

2011 sees the 30th Anniversary of Salisbury Hospicecare Trust

I feel very privileged to be Chair of the Hospice Trustees in this anniversary year. I would like to thank all our loyal supporters without whose support and help the charity would not have been able to provide, and continue to provide, what is arguably some of the best palliative care in the country. You, our supporters and donors, are what make the impossible possible and I do hope you will be able to join us at some of the events we have planned to celebrate this anniversary and also participate in our fundraising events throughout the year.

We are living in turbulent times and even during my short tenure as chair of the charity, the environment around us has changed dramatically, with the demands on charities such as ours ever increasing. Salisbury Hospicecare must rise to the challenge to ensure it continues to meet the demands placed on it, therefore I am delighted to announce that Sara Morley has joined us as our first Chief Executive, to help guide us through this time of change. I hope you will join me in wishing her every success, and support her through these challenging times. I suspect she will find things a little different after 20 years of working and living in London – but hopefully for the better! She joins us having spent over 11 years in the charity sector at senior level, most recently at Trinity Hospice in south London and the Royal Free Charity at the Royal Free Hampstead NHS Trust.



Dr Shaun McGee, Chair, Salisbury Hospicecare Trust

Congratulations to Mary James

who was awarded the MBE in the 2011 New Year Honours. Mary works tirelessly for many



charities close to her heart. She has been involved with the hospice for 18 years working as a volunteer in the in-patient unit, on reception and out in the community. Mary was a very active member of Tisbury Fundraising Committee for many years and now acts as an ambassador for the hospice, speaking to groups which have fundraised, or plan to fundraise, about what the hospice does, and how their money will be used.

Mary is typically self-deprecating and attributes her award to those who have helped and supported her through the years. Mary says, 'Without them nothing would have happened. It is humbling and elating to be nominated, but this is not for me, it's for all those other people behind me.'

Everyone at the hospice sends their congratulations to Mary and all who have supported her.

Read on for: In the news.....2-3 About our work.....4-5
Business supporters.....6-7 In the community.....8-9 How you can help.....10-11

Salisbury Hospice
Salisbury District Hospital
Salisbury
SP2 8BJ

Telephone: 01722 416353
info@salisburyhospicecare.co.uk
www.salisburyhospicecare.co.uk

Patient enquiries
Telephone: 01722 425113

The office of Salisbury Hospicecare Trust (Reg Charity 1123314) is on the first floor of the hospice

It is open 9am - 5pm each weekday



Designed and printed by
Salisbury Printing 01722 41330

Welcome to Sara

Even after just two months in post I already feel at home, thank you to all the staff and supporters who have made me feel so welcome – London seems a million miles away! I am very much looking forward to working with you all to ensure the future of Salisbury Hospice, an organisation which I believe is of vital importance to the local community. From what I have seen and heard, the care that is provided by the hospice is without compare and I feel privileged to be part of the future of the charity.



Sara Morley, Chief Executive

New Flooring



Not only had the original carpeting in the hospice become hopelessly worn, dirty and stained, new infection control guidelines meant it had to be changed. The one thing we knew we didn't want was standard lino such as that seen all over the main hospital. Local artist Laurence Dubié-Rushby was asked to submit a design which had significant meaning for the

hospice. The final design was based on the stained glass window at the front of the hospice. It was a huge undertaking to install the new flooring, with the in-patient unit having to relocate temporarily. The work was completed ahead of schedule and we are delighted with the results. The entire cost was met by the charity; many thanks to our supporters who made this possible.

Christine Wood retires

Pictured here with Derrick Alford and Helena Bridgman, Christine attended a tea party held to mark her retirement as Lead Clinician for the hospice and for staff and volunteers both past and present to say goodbye and thank you. Christine has dedicated over 25 years to the hospice and was its face to many over the years.

During her time she forged great links with the main hospital and was instrumental in forming the hospital palliative care team. Well known throughout the community, Christine was a great educator, totally passionate about her work and an inspiration to all who worked alongside her.



Support Group News

The Tisbury Fundraising Committee is a dedicated group of supporters who regularly raise funds for the hospice and keep its profile and that of the palliative care services in the public eye. Run on a very professional basis, the committee decide on a programme of events such as a lunch, a bridge day, open gardens and regular whist days, to name but a few. They also manage the collection boxes kindly displayed in local shops and businesses.

If you know a group of organised and motivated individuals who would like to form a support group in your area we would love to hear from you. The Tisbury Group would be very happy to help get you started and offer help and advice. This is an opportunity to make new friends, have fun and most importantly of all raise funds for the hospice.

Go on, give us a ring!

