and drink at the finish line.



Garden continues to flourish

Our award-winning Louth Garden has continued to grow thanks to the support of the local community. We have recently officially opened our new "Working Garden" at the Louth Hospice Day Therapy Centre.

The Working Garden was created to celebrate the horticultural and agricultural heritage of Lincolnshire. This garden, inclusive to all who wish to enjoy it, includes a potting shed area, raised vegetable beds and seating area to relax in.

The Lincolnshire Co-op helped with the garden and many volunteers came together to help transform the St Barnabas garden as part of the 'Big Co-op Clean.'

Amy Bailey, Community Fundraiser at St Barnabas Hospice, said:

“We are extremely grateful for all the hard work that the volunteers have put into the garden this summer. Having access to this outdoor space is really important to the health and wellbeing of our patients, and we are so proud of what has been accomplished.”



House clearance service

We recently launched our house clearance service across Lincolnshire. Offering both full or partial house clearances, there is also an option to clean the property if required.

The service is undertaken by our professionally trained staff and volunteers who have received some great feedback for excellent service.

For more information about the House Clearance service, please visit our website StBarnabasHospice.co.uk/house-clearance-service.

“They have helped us immensely on two different occasions and we cannot speak highly enough of them. The attitude shown by them and the “we can do” approach has been fantastic.”



The Hunter Clan

Whilst their Mum, Catherine, was being cared for in our Inpatient Unit, her three daughters along with various other family members, signed up to take part in our 2018 Inflatable Colour Dash. They wanted a goal to work toward, and felt as though this would be a great way to have fun, whilst offering their support to the Hospice.

Their initial target was to raise a group sponsorship of £350 - a total that was met and exceeded within a matter of weeks. Each time they set their sights on a higher target, the generosity of their supporters meant that these were quickly surpassed.

Catherine's death came shortly before the Colour Dash took place, but the 'Hunter Clan' decided that they were going to continue with the race and help to support people who might find themselves in a

similar position to Catherine in the future.

As a family, 'The Hunter Clan' completed the Colour Dash, (covered in as much paint as possible) and their fundraising total reached a massive £4,032, which was donated to the Inpatient Unit where Catherine spent her final days.

Catherine's Daughters, Jen, Jess and Emily, truly went the extra mile to help bring awareness to the services that St Barnabas can provide. By sharing their own experience of the Hospice, and creating a Just Giving page online, many were enlightened to the support that is available for those living with a life-limiting or terminal illness.

Jen said:

“The drive to fundraise was inspired by the memories we made with our Mum, whilst she stayed in the Hospice. The 'helpful, kind and compassionate' St Barnabas staff members particularly stand out to us and I remember that Mum once made the whole family laugh when she said that she would rate the Hospice five stars on Trip Advisor!”

Thank you to all of the 'Hunter Clan' for your fantastic efforts, it is thanks to supporters like this that we are able to raise the £5.5 million we require each year.



QinetiQ Waddington Snowdon Challenge

The local branch of QinetiQ based at RAF Waddington nominated St Barnabas Hospice as their charity partner. As part of their partnership they have taken on the Lincoln 10k, organised several charity golf days and got in the festive spirit to don their Christmas jumpers in aid of the Hospice. In July, six members of the team embarked on one of our challenge events, The Snowdon Triple Challenge. As part of the challenge they took on a twelve mile bike ride, followed by a ten mile trek up and down Mount Snowdon and finished with a two mile kayak along Llyn Padarn Lake.

The QinetiQ team comprised of Kerry Clifton, Jack Jarvis, Paul Jones, Jon Jarvis, Rachael Bradford (organiser) and Robyn Middleton. They raised approximately £2,275 to help us to continue to provide our care across Lincolnshire.



Your marathon, your way

We have the perfect challenge for those who want to take on a marathon in their own way, the Virtual Marathon!

Whether walking is more your pace, or if you prefer swimming, you can take on the 26.2 miles in whichever way you want.

You have the freedom to complete your 26.2 mile challenge in a day, a week or a month and at a time and place that suits you. The virtual marathon is a great opportunity to complete as part of a team, or as individual runners or walkers.

Take the challenge and sign up now by visiting our website at **StBarnabasHospice.co.uk**. Registration is just £5, and with a minimum sponsorship of £1 a mile, your Virtual Marathon will contribute greatly to the £11 million that is required to maintain our services each year.



Could your business or workplace give one of our collection pots a home?

We currently have around 200 pots in businesses across Lincolnshire, and we would love more companies to get involved in collecting donations on our behalf!

Whether you have a reception desk, bar or shop counter for our collection pot to sit on, we'd be delighted to hear from anyone who would like to help.

To receive a collection pot, email **sam.waterer@stbarnabashospice.co.uk** or call **01522 540 300**.



Driving support for hospice care

Terry Grantham, 87 has been volunteering for St Barnabas since moving to the area 22 years ago.

Terry's first experience of hospice care came from St Christopher's, his local hospice before he moved to Lincolnshire. Whilst he was the Welfare Officer for the Territorial Army, he learnt the importance of hospices as his role consisted of frequent hospital visits. During this time his friend received hospice care at St Christopher's Hospice and on visiting his friend, he discovered the care and compassion that the hospice had provided. He said that this changed his opinion on hospices.

