

Caring Times

Spring • Summer Issue 2019



St Barnabas
Hospice • Care • Support

StBarnabasHospice.co.uk



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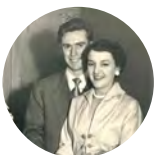
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Hello

Welcome to latest edition of the Caring Times. With Spring upon us we are well into 2019, which will be another full year of events and activities.

St Barnabas Lincolnshire Hospice is a charity that is owned by the people we serve. Your continued support is so important to us, whether that is attending events, fundraising, donating goods for our shops or volunteering. These are all vital ways to help and make a huge difference to the amount of care we can give.

We are passionate in delivering our mission that anyone facing the end of their life should receive dignified, compassionate care, when they require it and where they ask for it. Our Hospice's approach is about personalised care that each individual patient defines. It is about celebrating life and making the most of the time they have in their own home or in our Hospice.

The cover story for this edition features the amazing Tim Smith, who our Hospice at Home team have supported. The story explains how Tim was able to meet some lifelong heroes through the help of our staff and Lincoln City Football Club.

Your ongoing support is vital to us, so if you feel inspired to give your time to raise funds, or simply support us with volunteering then please do get in touch.

By supporting us you are changing lives.

Chris Wheway
Chief Executive

Get involved

Get your hands on our latest events book for 2019 and find the perfect event for you, taking place across Lincolnshire.

There is a huge range of new and exciting events to enjoy from coffee mornings to skydives and everything in between.

To get your 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

Popping up in the Waterside

Lincoln city centre pop-up shop 'huge success'

Our St Barnabas pop-up shop opened on Monday, 18th February in an 8,000 square foot unit in the Waterside Shopping Centre. The shop is selling a range of vintage and second hand goodies including crockery, clothing and wedding dresses, as well as film merchandise.

Caroline Peach, Retail Manager for St Barnabas, is overwhelmed by its success and hopes the space will be available again to raise awareness of our charity in the heart of the city.

We'd like to say a huge thank you to Waterside Shopping Centre for providing us with this great opportunity to use this wonderful unit rent free. This means that more of the money we raise goes directly to patient care.

We have been particularly pleased with the sale of furniture, upcycled from a scheme working with Lincoln prisoners. The project has raised £160 in the first week, which has exceeded all expectations.

Dean Cross, General Manager at the Waterside Shopping Centre, added:

“As our charity partner we work closely with St Barnabas, and the pop-up shop is just one of a series of fundraising activities we've supported. The St Barnabas team have created a great looking and well merchandised pop-up unit. We hope the scheme encourages other charities around the country to stage a similar fundraising activity as it certainly seems to have captured people's attention!”





Tim's story

Last September, Lincoln City Football Club went above and beyond to facilitate a final wish for a St Barnabas Hospice patient.

On Thursday 20th and Saturday 22nd September, Lincoln City Football Club pulled out all the stops to help make the final wish of St Barnabas patient, Tim Smith come true.

Tim, a Lincoln man, was diagnosed with terminal pancreatic cancer in June 2018. Upon talking to Tim about his Advanced Care Plan, staff at St Barnabas Hospice discovered his love of football, in particular Lincoln City FC, and decided to get in touch with the football club.

Mary Hall, Specialist Nurse Practitioner at St Barnabas Hospice, said:

"When I spoke with Tim and his family about what matters to him, it became really obvious that football was one of his

lifelong passions – specifically Lincoln City Football Club.

"He had attended matches with his father since he was five-years-old and both himself and his son were still regular attendees at every match."

Caroline Swindin, Corporate Fundraiser at St Barnabas Hospice, said:

"The football club have been so overwhelmingly kind in helping us to sort out such a special experience for Tim and his family and I can't thank them enough for going the extra mile."

Tim had initially thought he would be attending a press conference to meet Harry Toffolo and Danny Cowley with

his family and good friend, but he was surprised further when Harry organised for the squad to come and see him. This resulted in Lee Frecklington inviting Tim to lead the squad out of the tunnel during the Saturday game vs. MK Dons. Danny Cowley took things a step further by arranging a whole VIP day for Tim and his guests, including meeting the squad in the changing room before the game, match tickets, VIP lounge access, the chance to sit in on the post-match press conference, photos with the Checktrade Trophy and drinks with the manager.

When talking about the win during the post-match press conference, Danny Cowley said:

"That was for Tim Smith. We met him on Thursday and his story really touched all of us. We were really determined as a group to get a win for him and it felt right.

"It was a pleasure for us to have Tim and his family with us and it felt really special before the game."

Tim said:

"The care at St Barnabas has been second to none. Mary, Caroline and their team have all been magnificent.

👏 It's sad to say, but it's not until you need them that you realise how important this organisation is. The Hospice at Home girls just can't do enough for me. They're lovely, genuine people. 🗣️



St Barnabas cannot thank Lincoln City Football Club enough for the time they have taken to ensure Tim's final wish has come true.

We have been looking at ways of working more closely with the Club to support the wellbeing of staff and fans. As a result, we now host a monthly Community Bereavement Drop-in Group at Sincil Bank Stadium. The sessions are held on the first Monday of every month from 6pm until 8pm. For more information, please call **01522 518 225**

Skydiving success

Peter James Wedd, who recently celebrated his eightieth birthday jumped out of a plane in memory of his wife who was cared for by St Barnabas Hospice.

Peter raised a fantastic £1,337 for St Barnabas Hospice by completing a sponsored skydive in memory of his wife, Valerie, in the same month that he turned 80. Valerie spent two weeks at the Hospice on Nettleham Road after being diagnosed with spinal cancer.

Peter said:

"In a copy of the Caring Times I saw a skydive story called 'Jump for Joy'. When I was part of the National Service I used to watch them go up in the plane and see them throw themselves out again; I thought I'd finally do it myself!"

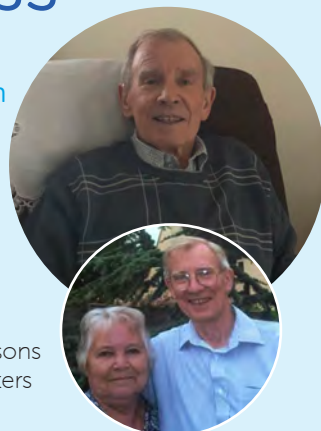
On the care at St Barnabas Hospice, Peter said:

"I don't have the words to describe it, it's the best. A memory from our time at the Hospice that stands out is the twenty

five people that visited Valerie. We have a big family. My sons and daughters were there with their sons and daughters and the nurses knew them all by name after only meeting them once – brilliant!"

Peter completed his tandem skydive on 28th October 2018, just four weeks after his eightieth birthday. He jumped from a whopping height of 10,000ft!

If you're interested in doing a Skydive for St Barnabas, call our Challenge Fundraiser Mike Pastor on **01522 540 300** or email mike.pastor@stbarnabashospice.co.uk



A concert for Polly

Friends and family raised £1,400 from a concert they held in memory of their beloved Polly.

