Salisbury Hospice Charity
Autumn/Winter Newsletter 2017

Salisbury Does Strictly
Saturday 10 March 2018
6.00pm to Midnight
The Stones Hotel, Nr Salisbury
Join us for a night of dancing "Strictly" style
Ian Waiete and Kristina Rihanoff will be performing showcase dances as well as sitting on the judging panel for the evening.
Tickets £75 each to include a three course meal.
We'll also be holding an exciting dance competition on the night, and are looking for competitors to enter. Ian Waiete and Kristina Rihanoff will be on the judging panel and we need 10 couples to compete. No previous dance experience is necessary, as leading up to the event you will be taught a routine by a local dance teacher.
To purchase spectator tickets or to register for the dance competition please visit www.salisburyhospicecharity.org.uk

Christmas Quiz
Saturday 9th December
Salisbury Arts Centre
Auction
c
Dress to Impress
c
Raffle
c
Bar
7pm - 11pm
Teams of 6, £30 per person

Registered Charity no 1123314
Registered Charity no 1123166

Light Up A Life
Page 3

Salisbury Hospice Charity Presents
A BIG CHRISTMAS QUIZ NIGHT
Saturday 9th December
Salisbury Arts Centre
7pm - 11pm
Teams of 6, £30 per person

Registered charity no 1123314
Welcome to our Autumn/Winter Newsletter

I am very grateful to be asked to write the foreword for the autumn/winter newsletter for the hospice charity.

I have been a trustee for around 5 years now and a great deal has changed in that time. Funding has become ever more an issue and our fantastic fundraising team have risen to the challenge in lots of ways, but particularly with exciting new events including, amongst others, the greatly enhanced Wessex Country Fair, the new-look Christmas Quiz and our first ever Bubble Rush, about which more in these pages. It has been wonderful to see how these events (and others) have been so hugely supported by the Salisbury community.

We rely heavily on this local support to be able to continue to help fund the wonderful work of the Hospice and it’s services, which delivers so much to patients and their families.

Despite all the change in the last few years, one factor has remained a constant throughout my time as a trustee. It has been, and continues to be, humbling being involved with an organisation like Salisbury Hospice. The staff and patients at the hospice make it an inspirational place and I think that is reflected in the enormous support that is demonstrated to the Hospice time and time again - not just at events, or through volunteering, but in an apparently ceaseless myriad of acts of kindness, large and small, that people take the effort to make.

My thanks to all those involved in the delivery of all the services based at the Hospice and to everybody whose generosity has helped the charity support them.

David Pardoe
Trustee

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Christmas Cards

It’s that time of year again when we start to think about Christmas. So with the festive season nearly upon us, we are delighted to offer our range of Christmas cards for 2017.

Our selection offers a variety of contemporary and traditional Christmas designs, from winter scenes through to festive animals. With such a wonderful choice of cards, there is something to suit everyone.

Traditionally our selection features an image of Salisbury Cathedral and this year we have chosen a beautiful photograph taken by Julian Elliott, who used to live locally. Would you be interested in taking photographs of winter/festive scenes of Salisbury Cathedral, one of which could feature in our 2018 collection? Please contact us by email on sarah.k@salisburyhospicecharity.org.uk or telephone 01722 416353.

Buying our cards is a great way to support the charity and the invaluable work of the Hospice. The price remains the same as last year - at only £4.00 per pack. Cards can be ordered via the enclosed order form, at Salisbury Hospice or from our various outlets across the city. Please check our website www.salisburyhospicecharity.org.uk for further details.

All the team here at Salisbury Hospice would like to invite you to dedicate a light on the Christmas tree and join us for our annual Light up a Life ceremony.

We all know that for many, Christmas can be a difficult time when loved ones who lit up our lives are no longer with us. Christmas is also a time for celebrating and sharing; our Light up a Life ceremony is a chance to gather together to remember, reflect and celebrate the lives of those who were so special to us.

By dedicating a light to a loved one this Christmas, you will be remembering them and all the moments they brightened up your life. You will also be helping Salisbury Hospice to light up the lives of patients and their families, not only at Christmas, but the whole year through.

This year’s service will be held at 4.15pm on Sunday 3rd December in the grounds of Salisbury Hospice. Salisbury Community Choir and Hyde Training Band will accompany the singing of traditional carols; there will be beautiful readings, a blessing and during the service the lights on the Christmas tree will be illuminated. Refreshments will be available on arrival and after the ceremony we will be serving mulled wine and mince pies.

The names of those remembered will be displayed on our special memories board at the ceremony. Dedications will be added to our Memories website and will be available to view after the service.

To dedicate a light on the tree and add a memory to our website, please fill out the enclosed form and return it in the prepaid envelope. You can also write your own dedication and make a donation via our website www.memories.salisburyhospicecharity.org.uk.
Community Palliative Care Team

For many people who have been diagnosed with a life limiting illness one of the things that matters most to them is to be able to choose where they wish to be cared for. This is often at home in familiar surroundings with those who are important to them close by.

The Community Palliative Care Team is based at the Hospice and support patients and their families in their own homes with the aim of avoiding unnecessary admissions to hospital and enabling them to remain at home throughout their illness if that is their wish.