Terry's mother-in-law also spent time in St Christopher's and Terry was moved by the level of care she received compared to his own mother who had sadly died in the local hospital. As a result of both of these experiences, Terry and his wife began a memorial fund and made regular donations to St Christopher's.

On moving to Lincolnshire he found himself just around the corner from the St Barnabas building in Spalding and a friend who already volunteered there invited him along for a look around. Upon visiting the Hospice one of the nurses said "he looked fit enough to be a driver". Terry took up the role and was a volunteer driver for 14 years. He continued to fundraise alongside his main volunteering role, which saw him take on the challenge of a sponsored swim raising £430 and several other events including BBQ's.

When the driving role came to an end, Terry's love to meet new people and how much he enjoyed a good chat led him to do talks at local groups on a number of subjects and he took donations for the Hospice for his time. His talks included 'his life as an evacuee', 'his life as a bookbinder' and 'the history of the hospice movement'.

Vikki Allen, Community Fundraiser in Spalding said: "I have been involved with Terry over the last nine years when he took up the challenge of running an annual golf day for us at Gedney Hill Golf Club, where he is a keen player. Over the nine years the charity day has raised around £9,000 and donations from his talks around £300 a year.

"Terry is a kind and generous man. He is always happy to help and has been such a supportive volunteer over the past fourteen years."

Terry said:

“I have also enjoyed taking an active role in the work of the Hospice, but have got out as much as I have put in over the years and it has been fantastic to see the outcome of all my hard work.”

If you would be interested in supporting St Barnabas Hospice through volunteering please contact **volunteering@stbarnabashospice.co.uk** or call **01522 518 221**.

Local legends

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



1 The Lincoln Minster Round Table came forward to help buy some equipment for our Inpatient Unit on Nettleham Road, Lincoln. In total, they donated £5,624 to fund a suction machine and two recliner chairs.

2 The Rotary Club of Skegness for their generous donation of £500.

3 Humberside International Women's Club gave a donation of £380 raised through various different activities.

4 The New Park Club in Skegness raised £600 as a result of an afternoon tea and a live band evening.

5 Asda Boston and the Asda Foundation donated £200 towards our coffee mornings in Boston.

6 North Luffenham Golf Club raised £750 from Captain's Day. They chose St Barnabas as a member's brother was looked after by the Hospice at Grantham.

7 The Sign Workshop Ltd in Gainsborough very kindly donated a sign to help raise awareness for our Coffee Morning.

8 Young People's Learning Provision (YPLP) in Grantham spent a few days painting our summer houses and tidying up the garden.

9 Halfway Heroes Motorcycle Group held a Family Fun Day in memory of former chairman Kev Richards. The event was a success with everything from bouncy castles to local rock bands, raising £2,033.62.

10 Welton FC have lots of future fundraising ideas planned, and the new U7's team have already had great success with the 'football boot hunt' that they arranged over the summer holiday.

11 Katie Wilson for her very generous donation of flowers to our Louth Hospice. Gifted by Katie and her family, these flowers were given to patients and displayed around the building following her Grandma's funeral.



Leaving a Legacy

Throughout May we teamed up with local Solicitor firms and gave people the chance to make or amend their Will free of charge. In return, we asked them to leave a gift to the Hospice in their Will.

This year saw an overwhelming 139 people taking part, with 64 gifts being left to the Hospice. This figure is still rising. These gifts help us to care for more people across Lincolnshire living with a life-limiting or terminal illness, and their families and carers long into the future.

The Solicitors involved in the campaign were: **Dale & Co Solicitors, Hodgkinsons Solicitors, Langleys Solicitors, Ringrose Law and Sills & Betteridge Solicitors.**

Thanks to these five companies, the campaign was able to reach more people across Lincolnshire than ever before.

Sam Waterer, Individual Giving Fundraiser at St Barnabas Hospice, said:

“We are delighted with the success of this year’s Make a Will Month, and are excited that some Solicitors have already come on board for next year too! The campaign featured strong imagery from three of our volunteers, who were asking people what their legacy is. It’s great that the community took so well to the campaign, and we can’t thank these volunteers enough for helping out.”

It is important to consider making your Will, whatever stage of life you are at. There is always something to sort out, whether you have just bought a house, had a baby, had a change in health or simply want to secure the future for your loved ones.

By choosing to leave a gift in your Will to St Barnabas Hospice, you will be helping to secure the future of end-of-life care in Lincolnshire.

Gainsborough relaunch

We were thrilled to announce the relaunch of our Day Therapy services in Gainsborough. In addition to being a base for our Hospice at Home nurses, on alternate Wednesdays and Thursdays we offer weekly Day Therapy.

Located on **Front Street in Morton (DN21 3AD)**, St Barnabas Gainsborough provides a range of care and support for adults diagnosed with life-limiting or terminal illnesses, along with their families and carers.

We were joined by several integral members of our local community

including Mayor Councillor Richard Craig and Deputy Mayor Councillor Keith Panter from Gainsborough Town Council, Vice Chairman Councillor Steve England also joined us from West Lindsey District Council.

If you are interested in finding out more about our services in Gainsborough, please feel free to attend our Coffee Morning which runs between 10am-12noon every Thursday.



Kicking for care

Dan and Stacey, owners of Lincoln Mini Kicks, started their plans for a Family Fun Day back in February 2018. Dan’s Nan had received care in our Nettleham Road Inpatient unit, they decided that they would enlist the help of their ‘Mini Kicks Family’ and organise a summer family fun day, to help raise money for St Barnabas.