The newsletter has undergone a major revamp which we hope you will like. Our aim is to make it informative, interesting and fun to read. It is still a work in progress and we welcome any comments or ideas you may have on how to improve it. Many of our supporters have asked for more human interest stories, which we will try to include. This issue sees the first in a series of articles from staff and volunteers working both here in the hospice and out in the community, giving you a better insight into the work of the hospice as a whole.



The Family Support Team

Jane Daniel, who has been with the hospice for over 20 years and heads the Family Support Team, tells us a little about the team's work.

'Our team is made up of one full-time and two part-time social workers. It is our job to try to meet the individual needs of the person who is ill as well as the needs of their carers and those close to them. A life limiting illness affects the whole family and all aspects of a person's life, and when

time is short, support can help with working out such issues as how to tell the family, how to cope financially, how to find suitable care or housing, or how to plan for dependants. We help people find a way through what may seem like insurmountable problems and maintain some measure of control over their own lives.'

We work across areas of the palliative care service:

Community Team

We support patients and their families living at home, providing psychological support to help with adjustment to their changed situation in living with a serious illness. We offer help with financial problems, helping patients and carers obtain benefits and seek grants from charitable bodies such as Macmillan. We liaise with other agencies such as Social Services and Housing to try to make individual situations more manageable.

Inpatient Unit

We provide support to patients coming into the hospice similar to that provided in the community. On top of this, we help patients returning to their own homes with enough support for them to sustain living independently. This is by careful

assessment within the wider team and by liaison with other agencies. We also support those people moving to more supported living arrangements such as nursing homes. Again we work closely with family members, particularly as someone reaches the end of their life.

Peter Gillam Support Centre

Our team work closely with our colleagues to support people attending the centre and are involved in expanding the services offered to carers.

Hospital Team

Guided by the nurse specialists, we become involved with patients who have immediate problems (outside discharge which is managed by the hospital social work team). This might involve giving advice about telling the wider family when someone has been given bad news, or supporting a family where a patient is receiving end of life care.

A gift for the future – remember us in your will

Without legacies Salisbury Hospice could not provide the services it does today. It may not be possible to give as much as we should like during our lifetime, but a gift to Salisbury Hospicecare Trust in your will helps tremendously in ensuring that the present level of services can be maintained and developed in future years for the benefit of all.

**A gift left to charity is exempt
from inheritance tax.**

If you require any further information or would like to receive our 'A Gift for the Future' leaflet, please do contact us on 01722 416353, email Liz Bacon on liz@salisburyhospicecare.co.uk or visit our website www.salisburyhospicecare.co.uk.

We are helped in our bereavement work by a team of 18 Bereavement Support Volunteers who are selected, trained and supervised by the Family Support Team. We would be unable to run the service as it is without their invaluable support.

Support to Children and Young People

We provide pre and post bereavement support to children and young people by helping them to understand what is happening when someone is very ill or has died. Sometimes this is by one to one work and sometimes via a parent or carer. We often see children in school and are sometimes asked to provide support for groups of school staff or a class of children who are dealing with bereavement.

We have resources such as books and games to help us in our work with children and we also work closely with parents in making memory boxes, compiling photo albums and writing letters to pass on to their children.

We run a day for bereaved children every couple of years where we bring a group together, away from the hospice, and take part in activities which involve memory work as well as looking forward. We call it Time Travellers and it is always exhausting, fun and emotional in equal measure!

Bereavement Support

Everyone close to a person who dies under the palliative care service at Salisbury is offered bereavement support. This may be a simple phone call, one to one support in a bereaved person's home, or group support.

Three groups a year are run by the Family Support Team and these give an opportunity to meet other bereaved people and to talk about worries, anxieties and practical problems.

The Family Support Team is entirely funded by your donations



Great South Run

A team from Moore Stephens, Accountants, successfully completed the Great South Run and raised £2,010 for Salisbury Hospice. The team, from left to right, Robert Newman (a Trustee of Salisbury Hospicecare Trust), Sarah Pearce and Jonathan Green.

- Thank you to **Friends Provident** who donated the proceeds of their recycled printer cartridges to the hospice.
- As always, the mince pies kindly donated by **Reeve the Baker** were very much enjoyed at 'Light up a Life' in December.
- Visitors to the **New Arts Centre** at Roche Court are not charged an entry fee but are invited to make a donation to Salisbury Hospice. Over the years these donations have added up to many thousands of pounds. Our thanks to Madeleine, Countess of Bessborough, for her continuing support.

Marks & Spencer

Salisbury Hospice was chosen as the charity of the year by Marks & Spencer. Collection boxes have been on display at the tills and staff have been raising money for the charity. Watch this space for an update of how much they have raised.