Polly was cared for by us and it was her wish that such a concert took place to thank St Barnabas for the wonderful care and support she received. The evening was headlined by her favourite musicians Anthony John Clarke and Dave Pegg.

The concert was a success and was a fitting tribute to Polly. Thank you to all involved, the generous donation will help us to continue to care for people like Polly across Lincolnshire.



Warners printers

Charity of the Year Partnership

Warners Printers kindly chose St Barnabas as their Charity of the Year for 2018.

During this time they immersed themselves into organising a wide range of fundraising activities and challenges. These included: a car wash, a darts and bingo night, a spring raffle, a charity football match and a beer festival!

Warners Printers also took part in our Accumulator Challenge which saw their team win 'Top Fundraising Team' by raising £2,000 in three months!

In addition to this, a group of staff members decided to join forces with Bourne & Morton Cycling Club to help raise funds by taking up the challenge of cycling from Coast to Coast. They covered 170 miles in just two days from Morcambe to Bridlington.

Danny Fowler from Warners Printers said they were all overwhelmed with the support and their amazing sponsorship total for their Coast to Coast challenge is an amazing £11,000 plus £455.50 in Gift Aid.

Tina Dingley, Corporate Fundraiser said

“Warners Printers have been a pleasure to work with. They are such a proactive, dedicated and enthusiastic group of people and we would like to thank them for their support, hard work and commitment throughout this time. Their overall sponsorship total is an incredible £18,236!”

Look after the pennies

Rob Glover, 88, raised over £800 from sorting through bags of currency at our Fundraising office in Lincoln.

He kindly sorts through British, European and worldwide coins and notes that are old or new. He catalogues these and they are then bought by agencies, dealers and auctioneers.

Peter Graham also volunteers in the Fundraising office, sorting out worldwide used stamps and passes them on for resale.

Please help Rob and Peter raise even more money this year by donating coins, notes, old or new and worldwide stamps! Drop them into **Fundraising, 12 Cardinal Close, Lincoln, LN2 4SY**. Donations can also be made in any of our shops.



Project Echo

The phrase "we are stronger together" could not be truer than in healthcare. With increasing pressures on resources, sharing our knowledge and experience is more critical than ever.



That is where Project ECHO comes in.

With the use of video conferencing

technology, Project ECHO is creating networks of shared learning so that more people can benefit by sharing knowledge and experience. Importantly, it recognises that in many ways we are all both learners and teachers.

The proven methodology of Project ECHO has enabled organisations across the world to reach more patients, to improve clinical decision making and to better support isolated health care professionals.

Project ECHO provides an excellent opportunity for St Barnabas Hospice to work with multiple care providers across Lincolnshire. This enables us to widen our support for others to care for patients with end of life care needs and their families across this large rural county.

The aim is for St Barnabas Hospice to become a specialist hub, co-ordinating and running ECHO meetings and linking up non-experts through a network. The first network we are working with is local care homes to support their care plans.



Harvest supper

Brenda Coulson, Lindsay Wright and Olivia Taylor together with friends and members of Osgodby village, have raised an incredible £1,689 for St Barnabas, and a further £1,689 for the Lincoln Breast Care Unit.

Brenda has organised a charity Harvest Supper for ten years and in 2018 the group raised funds in memory of their friend Roger Cowling, who was cared for at the Hospice. The Harvest Supper served a traditional Lincolnshire stuffed chine and ran a raffle and auction with prizes including Game Shoot days and planters from Brigg Garden Centre.

Brenda explains "We will keep on remembering Roger, who was a valued member of our village and a dear friend. Both friends and local businesses were very supportive and generous donating money, prizes and auction items and we thank them all for helping the two wonderful causes we supported. We were so impressed with the Hospice care facilities and we wanted to say thank you by raising money to continue the work they do."



Woodhall Spa Supporters Group

The Woodhall Spa Group has been in existence for many years after a group of ladies decided that it should be set up to support the Hospice.

Dorothy Copsey, being the only remaining original member, is prolific in her production of amazingly crafted gift ideas. Her talents have made a significant contribution to the group's fundraising for many years.

Whilst on paper there is a Chairperson and Secretary, the group runs itself with members generating the ideas and agreeing who does what.

The Organising Committee members are: Dorothy Copsey, Jan Cowan, Joan Horton, Jackie Rowland, Judy Stapleton, Isabel Swift and Maureen Uphill.

Isabel Swift said:

“We have been very fortunate to have a group of local core supporters, who turn up and help us with our coffee mornings.”

“We learnt very quickly that we had to get the promotion of future events well organised and with the support of Graphic Designer, Minnie Haigh, who has made tremendous efforts for us in producing printed material in a variety of formats.

“The committee would like to thank the Dower House Hotel and The Inn at Woodhall Spa for their support in making our events successful. The unsung hero of the group is David Rowland who as well as announcing the raffle, can be relied upon to do most of the heavy work.

“We have always found Community Fundraiser, Amy Bailey, to be enthusiastic and a good source of practical advice.

“We would like to thank all our supporters past and present for their time and generosity.”

Castle Emporium

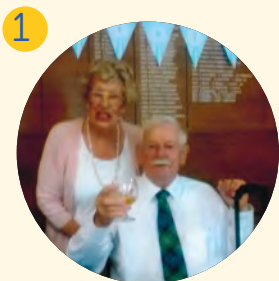
Harry Potter magic came to the first ever Lincoln Castle Christmas Emporium in December, courtesy of our St Barnabas pop-up shop!



Spread over eight nights, the Castle was transformed into a wonderland of stalls, bars and a beautiful light show to wow the crowds. Despite the bad weather, the public came in their droves and loved having a great selection of Hogwarts-inspired items to buy.

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 Janet and David Watson donated £260 in lieu of gifts from David's 80th birthday. They are keen supporters of St Barnabas and often lend a hand at our fundraising events.

2 Local poet, Justin Hussey, donated £500 from the sales of his poetry book '100 Days and 9 Toes Later' after challenging himself to write 100 poems in 100 days.

3 RAF Waddington delivered leaflets around the Waddington and Bracebridge Heath area to help us spread the word about our Tree-cycle service.

4 Lincolnshire Fire and Rescue Concert Band raised £1,000 for us from a concert they held in memory of their fellow band member, Adrian, who sadly died in our care.

5 The Over the Hill Band from Thorpe on the Hill donated £388.18 from one of their gigs in memory of their band mate Geoff.

6 Spalding Lions Club donated £150 that they raised from the Santa Sleigh Runs they held around Spalding during December 2018.

7 Alison and Paul Bryan and Christine and Paul Sharpe raised £465 for us by holding a New Years Eve party. Both gentlemen are also members of the Sleaford Lions Club.