The afternoon was full of fun for all ages, with ball pools for the children, a range of stalls to browse, and a Parents versus Coaches match that captured the excitement of many - with both sides sporting St Barnabas t-shirts in place of their usual kit.



Overall the event raised a total of £678.53.

Plans for next year’s event are already underway, and the Mini Kicks Lincoln team are determined to exceed this year’s total, so watch this space.



Moonlight in Memory

A lady from Deeping St James took part in our Stamford 10k Moonlight Walk in memory of her mum.

Rachel White took part in this year's Moonlight Walk Stamford to raise money for St Barnabas Hospice. She walked in memory of her mum, Patricia Austin.

Patricia spent around three weeks in the care of our St Barnabas Bourne Hospice at Home team in September 2017, following her diagnosis of advanced sarcoma.

Rachel said:
"The care Mum received from St Barnabas was fantastic. The Hospice at Home team considered how she was each day, and only did what she wanted doing.

"They were also very supportive of Dad and I, and kept us informed all the time.

"A memory that stands out was seeing one of the nurses putting Mum's face cream on. They didn't just rub it in, they actually gave her a little massage which was so caring".

“One day they brought in a special cap so Mum could have her hair washed properly. Although she didn't have much hair, it was important to her that it always looked nice.”

Success of Moonlight Walk

This year we had two new locations for our Moonlight Walk.

Our Lincoln event moved to Bishop Grosseteste University and saw hundreds of people take to the streets to remember a loved one and raise £40,000.

We also did our first ever Moonlight Walk in Stamford which was well supported

by the local community and raised an incredible £38,000. It also helped raise awareness of the services we provide in the South of Lincolnshire.

We are welcoming back both events and these will be taking place in June 2019, more details coming soon.

Best supporters by par

Following a fantastic summer, many of you took part in golf days to raise money for the Hospice.

QinetiQ

Our long standing supporter QinetiQ held a Golf Day in support of St Barnabas Hospice which raised £360.

Rilmac

The team at Rilmac supported St Barnabas Hospice, The British Heart Foundation and Prostate Cancer UK at their Charity Golf Day.

Saul Fairholm

For 2018 Saul Fairholm's annual Charity Golf Day at Retford Golf Club was in support of St Barnabas Hospice and Bassetlaw Hospice.

They raised over £5,500 and the proceeds were split between both Hospices.

If you would be interested in supporting St Barnabas Hospice through a corporate golf day please contact corporate@stbarnabashospice.co.uk or call 01522 540 300.





Young fundraiser making a big impact!

Jack Covill-Lowndes from Wainfleet, set himself the target of raising £10,000 for St Barnabas Hospice after we cared for his mum when he was only three. Now at 16, following an impressive plethora of fundraising events, Jack has reached his target!

Jack recently organised a charity football match, Charity Kicks, which raised £3,035.50. This event saw him go above and beyond, arranging everything from referees to ice cream and photographers to mascots.

The success of this charity football match did not go unnoticed. Jack's fundraising efforts have been inspirational and this was noted at the recent Lincolnshire Community Awards, where he was not only awarded Charity Fundraiser of the Year but also the Overall Winner. This award recognised the fantastic work that Jack has done for our local community and we are so

proud of what an inspirational young supporter he is.

Jack said:

“At the end of the evening the compere said the final award was for an overall winner. When he called my name I was actually lost for words! I felt numb with shock.”

Jack is already planning his next event and plans to take on the Great Wall of China trek once he is 18 and hopes to raise another £10,000.



Big Screen Blockbuster

Our first Barnabas Big Screen event, held at Daisy Made Farm, raised an incredible £10,000.

In total 1,200 people attended the screenings of Pretty Woman, The Lion King and Forrest Gump, and feedback was extremely positive.

We will be welcoming the Big Screen back for 2019 with BRAND NEW films, watch this space for more information.

Spreading Christmas Cheer

Instead of giving Christmas cards this year, please consider making a donation to St Barnabas. We have created this festive poster for you to share your greetings with your friends and colleagues!

Download it at StBarnabasHospice.co.uk or for a postal copy contact our Fundraising team on **01522 540 300** or email fundraising@stbarnabashospice.co.uk.



JOIN US TO REMEMBER



Each Light up a Life celebration lasts around 1 – 1.5 hours. All events are free to attend and open to all regardless of faith. There is no need to book in advance.

- **Boston** – Sunday 25th November, 2pm, Salvation Army, 59-61 High Street, Boston PE21 8ST.
- **Sleaford** – Sunday 25th November, 3pm, Sleaford Methodist Church, Church Lane, Sleaford NG34 7DE.
- **Lincoln** – Tuesday 27th November, 6pm, Our Lady of Lincoln Church, Laughton Way, Lincoln LN2 2HE, followed by a torchlight procession.
- **Skegness** – Sunday 2nd December, 2.30pm, St Pauls Baptist Church, 19 Beresford Avenue, Skegness PE25 3JD.
- **Spalding** – Sunday 2nd December, 3pm, St John the Baptist Church, Hawthorn Bank, Spalding PE11 1JQ.
- **Gainsborough** – Tuesday 4th December, 6.30pm, United Reformed Church, Church Street, Gainsborough DN21 2JR.
- **Louth** – Sunday 9th December, 3pm, Louth Methodist Church, Nichol Hill LN11 9NQ.
- **Sutton** – Saturday 15th December, 2pm, St Andrew, Sutton Road, Hannah cum Hagnaby LN13 9QL.
- **Grantham** – Sunday 16th December, 2.30pm, St Wulframs Church, Church Street, Grantham NG31 6RR.