White Stuff in Butcher Row, Salisbury have long been marvellous supporters of the hospice. On Thursday 17th March they will be donating 10% of their takings to the charity. Do go along and support them and the hospice.

Thank you to all the businesses, pubs and clubs who support the hospice by having a collection box on their premises. It really is true that the pennies add up to make pounds and each year the hospice receives over £15,000 from these.

If you are able to place a box in your business please contact us.





Waitrose Post Office staff raise funds

Lynn Watts and Tracey Foster presented the hospice with an iPod Docking/Radio system and heat pads for the use of the patients. In addition staff at the Waitrose store raised £200 in lieu of sending each other Christmas cards. The Hospice also benefited from donations when selected to be one of the charities of the month.

Thank you to the following local businesses that have either given their services free of charge, supported their staff in raising funds or made donations:

Trethowans Solicitors
James Hay
Lakeland
Woolley & Wallis
G & T Cards
Salisbury Journal

We can't mention everyone but rest assured we are grateful to all.

We need sponsors!

Would your company be interested in sponsoring the hospice? We are always in need of sponsors for events and also for specific things such as the printing of the newsletter.

Other ways your business can help are:

- Siting a yellow collection box in your premises
- Displaying posters and leaflets advertising our events
- Donating items for events e.g. refreshments
- Providing helpers for events
- Entering teams for events
- Matching sponsorship raised by your employees raising money for the charity

Christmas Card Sales



Once again the hospice Christmas cards were very popular. Thank you to all the local businesses who sold the cards on our behalf. This raises valuable funds for the charity.

Matched funding from businesses is a great way of increasing the value of sponsorship. Many firms will match money raised by their employees. Thank you to those who have so generously given their support.



The first **Salisbury Hospice Sponsored Santa Dash** took place in December and attracted a good selection of Santas. The Dash comprised two laps of the market square and was fiercely competitive.

By the time you read this **Cavan Mitchell** will have completed his climb of Mount Kilimanjaro. After months of training he and his wife Sue set off to climb the mountain together, raising money for Salisbury Hospice and Naomi House. Mount Kilimanjaro is 5895m high, making it the tallest free-standing mountain in the world. It is not too late to sponsor Cavan.

You can visit their Just Giving page on:
www.justgiving.co.uk/Susan-Mitchell.



Hospice Nurses' Jumble Sale

A plea for jumble, bric-a-brac, toys, books, husbands (*yes really*) was made and items were collected throughout January and then sold at a grand Jumble Sale held in Woodfalls and Redlynch Village Hall. A magnificent £409 was raised. Such was the success of the day that another date has been set for the next sale. See forthcoming events for more details.

Tea together with...

Last December saw the last in the series of 'Tea together with...' afternoon tea parties with entertainment. **Christine and Peter Padwick** have presented these wonderful themed afternoons monthly for the past 18 months and have raised almost £2,500 for the hospice.

Thank you to Christine and Peter, the volunteers who supported the events and of course all those who came along and enjoyed them.

The South Western Hotel in Tisbury and Manor Farm Meats, Burcombe, held a **Dance and Casino Night** at the Bibury Suite, Salisbury Racecourse.

A fantastic evening was had by all and over £3,000 was raised for the hospice.

A huge 'THANK YOU' goes to all our supporters who have helped the hospice in so many ways. We can't list everyone but be assured you are all so

important and we can never stress how much your time, effort and generosity mean to the patients and their families helped by the hospice.

Christmas Lights



Once again the skyline in Southbourne Close, Porton, was lit by a fantastic display of Christmas Lights. For the fifth year running **Bill and Joy Salter** decorated their house and invited friends, neighbours and locals to enjoy the spectacle and make a donation to the hospice. The lights have become legendary and are not to be missed.

Last Christmas the hospice received in excess of **£1000 in donations** given in lieu of sending Christmas cards. Our thanks to all the organisations and individuals who chose to support the hospice in this way.

Be it running a marathon or collecting your loose change – we couldn't offer the services provided by the hospice without you.

Events Diary

March

Thursday 17th March

White Stuff Charity Day (*10% of day's takings will be donated to the hospice*)

April

Saturday 2nd April

The Figsbury Challenge
Winterbourne Earls Primary School

Sunday 3rd April

Sponsored Parachute Jump
Netheravon Airfield

Sunday 17th April

Virgin London Marathon

Saturday 30th April

Downton Cuckoo Fair
Downton

June

Saturday 4th June

MIDNIGHT WALK
Five Rivers Leisure Centre, Salisbury

July

Saturday 2nd July

Jumble Sale, Woodfalls & Redlynch
Village Hall

Sunday 10th July

Asics British 10k London Run

For full details of the events listed and other events held in support of Salisbury Hospice visit www.salisburyhospicecare.co.uk or phone Sue or Celia on **01722 416353**.