8 Volunteers in Sleaford raised £1,263 from their Christmas Hamper raffle by selling tickets in their local area.

9 The Corby Choristers donated £507 to us that they raised from their Swing Time concert held in November.

10 The Birchwood Colts Under 8s football team took part in a bag pack and raised £200 for us in the process.

11 Our Gainsborough volunteers raised almost £200 at their Bring a Gift coffee morning. Gifts donated at this event will be used in future raffles and tombolas throughout the year, which will help to generate future funding for the Hospice.



65 years of love

One of our patients celebrated his 65th Wedding Anniversary last year on 18th July 2018. Robert King and his wife and sole carer, Georgina King, share their incredible love story to celebrate their 65 years of happy marriage and adventures.

Their story together began when they met at Alexandra Palace "Ally Pally", the roller skating rink in North London in 1947.

Georgina King explains

"I do remember our first date, actually it was quite funny. We met at Ally Pally but that wasn't a date as such. I remember Bob mentioning Petticoat Lane Market, and I remember saying to him that "you wouldn't believe it but living so near to it I had never gone" and he said "Oh come with me on Sunday." I agreed of course.

"Sunday came and it was pouring with rain so I didn't go. We didn't have phones then so I couldn't let him know. The following week he said that he had turned up and I hadn't. So he asked if we could try again, now I can't remember what happened, I think I overslept or something and I didn't turn up to that one either! I did turn up for the third one. Third time lucky and look at us now.

"The romance grew from there, we got engaged shortly after and got married in

1953. It was only a small wedding because we couldn't afford to invite many people with the rationing. We just had a small reception in my parents' flat in Camden Town.

"We moved to our first home, a maisonette in London where we stayed for thirteen years. We had a lovely life in London. We both love the cinema and theatre and as I worked very near to the Palladium I was able to get tickets to see most of the greats of that period who had begun to visit the UK.

"Bob and I moved away from London in 1968 to the lovely Thames Valley near Henley where we lived very happily for over 30 years, both still working as we had no family. I still commuted to London working for a jeweller on Bond Street, which had the royal warrant.

"When travelling into London became too tiring I worked in Reading as a personal assistant and secretary to the Chairman of a large company for fourteen years until I retired at 60. Bob became self-employed

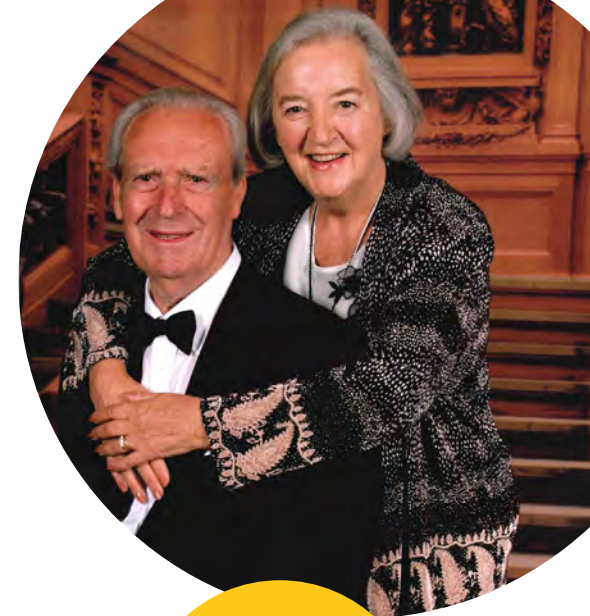
and continued to work until the age of 72, when we made the move to Lincolnshire in 2000, where we still live in our bungalow. We then had two cars and a caravan but now Bob is 90 and no longer drives and neither do I as I lost the sight in my right eye in a bad accident.

"Unfortunately now at our age and because of the poor health of Bob, we can't venture far. But we have had a great life together, with so many happy memories, a great social life in the past with good friends and have been blessed with good health most of the time, so we have no regrets."

In 2015 Bob's health began to deteriorate and he was diagnosed with Chronic Obstructive Pulmonary Disease (COPD). Having a reserved occupation, he had worked through the war in a munitions factory. He has never smoked, but the pollution from the factory has caused his COPD. Since then he has been diagnosed with cancer of the bladder and dementia.

"We were fortunate to be referred to St Barnabas Day Therapy. We have both attended six week sessions for Easy Breathing, Relaxation and Tai Chi, all of which were very beneficial to both of us. Since then, his health problems have accelerated and I have become his sole carer."

“Fortunately we still have regular contact with all the lovely helpful staff and volunteers from St Barnabas, who have supplied him with useful equipment and are a great help to me as his carer. We both look forward to our regular visits and don't know where we would be without their support.”



"Always remember to laugh together"

Georgina King

Georgina and Bob have lived well, travelled very well and have made an incredible achievement to celebrate their 65th wedding anniversary. Most people can only dream of having that kind of relationship!

When asked the secret to their happy marriage they said:

"We have always been able to laugh together, we have had a happy life, and we have never had any major problems. Bob has always been very easy to get along with, he has always been the maintenance man of the pair and I have always done the secretarial side of it."



Whilst supporting St Barnabas you can develop your CV, learn new skills, make new friends, find hidden treasures in donations and help to raise funds that go directly to providing patient care.

Amazon shoppers

Sign into your Amazon account on smile.amazon.co.uk and select St Barnabas Hospice to start supporting us while you shop!



For more information please contact our Volunteer team on **01522 518 221**, email **volunteering@stbarnabashospice.co.uk**, or visit **StBarnabasHospice.co.uk/get-involved/volunteer**

House clearances

Contact our House Clearance team
today on **01522 559 500** or email
houseclearances@stbarnabashospice.co.uk

Waterside Shopping Centre

Waterside Shopping Centre in Lincoln have been a wonderful support to us over the past year. We were their Charity of the Year for 2018 and we are delighted to say that they are continuing with us for a second year! We are so excited to carry on working with the Centre.

The Waterside Shopping Centre have supported us in a number of ways, namely their Charity Fashion Show that took place in September 2018. It was a glamorous evening full of amazing outfits, bright and colourful hair and featured ensembles from our very own St Barnabas charity shops.

Overall the evening was a great success and raised almost £1,000 for the Hospice. The fashion show will be returning this October so watch this space!

Our elves raised £500 during our Christmas present wrapping service. You might have spotted them wrapping gifts in front of Topshop in a dashing sleigh kindly designed and donated by Allen Signs.

Back in December 2018, The Waterside Shopping Centre came up with another incredible idea to help raise funds in support of us: Charity Podz!

This will make a huge difference in helping us to continue to support our patients and their families and carers across Lincolnshire.

A big thank you to to
Dean Cross and the
team at the Waterside
Centre for their
continuing support!



**Charity of
the Year
Partnership**



Family fundraising in memory of their treasured Grandad

Lauren Shephard, along with her family (ages ranging from 4 to 60 years), completed a Boston bike ride and walk in memory of her Grandad, to boost funds for St Barnabas.