**Torch
★.light
Procession**

Tuesday 27th November

Clayton's Sports Ground, Lee Road LN2 4BH
7.30pm.

Join us for the unique and iconic flaming Torchlight Procession, follow the pipe band to Lincoln Cathedral to switch the lights on at the Tree of Life.



PULL OUT ORDER FORM CHRISTMAS CARDS & GIFTS

All cards are blank inside unless otherwise stated



NINE JUMPERS

12.4 X 12.4 cm

10 cards with envelopes



ROBIN AT WINTER TIME

12.4 X 12.4 cm

10 cards with envelopes



BETHLEHEM

12.4 X 12.4 cm

10 cards with envelopes



CHRISTMAS WREATH WITH ORANGES

12.4 X 12.4 cm

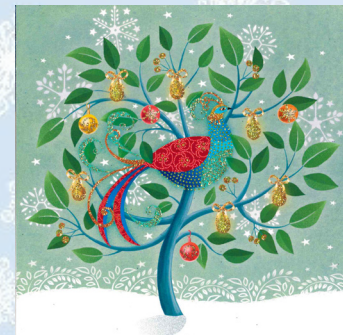
10 cards with envelopes



DONKEY AT THE FENCE

12.4 X 12.4 cm

10 cards with envelopes



PARTRIDGE IN A PEAR TREE

13.9 X 13.9 cm

10 cards with envelopes



SNOW ANGEL

13.9 X 13.9 cm

10 cards with envelopes



LAST MINUTE POST

14.9 x 14.9 cm

10 cards with envelopes



THREE KINGS

15.8 x 15.8 cm

10 cards with envelopes

For more information please call **01522 540 300**



LIGHT UP A LIFE TREE (LINCOLN)

17.2 x 12.3cm

Message inside "With best wishes for Christmas and the New Year"

10 cards with envelopes



BELTON HOUSE IN WINTER

17.2 x 12.3cm

Message inside "With best wishes for Christmas and the New Year"

10 cards with envelopes



CHRISTMAS EVE

12 x 22.5cm

10 cards with envelopes



LET IT SNOW

13.9 X 13.9 cm

10 cards with envelopes



12 DAYS

13.9 X 13.9 cm

10 cards with envelopes

ST BARNABAS LINCOLNSHIRE HOSPICE 2019 DIARY



Pocket diary

L - R: Lilac, Teal, Hot Pink, Blue



Wallet diary

L - R: Pink, Purple, Orange, Blue

Step 1

QTY:	TITLE	PRICE	TOTAL VALUE
	NINE JUMPERS	£3.99	
	ROBIN AT WINTER TIME	£2.99	
	BETHLEHEM	£2.99	
	CHRISTMAS WREATH WITH ORANGES	£2.99	
	DONKEY AT THE FENCE	£2.99	
	PARTRIDGE IN A PEAR TREE	£3.99	
	SNOW ANGEL	£3.99	
	LAST MINUTE POST	£3.99	
	THREE KINGS	£3.99	
	LIGHT UP A LIFE TREE (LINCOLN)	£3.99	
	BELTON HOUSE IN WINTER	£3.99	
	CHRISTMAS EVE	£3.99	
	LET IT SNOW	£3.99	
	12 DAYS	£3.99	
	ST BARNABAS HOSPICE DIARY 2019	£2.99	
Choice of colour <input type="checkbox"/> Lilac <input type="checkbox"/> Teal <input type="checkbox"/> Hot Pink <input type="checkbox"/> Blue <input type="checkbox"/> Pink <input type="checkbox"/> Purple <input type="checkbox"/> Orange <input type="checkbox"/> Blue (wallet)			

Postage & Packing **£1.50** for UP TO TWO ITEMS
£3.99 for THREE TO FIVE PACKS
£4.99 for FIVE ITEMS OR MORE
 For overseas orders please call **01522 559 500**

Subtotal

P&P total

Donation

TOTAL:

Step 2

Address details

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

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

Name: _____

Address: _____

_____ Postcode: _____

Telephone: _____

Step 3

How to order

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

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

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

Step 4

Gift Aid - Please tick box

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

Step 5 Payment by credit card

I authorise you to debit my credit/debit card with the total order value

(We do not accept Amex and Diners cards)

St Barnabas Hospice Shops will appear on your credit card statement

Card no: (switch only)

Switch Card Issue no

security code

Valid from date /

Expiry date /

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

Signature _____

Step 6

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

☐ Send alternative cards, similarly priced

☐ Give as donation

☐ Refund

Communication Preferences – Future Correspondence

Without the support of people like you, St Barnabas Hospice would not be able to provide the services that our patients need. Thank you for your generosity.

We would like to keep in touch with you in a variety of ways. If you are happy for us to keep in touch by email or text please tick the boxes below and complete your email address and mobile phone number.

I agree St Barnabas Hospice can contact me by:

Email

☐ _____

Text Message

☐ _____

As part of our legitimate interest we will continue to write to you unless you inform us you want us to stop.