If you would like your event added contact the fundraising office on **01722 416353**.

Calling all runners...

For runners of all abilities there are **two events** which you can participate in to support the hospice.

Locally, **The Figsbury Challenge race** in aid of Winterbourne Earls Primary School and Salisbury Hospice will take place on **Saturday 2nd April**.

Organised in association with the Winterbourne Earls PTA this is a **5k multi-terrain run**. The race is open to anyone aged eight or over and starts at

Winterbourne Earls School, going up a steep route to the hill fort at Figsbury Ring, circling the outside of the rings before returning to the school field.

There is also a **junior 1k circuit** for six to eight year olds, starting at 1.30pm. For an entry form visit the school website at **www.winterbourneearls.org**

This year we are once again entering a team of 12 runners in **the Asics British 10k Run** through Central London, which is being held on **Sunday 10th July**.

We still have places left to fill in our team, so are looking for runners to compete in support of the hospice.

The run follows what is undoubtedly one of the most spectacular courses in the UK, running through the heart of historic London and passing

many of London's famous and iconic sights. Further details of the event can be found at **www.thebritish10klondon.co.uk**

If you would like the chance to compete please phone **Sue** at the Salisbury Hospice Charity office on **01722 416353** or email **sue@salisburyhospicecare.co.uk**

By competing for us and raising sponsorship money you will be helping us raise the **£1 million a year** we need to continue to run the Salisbury Hospice.

And non runners!

We are very lucky that four runners who have secured places in the Virgin London Marathon this year have chosen to run in support of the hospice. **Rebecca Fortes, Matthew Lyness, Clare McNeill** and **Roger Pike** are doing the hard part by training and running the race for us, but need our help to raise as much money as possible for the hospice. If you can give your support to them by making a donation and returning it with the enclosed slip, we can be sure that all their hard work is worthwhile.

PS: As we go to press another runner, **Louise Webber**, has secured a place and will be running in support of the hospice!

Keep up to date with all our events and how you can help by visiting our website: **www.salisburyhospicecare.co.uk**



Downton Cuckoo Fair

At last year's Cuckoo Fair, **Carol Curley** opened her garden to sell teas in support of the hospice – and raised over £1,200! This year the Cuckoo Fair will be held on Saturday 30th April and Carol will again be opening her garden to support the hospice.

If you are going to the Fair, do come along to **28 The Borough** and support Mrs Curley and her wonderful team of helpers – and enjoy a cup of tea and cake whilst admiring the garden.

Volunteers

Without the help of our fundraising volunteers we would be unable to run the events that support the hospice. If you can help us with any of our events we would love to hear from you. In particular we will be needing help at our Midnight Walk on the 4th June, with marshalling on the route, checking walkers out, handing out medals and many many other tasks!

Please phone **Sue or Celia** on

01722 416353 or email

info@salisburyhospicecare.co.uk

if you can help in any way.

The Salisbury Hospice & Salisbury Journal
Midnight Walk

Midnight Walk

June 4th 2011

Last year our supporters raised over **£40,000** by completing a sponsored **Midnight Walk** through the streets of Salisbury.

Now we want to make the event **bigger and better** to raise even more money in our 30th anniversary year – but we can only do it with your help!

This year we have a new circular route with the return through the Cathedral Close and the walk is open to everyone over the age of 12*.

To take part in the Midnight Walk this year, please complete the enclosed registration form or register online by going to:
www.salisburyhospicecare.co.uk

Or, to **volunteer** to help on the night contact Celia or Sue on **01722 416353** or email:

info@salisburyhospicecare.co.uk

* 12-16 year olds with parental permission and must be accompanied by an adult

Support Salisbury Hospice

Please complete this form and return it to Salisbury Hospice, SDH, Salisbury SP2 8BJ

I would like to make a donation of

I enclose a cheque payable to Salisbury Hospice

Or please debit my: Visa Mastercard CAF Card

Card No:

Expiry date: Security No: *Last 3 digits on reverse*

Title: Initial(s): Surname:

Address:

Town: Postcode:

Telephone:

Email:

Please tick here if you are a UK taxpayer and would like Salisbury Hospicecare Trust to reclaim the tax on any donations made over the previous four years and all donations in the future, until you notify us otherwise. This allows us to reclaim an extra 28p for every £1 donated – at no extra cost to you.

giftaid it

Your signature:

Salisbury Hospice will not pass your details on to anyone else. However, we would like to keep in touch with news and information about our work. If you DO NOT want us to contact you by the following means, please tick the relevant box.

Phone Mail Email