Ron Baring, 85, was diagnosed with tongue cancer and secondary lung cancer shortly after his 85th birthday, and sadly died on June 1st 2018.

Lauren decided to raise money for St Barnabas Hospice to thank them for their support. She said:

"We are so grateful for all the help that all the nurses gave my Grandad. It really does mean a lot. Watching someone you love with cancer is truly one of the hardest things to watch. You feel helpless and all you want is to take their pain away. When the nurses turned up they helped ease not just Grandad, but the whole family too.

👏 St Barnabas always kept my Grandad's dignity and put him at ease. They understood how scared he was feeling and they managed to calm him and keep him comfortable. 🗣️

On Saturday 20th October, Lauren's father and brother cycled 136 miles from Orpington to Boston. The rest of the family joined the challenge on Sunday 21st October as they took on a walk from Skegness, a place their Grandad loved to eat Fish and Chips, to Burton House in Boston, where their Grandad often treated the whole family to meals out.



Lauren said:

"We wanted to do something special for Grandad, something to really push ourselves. He was a family orientated man; he had seven kids and lots of grandchildren – he doted on all of them!

"A memory that sticks out when I think of him is from when I was a kid. He'd make us ice creams dipped in hundreds and thousands as a special treat. Everyone loved visiting Nan and Grandad because Grandad would make everyone smile."

If Grandad knew about what we had done for him he'd tell us that we were bonkers but he would be really proud. He'd pack us a basket full of food, definitely including pork pies!"

If you would like to take on a challenging event in support of St Barnabas Hospice, please visit our website or call our Challenge Fundraiser Mike Pastor on **01522 540 300** or email **mike.pastor@stbarnabashospice.co.uk**



A close shave!

Last December, Tom Bryans set his Mum a challenge: "raise £1,000 for St Barnabas Hospice in a week and I'll get my dreadlocks cut off!"

Determined to see her son with a shorter hairdo, Marian took on this challenge with great enthusiasm. It was a close shave, but Marian absolutely smashed her fundraising goal!

Tom held up his end of the bargain too and let his sister cut off his dreadlocks, ten years after she first put them in.

This wasn't the family's first fundraising venture for St Barnabas. Last year Tom's Mum raised over £700 via collection pots at her birthday party.

Tom's Dad, Denis Bryans, was cared for by our Hospice at Home nurses five years ago. The money that the Bryans family have raised will fund over fifty hours of Hospice at Home care for patients and families across Lincolnshire.

We'd like to say a huge thank you to the Bryans family for their incredible fundraising efforts and for supporting St Barnabas Hospice.

Equality and Diversity

Did you know that St Barnabas has an Equality, Diversity and Inclusion Forum?

This forum is made up of people who are passionate about making sure everything we do at St Barnabas Hospice recognises and celebrates the equality and diversity of individuals.

Membership of this group is made up of staff, and we welcome others who would like to represent groups with protected characteristics. This includes supporters, our patients and their families and carers.

Protected characteristics include: age, disability, gender reassignment, pregnancy, race, religion or beliefs, sexual orientation among others.

Our aim is to ensure our workforce broadly represents the community we serve, to increase equality awareness and

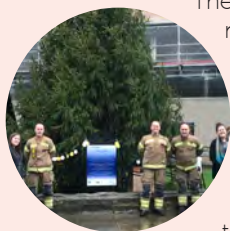
training for all staff, to widen the access to St Barnabas care services for hard to reach groups and to actively hear and respond to the voices of staff members and patients from protected groups.

If you would like to learn more, or become involved in this forum, please send us an email on: equalitydiversityandinclusion@stbarnabashospice.co.uk



Fundraising firefighters

We were extremely grateful to once again receive the support from the incredible Firefighters at Lincoln North and South stations, along with the volunteers through their Santa's Sleigh collection just before Christmas.



The team spent six nights bringing joy to young and old alike with their fire appliances, Santa's Sleigh and of course Santa and his elves. Thanks to the generosity of those who came out

to see them, over £5,000 was raised to support both the Firefighter's Charity and St Barnabas Hospice.

Following the unfortunate cancellation of our Torchlight Procession last year, Lincoln South Fire Station also took the time to meet us in the pouring rain to tie your messages of love around the Tree of Life outside Lincoln Cathedral.

BG Conference & Events

We are delighted to announce that BG Conference & Events have chosen us as their Charity of the Year for the second year running.

BG Conference & Events (Bishops Grosseteste) have been a great support over the past year, most recently when they presented us with a cheque for an incredible £1,365.05 from their Christmas Market car parking service.

We are looking forward to working with them again this year, particularly in June when they host our Lincoln Moonlight Walk.

Aisha Ward, BG Conference & Events Business Development Manager said:

"We are delighted to announce that we have chosen St Barnabas as our Charity of the Year for a second year running. We thoroughly enjoyed working with the

team at St Barnabas and see on a regular basis what fantastic work they do for our local community.

"As a team, we feel passionate and proud to be contributing in some small way, to the work that they do for families across Lincolnshire."

We're so grateful for their amazing support and we can't wait to see what 2019 will bring!



Charity of the Year Partnership

Are you ready for some Muddy Madness?

This September we are introducing the muddiest, Mighty Mudder mud run in Lincolnshire! Run through muddy fields, crawl through tunnels, swing through the woods, slide down 50ft drops, wade through dirty water, and fight your way up steep hills, with over 90 obstacles to overcome!

Sign up on our website or contact our Fundraising team on **01522 540 300** or fundraising@stbarnabashospice.co.uk



5K Mud Run

WHAT'S YOUR LEGACY?

"Serving Queen and Country.

**"I'm leaving a gift in my Will
so nurses can continue to
protect our county."**

Make or amend your Will for FREE this May with St Barnabas

You spend your life working to provide for yourself and loved ones. As life changes around you, it's always a good time to consider making your Will.

In May selected local Solicitors support St Barnabas Hospice and offer to write or amend basic wills for FREE. All we ask in return is that you consider leaving a gift to the Hospice in your Will.

St Barnabas Hospice is a local independent charity which supports more than 10,500 people across Lincolnshire each year. We deliver free, high quality, compassionate end-of-life care and support to adults with a life-limiting or terminal illness and their family and carers.

For more information simply fill out this form to receive your 'Making my Will Pack', visit our website StBarnabasHospice.co.uk/legacy, email us via legacy@stbarnabashospice.co.uk or call **01522 540 300**.

*This offer applies to standard Wills, Mirror Wills and basic changes. If you find that your Will is not standard and requires specialist legal advice, your Solicitor will advise you and agree a fee with you before continuing the process.

I would like to learn more about Make a Will Month or leaving a gift to St Barnabas Hospice

Name: _____

Address: _____

Telephone: _____

Email: _____

Please return this slip for the attention of **Legacies, St Barnabas Hospice, 12 Cardinal Close, Lincoln, LN2 4SY.**

As soon as we receive your request we will send out your free guide. If you require any further support or have any questions just get in touch.