We will not share or sell your data and it will only be used for Hospice purposes to tell you about: Service and support information/updates, i.e. newsletters, changes to patient care services, Fundraising such as appeals, events, gift aid, lottery and community initiatives, Volunteering, Retail, Education and training

A copy of our latest privacy policy is available on our website and on request.

Please rest assured that your information is held in a secure manner and that you can update

your preferences at any time by contacting our **Supporter Care Team** on **supportercare@**

stbarnabashospice.co.uk or **01522 540 300**.

Super Seddon Sisters take on the London Marathon

Three sisters from Lincolnshire ran the London Marathon for St Barnabas in memory of their Grandma.

Emma, Rebecca and Katie Seddon took on the challenge of running their first London Marathon to raise money in memory of their Grandma, Eileen Seddon.

split between St Barnabas Hospice and Hospice UK.

Rebecca said:

Eileen was diagnosed with Non-Hodgkin Lymphoma and spent several months being cared for by St Barnabas Hospice before she sadly died on 18th November 2017.

"Our Grandma was really fond of St Barnabas and despite the nature of her stay, loved the Hospice itself and the staff working there.

“They were always so kind and caring to both Gran and the whole family too. They were so great that her health actually improved whilst being in the Hospice.”

Although the three sisters all live and work outside of Lincolnshire, they came together to raise over £6,000 to be

"Seeing first-hand the care and service they can provide for those who truly need it inspired us to challenge ourselves and raise money for both charities."

All three sisters completed the marathon, which was the hottest London Marathon on record at 22.7°C. We are so proud of the sisters and thank them for their support.



London Marathon

Following from the success of the Seddon sisters, we have been fortunate to be awarded our first ever place for the London Marathon in 2019. Rebecca Roberts won a ballot for the Marathon

and is running in memory of family and friends who have used our services. Rebecca is currently training hard and we will share her progress in the run up to the Marathon.

Help make a difference

At St Barnabas Hospice, we rely on 1,100 volunteers who give up their time to support us. Our volunteers are aged from 14 - 91 and support us in hundreds of roles, including:

- Helping out in the Hospice
- Retail
- Fundraising
- Receptionist
- Complementary therapists
- Counselling and bereavement support
- Gardeners
- Online sales
- Admin support

Volunteering is varied and flexible, and there is sure to be a role that works for you. It is also a great way to meet new people, learn new skills and boost your CV.

We welcome volunteers from all backgrounds. You just need to be over the age of 16. However, if you are undertaking a Duke of Edinburgh Award you can volunteer in one of our shops from just 14.

Thinking of volunteering?

Contact our Volunteer Team on 01522 518 221 or email volunteering@stbarnabashospice.co.uk

StBarnabasHospice.co.uk

[@StBarnabasLinc](#) [StBarnabasLinc](#) [@stbarnabashospice](#)



Tree-cycle this Christmas

Go green this Christmas and recycle your Christmas tree with us.

Once the festivities have come to an end, we would like you to think of St Barnabas Hospice and let us recycle your tree this year.

Tree-cycle is the simplest, greenest and most charitable way to get rid of your Christmas tree.

Collections will take place from 12th January in Lincoln and Grantham (specific postcodes only).

Check on our website to see if we are collecting in your area.



Donated treasures

We have a specialist team who sort through thousands of donations.

They decide whether the items should be sold in our shops, online on our eBay page or if they should be recycled.

This summer we discovered a real treasure in our donations, a hallmarked silver medal commemorating Lincoln City Football Club's success in becoming Fourth Division Champions in 1976.

It was number seven in a series produced for supporters; this medal generated a flurry of interest on social media, before finally selling on our eBay page for £215.

Get thrifty with a fifty

In 2018 we launched the Accumulator Challenge, which saw teams from across the county use innovative fundraising initiatives to help grow the initial £50 given to them.

We are delighted to announce that fourteen businesses took part in the initiative raising an outstanding £18,518.91.

Businesses of all sizes took part from across Lincolnshire, and were each given £50 by the Hospice, with the aim of growing the amount.

A wide range of fun, innovative and clever fundraising ideas took place during the challenge, including: pet first aid courses, penalty shoot-outs, a door full of jelly beans, a beer festival, spin-a-thon and more.

Tina Dingley, Corporate Fundraiser for St Barnabas in the South of Lincolnshire, said:

"This is the first year we have done an Accumulator Challenge at St Barnabas

and the uptake and enthusiasm for it has been better than we could ever have imagined.

Based on the success of this year, we are excited to bring this fundraising initiative back again next year. Hopefully more companies will be encouraged to sign up and make it even more of a success.

To find out more about how your business can support St Barnabas Hospice, contact Caroline (North Lincolnshire) at caroline.swindin@stbarnabashospice.co.uk/07435 970 309 or Tina (South Lincolnshire) at tina.dingley@stbarnabashospice.co.uk/01476 513 542.

The Accumulator Challenge culminated in a Celebration Evening, held on Monday 9th July at Lincoln City Football Club. During the evening, the following awards were given:



The team which raised the most money* **Warners Midlands plc** (£2,000 raised between four team members)



The team with the most innovative fundraising ideas **NatWest Lincoln**



The individual team member who has performed the best **Andrew Parker, McCain Foods**

* For fairness, the final figure raised by each team was converted into an average based on the number of people in that team.