Communication Preferences – Future Correspondence

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**

Star Employer!

We are delighted to announce that we have been recognised as a star employer in Lincoln's Social Responsibility Charter. The accolade was awarded as part of the city's new initiative to recognise and encourage good employers in the city.



The Lincoln Social Responsibility Charter assessed our socially responsible activities which went above and beyond any statutory minimum requirement.

The activities were split into two groups – those

which benefit the employee and those which benefit the local community in the City of Lincoln.

Chris Wheway, our Chief Executive, said:

"Our staff and volunteers are a crucial part of our organisation and nurturing them

enables us to be better placed to care for those who need us across the county. Over the past eighteen months we have introduced a number of new benefits including annual awards, flexible working, buying and selling of annual leave and a comprehensive training programme.

"The award is reflective of the ethos of the Hospice when it comes to our most valuable resource – people. It also recognises the strong culture and values which are woven throughout our organisation."

We employ more than 330 staff and are supported by 1,100 volunteers across the county.

To find out more about joining St Barnabas Hospice and for the latest vacancies visit StBarnabasHospice.co.uk

Happy retirement

We'd like to wish Shirley Vickers a very happy retirement after 34 years as a Staff Nurse for St Barnabas Hospice.

As one of our longest serving employees she will be truly missed at the Hospice on Nettleham Road and across St Barnabas as a whole.

Thank you so much Shirley!



Inflatable Colour Dash returns in May!



Save the date

The Inflatable Colour Dash is back for 2019: it's bigger, louder and more colourful than ever before!

The St Barnabas Colour Dash was the first and the best Colour Dash in the county!

'bounce-tastic' experience making this the best Colour Dash yet!

Taking place on 11th May 2019 at the Lincolnshire Showground, the five-kilometre run is an untimed fun-run where you will be splattered from head to toe in vibrant coloured paint.

How much does it cost?

Adults (16+) £20
Children (5 – 15yrs) £10
Family (2 adults, 2 children) £50

We will be adding fun new inflatables across the route for 2019 to ensure a

Don't miss out! Sign up online at StBarnabasHospice.co.uk/ICD19

HomeLet

We were HomeLet's Charity of the Year for 2018 and in that time, they raised over £14,000 for us through a variety of St Barnabas fundraising events!

They took part in our Inflatable Colour Dash, the Lincoln 10K, the Yorkshire Three Peaks and the Lincoln Dragon Boat Race. We are absolutely over the moon that they have chosen to support us again for 2019.

HomeLet also did Santa's work last Christmas by providing stockings full of gifts and comfort items for our patients. This included soft socks, photo frames, chocolates, soap and a Christmas card for each patient among other gifts.

The money they have raised along with the gifts and comfort items they have

provided will make a huge difference to our patients and their families and carers. Thank you so much, HomeLet.

Caroline Swindin, Corporate Fundraiser said

“HomeLet have always been enthusiastic, keen to support and have been an absolute pleasure to work with. We can't wait to work with them again in 2019.”

Charity of the Year Partnership





Making wedding day memories

Amy and her family experienced our care when Keith, Amy's Grandad, was unwell and being cared for by our Hospice at Home nurses.

Our nurses helped Keith achieve his wish of seeing his granddaughter get married. Here, Amy tells the story of the positive impact this had on her family at a very difficult time.

"How many more days?" my Grandad Keith asked my Nanny Ann.

"Three," she replied. "Three days until Amy's wedding."

He gripped the arms of his chair and gave my Nanny a determined look. "We're going to do this."

The morning of my wedding was one of mixed emotions. I knew that my Grandad was determined to see this day. Throughout the planning process I involved him in everything; showing him photos of my dress and even trying out the seats at the venue to make sure he had the best possible view.

St Barnabas had been supporting my Grandad at home. He was very unwell but he didn't want to go into the Hospice until after my big day. His day-to-day care had been taken over by the nurses, which enabled us to be a family in that time, rather than his carers. However, in the days leading up to the wedding, my Nanny was starting to get worried about getting Grandad ready.

Unable to stand, it would have been a huge job for her to lift and dress him, shave

his face and make him look the part. Little did she know that soon we would receive a phone call that diminished our worries.

The St Barnabas nurses called us to arrange to come to the house to wash, dress and make my Grandad look and feel handsome on the morning of my big day. This enabled my Nanny to take her time, enjoy the process of getting herself all done up and allowed her to relax before the day ahead.

Everything fell into place and as I looked back down the aisle, there he was, in the best seat in the house grinning from ear to ear.

A special dance was arranged for my Nanny and Grandad and not a dry eye was left in the house as they danced together to 'Days of our Lives' by Queen.

He felt proud and included and was able to join in the celebrations with our family. I think the secret red wine in his beaker may have helped too; I honestly thought it was juice!

👏 When I look back now, following his death, amongst our happy memories together is his smile on my wedding day and I want to thank St Barnabas for their part in making that a reality.



New grief support groups

Experiencing bereavement and grief can involve a lot of upsetting and confusing emotions. It is important to allow yourself to process these feelings in your own time, but it is equally as important to receive the right support and guidance.

You do not need to have experienced our care, or any hospice care at all. If you are struggling to cope with any sort of bereavement or you feel you could benefit from some guidance, we are here for you.

We are currently in the process of expanding our community bereavement support groups across Lincolnshire so more people in the county have access to the support they might need.



The groups we have in place are:

Lincoln

Travis Perkins Executive Lounge; Box 15 Sincil Bank Stadium, Sincil Bank, Lincoln, LN5 8LD

The sessions are held on the first Monday of every month from 6 - 8pm.

Wigtoft

Wigtoft Parish Hall, Main Road Wigtoft, Lincolnshire, PE20 2NZ

The sessions are held on the third Tuesday of each month from 12 - 2pm.

Sleaford

The Barge and Bottle, Sleaford Lincolnshire, NG34 7TR

The sessions are held on the second and fourth Tuesday of every month from 10 - 11.30am.

We are always looking to expand our community bereavement services, so keep your eye on our social media pages for new groups popping up around the county.

If you are struggling with bereavement, please don't hesitate to join us at one of our drop-in groups or call us to access our Bereavement Service on **0300 020 0694**

Mrs Croft's knitted dolls

One of our long standing supporters, Mrs Croft, has been knitting dolls for us for almost ten years, and last year she celebrated her ninetieth birthday.

Mrs Croft's daughter sadly died in our care in 2009, and since then she has been supporting us with her beautiful knitted donations.

The dolls vary in size, some are smaller and some can measure up to almost a metre tall. She tells us that the bigger dolls usually take a week to make. The doll's characters can vary from nurses to clowns, as can be seen in the photos! Mrs Croft gets her inspiration for her knitted creations from Jean Greenhowe books.

Mrs Croft said:

"I'm a doer, I always like to have something in my hands, whether I'm knitting, crocheting or cross stitching. I

like it because it keeps me busy!"

We are so grateful to Mrs Croft and her lovely dolls; it's thanks to support like this that we can continue caring for our patients and their families and carers across Lincolnshire. Her dolls are firm favourites in our raffles and tombolas.

Do you have a special skill that you would like to support us with? You might be surprised at how your talents can help! Get in touch with our Fundraising team on **01522 540 300**.



Taking on the Three Peaks

We would like to say a huge thank you to Mo Kane for taking on the Three Peaks Challenge in support of St Barnabas!

Mo took on this challenge in memory of her sister, Julie, who died earlier this year after receiving care from both our Grantham Hospice in the Hospital and our Louth Hospice at Home nursing team.

Mo's sister Julie lived with cancer for six years. Julie was determined to see her daughter graduate and get married.

The whole family felt comforted that Julie was able to be present for these two important milestones in her daughter's life.

So far, Mo has raised an incredible £640 and we couldn't be more grateful and are in awe of her fundraising efforts.



StBarnabasHospice.co.uk

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

The perfect gift

St Barnabas
lottery

St Barnabas Lottery Gift Vouchers make unique and wonderful birthday gifts for friends and family.

Whoever* you give this wonderful gift to will have the chance to win cash prizes every Friday they are in the draw, including the top prize of £1,000!

As well the chance to win, your gift continues to give by helping us continue to support local people living with a life-limiting or terminal illness.

Voucher values start at £10: you choose the value you wish to give.



To order a voucher, please call our Lottery Office on **01522 546 500**

*Lottery vouchers must be bought by or for a person aged 16 or over.

Run, jump, bike, climb!

So many of you took on a challenge for St Barnabas in 2018. Supporters ranging from climbers, hikers, skydivers, 10k runners, mud runners, marathon runners and boxers! Every challenge you take on brings us closer to our goal of raising £5.5 million per year. That means we can deliver our high quality standard of care and go the extra mile for patients and their families and carers.

We are offering even more ways to take up a challenge for St Barnabas in 2019, including two cycling events, three mud/obstacle runs, wing-walking, a Snowdon night climb, parachute jumps and a brand new equestrian event called Le TREC.

We are looking for cyclists to support St Barnabas! You could join us on our Wales End to End Challenge. This is a four day ride over mountains, through beautiful landscapes and majestic woodlands. Or you could take part in our Euro City Cycle, an exciting cycle combined with breath-taking

city sights and superb cycling. Euro City Cycle is suitable for every level of cyclist, and we arrive in Brussels in time for the 2019 beer festival!

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





Lincoln Netball League totals £20,000!

We would like to thank all of the ladies in the Lincoln Netball League, who have raised a fantastic £1,400 for St Barnabas throughout their previous season.

This is their twentieth year of supporting St Barnabas, and over this time they have donated an incredible amount of over £20,000! This is enough to fund over 165 nurse visits, or over 2,000 three course meals for our patients.

The care and support that we provide would not be possible if it wasn't for the generosity of our local community.

Collection Pots

In 2018, local businesses across Lincolnshire supported us fantastically by hosting one of our collection pots. You'll be surprised how they add up over the year!

Here's an insight into what some of our local businesses have helped to raise last year:

- Tesco Express - The Forum, Lincoln: £658.57
- Scothern Nurseries: £491.52
- University of Lincoln Catering Department: £466.04
- The Mirage, Mablethorpe: £117.13
- RB Fruits, Gainsborough: £103.01
- Normanby by Spital Post Office: £146.74

A huge thank you to them all!

Having a collection pot is an easy way to fundraise and lets your customers know that you are supporting your local Hospice.

Please contact our Fundraising team if you have a reception desk or counter that could offer a loving home to one of our collection pots.

Contact us on supportercare@stbarnabashospice.co.uk or 01522 540 300



Green fingers at Grantham

Our Day Therapy Centres across the county offer a wide range of therapeutic activities including hand massages, Tai Chi and Reiki amongst others. Alongside these activities are a number of clubs that are held to encourage our patients and their families and carers to spend time socialising and simply having fun.

One of these clubs is Grantham Day Therapy's Horticulture Club. Silvia Potts, a Health and Rehabilitation Support Worker, is one of our members of staff involved. Silvia believes that clubs like this are valuable for patient social interaction and act as an opportunity for patients to share experiences.

Silvia said:

"We have seen patients discussing their illness and symptoms and advising each other with solutions to everyday hurdles regarding their health problems. This was absolutely amazing to witness. We have seen attendees' confidence grow and friendships develop as many people feel reluctant to speak to family and friends about the finer details of their illnesses."

We also received this letter from Cilla and Brian Bothamley. Brian is a St Barnabas patient and he and Cilla, his wife, attend our Horticulture Club.

Cilla writes "Cathy asked if my husband Brian, who has Parkinson's and myself would be interested in joining the Horticulture Club."



Yes, was my reply. Brian attends St Barnabas several times a week for his exercises and had recently finished Tai Chi and Reiki so this would keep him on the move and from getting under my feet!

"We started in the raised beds by forking it over and planting onions that Silvia had bought along with the shallots. Now I want one of those raised beds, it saves all that bending! Gardening at waist height is wonderful!"

"Last week we planted French beans, carrots, courgettes and cucumbers. Now we just wait for them to grow."

"This week we planted tomatoes into larger containers, watered them and other flowering baskets. We then had a well-earned cup of tea, lovely!"

Brian and Cilla Bothamley

Tanto Così Trust

Italian born mother of three, Simonetta Cengarle died aged 47, only nine months after being diagnosed with glioblastoma multiforme (GBM), an aggressive brain tumour.

Her husband, Toby Desforges vowed to honour her legacy and set up 'The Tanto Così Trust' to help support St Barnabas Hospice, Sue Ryder Care, The Brain Tumour Charity and projects which support the education of young women and girls.

The name 'Tanto Così' is Italian for 'So much' and would be used by Simonetta as a way of signing off letters to her husband.

Toby said: "Simonetta had the ability to leave a lasting imprint on the lives of all those that were fortunate enough to meet her. Her intellect, passion and humour were just some of her strengths. Simonetta was eloquent and imaginative but she was also down-to-earth and honest.

"When we got the news that Simonetta was going to die it would have been really easy to fall to pieces and panic but with the support of St Barnabas Hospice we were able to make the experience far less traumatic.

"Their Hospice at Home team in Stamford were in the best possible position to manage the situation and they provided me with the information and support I needed to understand what would happen and how we would manage."

Simonetta had dedicated her life to improving women's services around the world and in the years before her death,

she had trained as a birthing doula and a breast feeding counsellor.

Toby explained that once Simonetta was diagnosed with GBM she had often observed that she'd had a wonderful and fulfilling life.

He said: "Simonetta followed her dreams; she travelled widely, she read, she loved music, food, laughter and conversation but most of all she loved being surrounded by her beloved family and friends. In her last months of life, she had dedicated her time to her children, family and friends.