New Beginnings

Following a bereavement we often experience loneliness, the New Beginnings group offer a friendly face to not only chat to but also to spend time with.

The friendly and welcoming group are there to support you through your bereavement and understand what you are going through.

We have bereavement groups across the county that meet on a regular basis, including the New Beginnings group who meet **every Tuesday 1pm to 3pm at Our Lady of Lincoln Church on Cabourne Avenue, Lincoln**. The groups are open to all, regardless as to whether their loved ones have used the Hospice services or not.

They often have day trips as a group; they recently went to Normanby Hall Country Park.



This was a social gathering that was kindly funded by one of the group, and everyone enjoyed a relaxing day out.

Over the last nine years the group has supported many people going through bereavement and has raised over £9,000 for the Hospice in the process. Thank you to all who have supported the group over the years and to those who still do.

What would you do with £1,000?



We have a guaranteed winner of £1,000 each week. As well as this we have a rollover of up to £7,000.

Mr Bagnall was the lucky winner of our £7,000 Lottery jackpot in July!

Mr Bagnall has been supporting our Hospice Lottery since the early days (from around 1996). He said:

It was a complete surprise to get the phone call telling me I had won! I am always happy to support the Hospice and would encourage others to do the same. You never know, you might be the next winner.

Visit StBarnabasHospice.co.uk/lottery if you'd like to be in with a chance of winning!





78-year-old took on the Bubble Rush in memory of her late husband

Helen Smith from Croxton Kerrial near Grantham was inspired by our young fundraiser who took part in the Bubble Rush in 2017 and decided she wanted to complete the 5k route around the picturesque Stoke Rochford Hall grounds covered in bubbles.

Helen's husband, John, sadly died a couple of years ago in the St Barnabas Hospice in the Hospital from metastatic cancer of the lung. Prior to his fifteen days spent in the Hospice, he received Hospice at Home care from St Barnabas, as well as attending Day Therapy sessions in Grantham.

Helen, who had previously volunteered in the Hospice gardens with her daughter, said:

“I read a story about a five-year-old who took part in last year's St Barnabas Bubble Rush, and she really inspired me. If she can do it, then why can't I?”

“I have been very unwell myself and cannot walk without the use of sticks, so I see this as a goal to help get my life back to normal.

“John will definitely be looking down on me and chuckling the whole way round, but I know he'd be very proud.

“The care John received from St Barnabas was utterly excellent. They relieved the whole family, which meant we were totally free to make the most of the time we had with him. It made it really special.”

Helen walked the entire route with her stroller and when she passed the finish line she was emotional and so proud of herself. What a fantastic achievement.



Staff awarded for dedication

On Thursday 13th September our staff, volunteers and close partners were recognised at the Aiming High Annual Awards at Bishop Grosseteste University.

The full list of winners:



20 years service as a volunteer
Barbara Jones and Sandra Clack,
(Not present - Daphne Luke, Lesley Pitt)



The Exceptional Contribution to Patient Environment
Sarah Carr



The Team Award
IMT Team



Outstanding Innovation
Emma-Jayne Parker



Outstanding Contribution and Support
Belton Park Golf Club, Turbine Efficiency, Knipfest Committee and Ali Cormack
(Not present - Hodgkinsons Solicitors, John Kaberry Ltd and Rapid Relief)



The Service Excellence [non-clinical]
Minnie Haigh



Unsung Hero
Caroline Swindin



The Rising Star Award
Annie Penrice



Director of Patient Care Special Award
Wendy Herridge



Director of Income Generation Special Award
Lisa Phillips



Director of Patient Care Special Award
Mandy Tapfield



The Outstanding Leadership Award
Jenny Streather



The Chief Executive Special Award
Debbie Watson



The Jules King Young Fundraiser Award
Harriet Burke

Knit 'n' Knatter

The Knit 'n' Knatter group have supported the Hospice for a number of years and the group is often attended by patients and carers as it is a way to relax and alleviate stress. It also provides them with the opportunity to make new friendships and share their experiences.

The group have knitted items for the local special care baby unit, our local homeless charity and most recently these lovely tea cosies donated to our Market Place Spalding shop and café to celebrate their first anniversary.



Donate, don't dump

Every black bag and box that is donated to St Barnabas helps to provide care and support across Lincolnshire.



If these cannot be sold in one of our shops or on our eBay page we can recycle them to stop them going in landfill.

Visit your local shop, our Central Warehouse Unit or we can collect larger items. Visit StBarnabasHospice.co.uk/shop/donate-your-items for more information.

Knockout is bouncing back for 2019

We are thrilled to announce the return of one of our most popular events for 2019! It's a Knock Out will be taking place on **Sunday 7th July**. We expect it to be another sell out event so if you are interested, make sure you watch this space for more information that will be coming in early 2019.



Challenge yourself

We've had so many people take up a challenge for St Barnabas this year!

We've had climbers, hikers, skydivers, 10kers, mudrunners, marathoners and boxers to name a few. Every challenge you take on helps us to raise the £5.5 million needed each year.

We're offering even more ways to take up a challenge for St Barnabas in 2019, including our China Trek.

12th -20th October 2019

China Trek

The eight day trek and exploration of China including the Great Wall, mountains, remote villages the Forbidden City and Tiananmen Square.

To run, jump, bike or climb for St Barnabas, contact **Mike Pastor** on **01522 540 300**, or mike.pastor@stbarnabashospice.co.uk.

Run
Jump
Bike
Trek



Spalding Shop and Café celebrates first Birthday

Our Spalding shop in the Market Place celebrated its first birthday in August, with a week of celebrations, including a colouring competition, balloons, face painting and of course a birthday cake!

The festivities were very well supported by the local community, as the shop has been since it opened.

They also welcomed some new faces, especially in the café (with its updated menu and prices).

The café sells a great range of hot and cold drinks, light bites and cakes. It also serves our unique coffee 'Blend 35', created by Stokes of Lincoln to celebrate the 35th anniversary of the Hospice last year.



Thank you for your support

The support of our local community is vital in ensuring that our care and services are available to everyone in Lincolnshire.



1 Wendy Stephenson and Browns Department Stores in Gainsborough, for their continued support.

2 Starglaze Home Improvements who took part in a Tough Mudder event as part of their fundraising in support of the 'Accumulator Challenge', raising over £1,000.

3 Lincolnshire Police gave a generous donation of £654.49 from the members of Lincolnshire's Emerald Team.

4 Lindum Cricket Club held a week long 'Small Beer Blast' 20/20 cricket tournament that raised £1,700.

5 Brewin Dolphin Lincoln spent time volunteering at our Hawthorn Road site in the gardens.

6 Downtown in Grantham who raised £1,981.53 through their fundraising efforts during 2017/18.

7 The Lady Imps Supporter Association (L.I.S.A.) raised £2,558.55.

8 RJ Scholes sponsored the Moonlight Walk Stamford.

9 Eminox in Gainsborough who have raised £3,500 over the year.

10 Warner's Printers in Bourne who have so far they have raised £2,050.

11 Turbine Efficiency supported throughout 2017/18 and raised an incredible £1,500.

12 Richard Dale of Dale & Co Solicitors for taking part in this year's Lincoln 10k and raising £2,000.



Climbing Kilimanjaro

A coach driver at PC Coaches of Lincoln based at the Louth depot took on the challenge of climbing Mount Kilimanjaro.

Chris Offer successfully completed the climb in August this year and it took him four days to reach the 19,000ft peak, with temperatures of -35 degrees and the pouring rain.

Chris, age 61, decided to take on one of the world's biggest challenges after losing over three-and-a-half stone in weight following twelve months training. He said:

"With kind permission from my family, I completely self-funded this adventure.

"Although I have no personal connection to St Barnabas, they are a fantastic charity in my home town of Louth, and I know they do an amazing job both in Louth and the rest of Lincolnshire.

They deserve all the help that can be offered to them, and I intend to help as much as I can.

Before his career as a coach driver, Chris was a serving soldier in the British Army and had been involved in several operational conflicts.

Chris said: "Whilst I was a serving soldier, I participated in several adventurous challenges. I've climbed Mont Blanc on ice glaciers, done several parachute jumps and have now tackled Mount Kilimanjaro!"

If you would like to take on a challenging event in support of St Barnabas Hospice, please contact **Mike Pastor** at pastor@stbarnabashospice.co.uk or call 01522 540 300.



Go Yellow

In June we celebrated our Go Yellow month, where we encouraged supporters to get involved in a range of yellow-themed fundraising activities, to help raise awareness of hospice care.

We received fantastic support across Lincolnshire with coffee mornings, school activities and of course, baking.

Good Lookin Cookin, a catering company who provide school lunches raised in excess of £2,000. In place of their usual dessert option, Good Lookin Cookin provided over 20 schools with yellow 'St Barnabas Cupcakes', and 20% of the days takings were donated to the Hospice.

In addition to this fantastic contribution, Good Lookin Cookin also donated a professionally baked 'Go Yellow' cake to each school, which staff members at the school were able to enjoy for a small donation.



Bosom buddies

Living with Secondary Breast Cancer Support Group

At St Barnabas we like to provide support to people in as many ways as possible, through our clinical and wellbeing services and through specialist support groups.

For over three years we have been providing support to women living with Secondary Breast Cancer – enabling them to come together to share their thoughts and worries, and above all to provide support to live well with Secondary Breast Cancer.

The group meet at 2pm on the second Tuesday every month at our Day Therapy Centre on Hawthorn Road, Lincoln, LN2 4QX.

If you, your partner, or someone you know is living with Secondary Breast Cancer please come along and find out more or for information call 01522 518 219.



Football Fever

Our Lincoln City Charity Partnership for 2018, has meant the Hospice has been experiencing football fever.

We have enjoyed working together with Lincoln City Football Club to raise the awareness of hospice care.

We are very grateful to the club who enabled us to undertake a bucket collection at one of their home matches which raised over £1,100.

As a result of this partnership we have been supported by Lincoln City striker Matt Rhead and a group of his biggest fans, 'The Mattadores'.

Over the past year Matt and the 'The Mattadores' have been supporting St Barnabas Hospice in a number of ways. Including each member of the group donating money for every goal Matt scored, assist he made and man of the match award he received.

Their fundraising also received another boost after Matt supplied a signed shirt which was auctioned for £237.01.

In total the Mattadores have raised £1,200 for St Barnabas including eBay auctions and kind donations from fans. Matt Rhead and his mum have also contributed £200 of their own money towards the Hospice.