"Simonetta showed us all that half a life lived to the full is better than a full life lived only half-heartedly."

Since its formation, the charity has held numerous fundraisers and raised a total of £12,000 with £2,400 donated directly to St Barnabas Hospice.

Toby said:

“The nurses from St Barnabas were consistently good and always turned up when we needed them. They were genuinely caring, genuinely competent and genuinely concerned. They were exactly who we needed during a time that was emotionally and mentally exhausting.”



A vic-tree for fundraising!

St Barnabas Hospice Tree-cycle service raised thousands to help fund end-of-life care in Lincolnshire

With over 1,500 trees recycled, we raised more than £14,000 making it a tree-umph for the Hospice!

We are very grateful to have been helped by such a wonderful team of volunteers and local businesses. These included: Arbcore Tree Care Ltd, Aswarby Estate Sawmill, Bythamtrees, Continental Landscapes Ltd, Enterprise, GroupTogether Ltd, Lincolnshire Co-op, Manor Farm Tree Services, Taylor Tree Services, Hurst Arboriculture, KWR Plant HIRE LTD Forestry, Lincolnshire Eco-

Arborists, Mark Whitehead Tree Services Ltd, Lincoln District Scouts, Simpson Arboriculture, TJS Tree Services Ltd and Limesquare Vehicle Rental Ltd.

In previous years we have used an external company to help us organise and plot out the routes for our Tree-cycle service. This year we bravely took on the challenge ourselves meaning that more of your donation was used directly for patient care.



Our shops



We have 26 shops dotted across Lincolnshire, all selling great quality items at competitive prices, all generously donated by our supporters.

We also sell a selection of new goods, including cards, handbags, accessories and even football signs!

Our Wragby Road and Forum (Hykeham) shops sell a lovely range of Prices candles and reed diffusers. The lower High Street Lincoln store has a funky range of pictures, and of course the upper Lincoln High Street store has all things Harry Potter.

This stock changes regularly so why not pop into your nearest store the next time you're looking for a gift or a new handbag for your wardrobe. Come and see what you can find!

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 Sanja from Johnsons Stalbridge Linen Services, Grantham, generously donated a huge amount of Cadbury Creme Eggs worth £300 to be used in our Easter Chick Campaign.

2 Hodgkinson's Solicitors have been holding a monthly free Will writing service for patients of our Louth Hospice.

3 Last December, THORS Tipi Bar held a St Barnabas night and donated all proceeds from Beer and Mulled Wine sales from that night to the Hospice.

4 Jackson Buildbase donated wooden sleepers to be used by our volunteer gardeners at our Hawthorn Road Day Therapy Centre in Lincoln.

5 Lincoln Mortgages and Protection raised £826 for us by taking on the Three Peaks Challenge.

6 Stoke Rochford Golf Club raised £3,500 last year when they chose us as their Charity of the Year for 2018.

7 Scottish Southern Energy helped bag pack and match funded £250 at M&S Simply Foods in Grantham which helped raise a total £2,618.38.

8 McCain Foods in Grantham raised £5,012.72 for us during a number of fundraising activities. The activities included: cake sales, a name the bear competition, raffles and selling our merchandise and knitted Easter chicks.

9 Barclays Bank in Grantham continue to help and support our coffee mornings at Grantham Day Therapy Centre. Last year, £600 was raised at these coffee mornings. This amount will be boosted by match-funding from Barclays.

10 The National Game Keepers Organisation (NGKO) raised £1,500 for us at their recent charity auction.

11 Just Audi in Lincoln have chosen us as their Charity of the Year and have included our logo on their courtesy cars.

12 Bardney Heritage Centre raised £105 for us by hosting an exciting Murder, Mystery and Musical entertainment evening.

Make a Will Month

During May, you are invited to have your Will written or updated by a selection of local solicitors who will waive their normal fee*. We offer guidance on how you can get started with making your Will at any time of the year.

Why make a Will?

You spend your life working to provide for yourself and loved ones. As life changes around you, it is a good time to consider making your Will. Making your Will means you can be certain that your wishes are followed after your death. You can also choose to remember and protect your friends, family and causes you care about the most.

Making a Will is for everybody over the age of 18. Whether you have a house, car,



savings, precious jewellery or furniture, you can choose what to do with these in your Will. It is simple and quick to do and the perfect way to pass on your Legacy

For more information visit our website StBarnabasHospice.co.uk, or contact us at legacy@stbarnabashospice.co.uk, 01522 540 300.

*This offer applies to standard Wills, Mirror Wills and basic changes. If you find that your Will is not standard and requires specialist legal advice, your Solicitor will advise you and agree a fee with you before continuing the process.

QinetiQ

QinetiQ have been wonderful supporters of St Barnabas for a number of years. We were their Charity of the Year for 2018 and we're so happy to say that they've chosen us again for 2019.

Last summer QinetiQ held a Golf Day in support of us and the team also took part in the Lincoln 10K and our Snowdon Challenge.

In total, they have raised an incredible £2,275 for us to date, with a further Golf Day planned for Friday 26th April 2019.



We cannot wait to continue working with QinetiQ throughout 2019!

eBay Update

We frequently have the pleasure of listing strange and curious items for sale on eBay, but this quarter, the items have been decidedly normal!

There were some surprise top-performers, such as a vintage BBC Micro Master Computer. This iconic British-made computer will be familiar to many school pupils of the 1980s, as it was frequently used to teach programming skills. Found by our van drivers during a house clearance, it achieved a tidy £285.

The nostalgia for 80s and 90s toys proved as strong as ever, with a classic 1987 "The Real Ghostbusters Fire Station HQ" playset arriving fully boxed and in good condition. These larger playsets don't often come complete, and certainly not with their original retail packaging, so the £92 it sold for was something of a bargain.

The most surprising value achieved by a single lot this quarter, though, has to



be for a job-lot of 47 unofficial Subbuteo-scale table football teams. Made by small hobbyist companies for use with Subbuteo table football sets, despite not being official, they were all of high quality and rarity. Our van drivers spotted this lot during another house clearance and passed it up the pitch to us for a stunning finish... and ended up netting a whopping £410. Goooooaaa!



Wedding and party favours

Do you have any exciting events coming up this year? Perhaps you have a wedding, an anniversary or birthday party planned. Why not involve St Barnabas in your celebrations?

St Barnabas scratch cards make unique wedding or party favours and are a great way to have St Barnabas Hospice present at your event. Your guests will also have a one in five chance of winning a prize up to the value of £1,000!


To bulk order your scratch cards, contact our Lottery office on 01522 546 500.





Thousands raised from Light Up a Life

At the end of last year we invited you to remember your loved ones in our annual Light Up a Life celebrations.



Each poignant celebration was filled with love, hope and comfort at a time of year that can be difficult for many. The iconic Torchlight Procession in Lincoln was cancelled due to adverse weather but this didn't stop you from helping us to raise a staggering £40,041. Also, across Lincolnshire we saw 923 lights sparkling on our Trees of Life, each one dedicated to someone special.