Roger Brown's Golf Sale

After Roger Brown's daughter was cared for by St Barnabas Hospice at the end of her life, Roger decided he wanted to give something back to the Hospice. When reflecting on his daughter's time in the Inpatient Unit, Roger describes how the staff, both medical and non-medical, were superb and always on hand when we needed them.

Not only did he begin volunteering at his local St Barnabas Shop, he also made the decision to run a large Golf Sale and donate all funds raised to the Hospice.

Roger said that his motivation behind his contributions to St Barnabas is 'to help those families who are in a similar situation' to the one his family experienced.

From April of this year, Roger set to work advertising the event throughout the local community and asking for donations of any unwanted golfing paraphernalia. By the time August came around Roger had acquired hundreds of donations, from tees

to top range golf bags, and everything in between.

On the 12th August the Golf Sale took place at Welton Golf Club, where many happy customers walked away with some great bargains to add to their golfing collections. To help on the day, Roger was joined by his son-in-law and granddaughter, who were also key to the success of the event.

With remaining products still being sold, the donation total is not final, but so far Roger and his family have raised £1,138.44, which will be a fantastic support for our services.



Dying Matters

Each year in May, hundreds of you join us for Dying Matters Awareness Week to recognise the importance of talking about dying, death and bereavement.

This year you shared with us your favourite memories as part of our discussions across the county and at The Waterside Shopping Centre.

Our giant blackboards posed three questions,

1. My one wish for the future is...
2. The most important thing in the world to me is...
3. The happiest moment of my life is...

Our huge 4ft tall willow elephant drew in the crowds as you helped us to address 'the elephant in the room'.

Throughout the week he was decorated in brightly coloured ribbon to ensure that the elephant, quite literally, could never be ignored.





Raising the roof for charity

We were delighted to be chosen as one of HomeLet's Charity Partners for 2018 and we have been overwhelmed by their incredible support.

Thanks to their amazing efforts the team have raised over £10,000 and they have more fundraising planned.

Lincoln 10k, Yorkshire Three Peaks and the Lincoln Dragon Boat Race.

So far, the money has been raised through various in-house events, and members of staff also took part in the Colour Dash, the

We can't wait to see what other fundraising ideas they have before the end of the year!

Bouncing bright

We are delighted with the success of our fourth Colour Dash which raised over £143,000. For 2018 we added an extra twist of Inflatables which saw over 2,400 people take part

The event continues to provide a fun way to raise money for the Hospice whilst our supporters get covered head to toe in brightly coloured paint.

We are thrilled to announce that the Colour Dash will be back for its fifth year in 2019, save the date!



StBarnabasHospice.co.uk

@StBarnabasLinc StBarnabasLinc @stbarnabashospice

Oar-some support

The Lincoln Boat Race is a fantastic event and the event is held to raise money for three Lincolnshire charities, St Barnabas Hospice, LIVES and Lincs and Notts Air Ambulance.

Well done to all the teams who took part, and a big congratulations to 'Belton Bravehearts' from Belton Construction who won every race.

Thank you to everyone involved and we look forward to it again in 2019.



DIARY OCTOBER 2018 - JANUARY 2019

October

19th	Ladies' Lunch - Grantham	11.30am	R A L
28th	Skydive		S R

November

2nd	Coffee Morning - Woodhall Spa	10am	A
10th	Christmas Coffee Morning - Heckington	10am	A
10th	Christmas Cream Tea - Spalding	1pm	A
15th	Festive Coffee Morning - Grantham	10am	A
17th	Sunday Lunch on a Saturday - Woodhall Spa	12 noon	R A L
17th	Tealby WI Festive Fayre	10am	A
17th	Poppy Dinner - Crowland	7pm	R A L
18th	Christmas Shopping Extravaganza - Morton	11am	A

November cont

24th	Christmas Craft and Gift Fair	11.30am	A
25th	Light up a Life - Boston	2pm	A
25th	Light up a Life - Sleaford	3pm	A
27th	Light up a Life - Lincoln	6pm	A

December

2nd	Light up a Life - Skegness	2.30pm	A
2nd	Light up a Life - Spalding	3pm	A
4th	Light up a Life - Gainsborough	6.30pm	A
9th	Carol Service	2.30pm	A
9th	Light up a Life - Louth	3pm	A
15th	Light up a Life - Sutton	2pm	A
16th	Light up a Life - Grantham	2.30pm	A

January 2019

12th	Tree - cycle	N/A	R
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S Sponsorship R Advanced Registration A Accessibility L Limited Availability P Pay on the day



A steaming success

Every year our shop at the bottom of Steep Hill on Lincoln's High Street goes all out for the Steampunk Asylum weekend.

Lincoln City Centre is transformed over the August Bank Holiday weekend as hundreds of tourists flock to the city to take part in the Steampunk Asylum weekend.

Over the Steampunk weekend we brought in an extra £7,613 for the Hospice.

Thank you to all those who visited and we look forward to another punk-tastic weekend in 2019!

Shop Manager Kelly Marshall said:

"The comments are just a fraction of the wonderful compliments we received, the response was incredible and the atmosphere was amazing over the three day weekend."

"Amazing shop and assistants, fantastic, second to none, thank you so much!"

- Sharon, Debbie and Shirley

"What Steampunker ever said I have too many corsets? Definitely not Lady Vanessa Cogsworth!"