Picture perfect

Even though Christmas may feel like a distant memory, we would like to thank someone for a very special donation.

Marc Freeman generously donated his picture of our Tree of Life outside Lincoln Cathedral for us to use as one of our Christmas card designs.

His image was the most popular design sold last year and overall we sold over 6,000 packs of cards and 3,000 diaries in our shops, which generated over £13,000 in profit for hospice funds!

We are so grateful to be able to use Marc's picture and it just goes to show



that valuable donations come in all shapes and sizes, it doesn't always have to be monetary.

Thank you, Marc!

Outstanding Contribution and Support Awards



Hodgkinsons Solicitors

We are so pleased to announce that we have presented Hodgkinsons Solicitors with an Outstanding Contribution and Support Award as a thank you for everything they have done for us over the past few years.

They have supported us in a variety of ways, including taking part in the Colour Dash, It's a Knockout, Go Yellow and last year embracing our new Accumulator Challenge.

Hodgkinsons play a big part in helping us to facilitate our Will writing initiative and they will soon be taking part in what could be their biggest challenge yet: the China Trek!

In total, they have raised an incredible £6,500 to date, a number that is set to increase to a phenomenal £13,000 after the China Trek!

We cannot say thank you enough, support from organisations like this goes such a long way in enabling us to continue to care for and support our patients and their families and carers.

Rapid Relief

We are delighted to have presented Rapid Relief with an Outstanding Contribution and Support Award as a thank you for all their support.

A charitable organisation themselves, Rapid Relief have supported our Colour Dash event for four years by supplying over 100 volunteers each time. This has helped to ensure that the event is safe and successful.

If we were to pay for this number of stewards it would cost us around £10,000 each time!

A huge thank you to Jerry and the team at Rapid Relief for their skills and professionalism in supporting us to make the Colour Dash a huge success.



Save
the date

It's a Knockout back by popular demand

Inspired by the famous TV game show, this event features wacky challenges, giant inflatables and water pools aplenty!

enjoy a series of fun, foamy, wet and slippery inflatable games.

The fun starts at midday onwards on **Sunday 7th July** at Washingborough Playing Fields for a whirlwind day of fun.

Registration is £10 per team member and £80 sponsorship per team member (or £800 sponsorship per team of ten).

We are looking for teams of ten people to take up the challenge and put their skills, strength, stamina and ability to the test! Competing teams will

Why monthly gifts make a difference

By making a regular donation each month you will make a big difference to hundreds of adults across Lincolnshire living with a life-limiting or terminal illness and their family and carers.

Our Hospice is part of the community and we are totally reliant on the financial support our community provides. Every day we meet another patient and family for the first time and it is vital that we have the funding in place to pay for the care they will need.

One of the best ways to support St Barnabas is through a monthly gift by Direct Debit. This gives us the regular, predictable income we need to plan our care services efficiently – and is also an easier, more affordable way for you to help our hospice service.

What your money could buy:

£5 per month could go towards a patient getting back on their feet through physiotherapy sessions.

£10 per month could give someone pain management to make the most of their time with loved ones.

£15 per month could fund a nurse to provide care in the comfort of a patient's home.

Visit StBarnabasHospice.co.uk/donate to set up your monthly donation today!

Bring a bottle

Last year's tombola stand at the Heckington Show raised £3,660 from a collection of 1,000 donated bottled items.

The 152nd Heckington Show will be taking place at the Heckington Showground on Saturday 27th and Sunday 28th July 2019.

Please donate any prize that you can... the only catch is that it must be in bottle format. From shampoo to champagne, we'd be delighted to receive all unopened bottle donations.

Bottle donations can be taken to St Barnabas Grantham, Barrowby Road, NG31 8AF or any of our charity shops

For more information, contact **janie.mccormick@stbarnabashospice.co.uk**



DIARY MAR - SEPT 2019

March				June cont			
28th	Barnabas Brew Coffee Morning - Grantham	10am	A	2nd	Plant Sale and Cream Tea - Gainsborough	1.30pm	A
30th	Jacket Spud Supper and Race Night	7pm	A	2nd	Summer Wolf Run		S R
April				8th	Moonlight Walk - Lincoln	8pm	S R
7th	City of Lincoln 10K		S R	15th	Moonlight Walk - Stamford	8pm	S R
13th	Rough Events Mud Run - Ancaster	8am	S R	18th	Go Yellow Coffee Morning - Louth	10am	A
23rd	Ladies Lunch - Lincoln	11.30am	R A L	July			
24th	Spring Ladies' Lunch - Woodhall Spa	12pm	R A L	4th	Vintage Coffee Morning - Gainsborough	10am	A
May				7th	It's a Knockout - Lincoln	12pm	S R
1st	Make a Will Month	N/A		14th	Skydive - Hibaldstow		S R
11th	Inflatable Colour Dash	11am	S R	21st	Wing-Walking		S R
11th	Lipstick and Champagne Ladies Ball - Spalding	6.45pm	R A L	27th	Snowdon by Night		S R
12th	Skegness Triathlon	8.30am	R A L	27th	Stand at Heckington Show		
13th-19th	Dying Matters Awareness Week	N/A	A	August			
15th	Dying Matters Week Coffee Morning - Lincoln	N/A	A	15th	Wales End to End		S R
16th	Dying Matters Week Coffee Morning - Gainsborough	1.30pm	A	31st	Yorkshire Three Peaks		S R
23rd	Cream Tea and Plant Sale - Louth	10am	A	September			
June				4th	Euro City Cycling Challenge		S R
1st	Go Yellow Month	N/A		8th	Great North Run		S R
1st	Plant Sale and Cream Tea - Lincoln	1.30pm	A	14th	Skydive - Hibaldstow		S R
				22nd	Mighty Mudder		S R
				25th	Autumn Ladies' Lunch Woodhall Spa	12pm	R A L
				28th	Yogathon - Grantham		

For more information visit StBarnabasHospice.co.uk

S Sponsorship R Advanced Registration A Accessibility L Limited Availability P Pay on the day



Louth garden transformation

Last October, St Barnabas Louth Day Therapy Centre opened their beautiful new Working Garden and refreshment facilities.

The Working Garden has been 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.

With the help of Lincolnshire Co-op, 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 put into the garden. 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.”



In addition to the outdoor improvements in Louth, St Barnabas has also introduced refreshment facilities in the main reception area. There is a dedicated seating area to relax in, and food and drink readily available to all staff, volunteers and visitors.

Amy said:

“We are always looking to improve the services we can offer to our patients and their families and carers, and are delighted at the positive feedback we have received so far about these changes.

“I would encourage those who are curious about the services St Barnabas offers to visit our Day Therapy Centre and learn more about the work we do in the local community.”

Pop by and visit us at St Barnabas Louth Hospice, Grimsby Road, LN11 0SX.