The nurses work alongside the other teams within the Hospice and also teams within the community. This includes the palliative care consultants, the family support team, physiotherapists, occupational therapists, the hospice at home team, the inpatient team, the patients GP, the district nursing teams and other community services. We aim to promote optimum care maintaining personal dignity and independence, respecting cultural beliefs and religious practices.

To help enable the best care possible some of the things we may offer specialist support to assist with are:

- Assessment and management of difficult symptoms like pain, nausea and anxiety
- Advice on specialist medications and information about management and side effects
- Emotional support for patients and care givers
- Future care planning
- Support for other health care professionals involved in care.

Sallie Semple, Team Leader said, “As a team we support approximately 140 patients and families at any one time in their own homes. Many of these patients will not need admission to the Hospice and will be supported by the team through their illness to the end of life.

“As the team leader I am very proud of my team and what they achieve and the excellent support that they give to those under our care”.

Below are some quotes from patients and bereaved relatives regarding the support given by the community nurse specialists.

“Thank you so much for your helpful, thoughtful and practical advice. Together with the supporting telephone calls, they made such a difference over the last weeks of my wife’s life”

“You provided us with a point of reference and gave me the confidence and reassurance that I was doing the right things. I do not believe we could have received better palliative care and end of life support”

“...was magnificent, she just broke through our stress and softly approached, listened to and observed us as real human beings and just made things happen. It’s all about interpersonal chemistry, but these sorts of people are priceless. They are heroes and they make all the difference”

“I would like to thank you so much for all of your help, advice and care given to my mum and the family as a whole”

Amanda Payne has recently joined the team:

“I am really enjoying being part of the team and gain a real sense of satisfaction in supporting patients and families in their own homes”

A Big Christmas Quiz Night

Celebrate the festive season with Salisbury Hospice Charity and join us on Saturday 9th December for our ‘Big Christmas Quiz Night’.

This year’s quiz will take place within the beautiful historic church building of Salisbury Arts Centre, from 7pm – 11pm. Pit your wits against Salisbury’s finest for the chance to win the much coveted champion’s cup. This is the perfect opportunity to indulge your competitive side with your friends, family or colleagues in this truly stunning venue.

Dress to impress, sip champagne, join in the festive games and capture memories of this fun and festive event in our funky photo booth. Enjoy a delicious, specially created menu of traditional Indian flavours combined with seasonal Christmas ingredients to create a one-off exotic Christmas dish.

The evening will include a fabulous auction, the perfect opportunity to bid for a unique Christmas gift for a loved one, or something special for yourself. From memorable experience days, beautiful artwork to intricate jewellery we hope to have something for everyone.

Teams of 8, and prices are £30 per person. Sign up for a table today online at www.salisburyhospicecharity.org.uk or contact Abi Blake on abi@salisburyhospicecharity.org.uk. Tickets include a welcome drink and delicious Indian meal. Book now to avoid disappointment.

This event has been kindly sponsored by New Forest Farm Machinery Ltd. If you would like to become a corporate sponsor for this event, please visit our website for further details.

Christmas Tree Collection

Following the success of last year’s Christmas tree collection we are expanding the collection area to include postcodes SP1, SP2, SP3 & SP4.

All that we ask is for a minimum donation of £5 and we will collect and recycle your tree. This is a fantastic way to dispose of your tree and help us raise vital funds at the same time.

Collections will be made on 5th, 6th and 7th January 2018. Look out for a flyer through your door in December and further information on our website shortly.
Thank You!

If you would like to organise a community event and need some support please contact Tamsin on 01722 341992 or email tamsin@salisburyhospicecharity.org.uk

Christmas Fair

This year’s Christmas Fair will be held at the Wilton Shopping Village on Friday 1st December 10am - 4pm.

We have many varied stalls ranging from crafts and gifts, clothing, travel accessories, candles and leather goods, together with our usual selection of Christmas cards. In addition there will be a Santa’s Grotto and we will be serving mulled wine. Entry is free and parking is available at the Shopping Village and Wilton House free of charge.

Corporate Thanks...

Please contact Ellie Osmond on 01722 416353 or email eleanor@salisburyhospicecharity.org.uk to find out how your Business can help raise vital funds for Salisbury Hospice Charity

30 Day Challenge

So far we have had men growing beards, ladies giving up chocolate and children reading every day for our 30 day challenge, to name but a few.

For more information and a fundraising pack call Tamsin on 01722 341992, email tamsin@salisburyhospicecharity.org.uk or visit www.salisburyhospicecharity.org.uk

What could you give up or take up for 30 days? Could you take up walking or running, give up your daily coffee or facebook for 30 days?

Autumn/Winter 2017 www.salisburyhospicecharity.org.uk

Saturday 10 March 2018

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Ian Waite and Kristina Rihanoff will be performing showcase dances as well as sitting on the judging panel for the evening.

Tickets £75 each to include a three course meal

We’ll also be holding an exciting dance competition on the night, and we’ll be giving away a trip to a £3,800 cruise for the winning couple. We’ll also be doing a marvellous draw for the chance to win a £3,800 car. One lucky guest will win a £3,800 gift voucher. We’ll also be having a special competition for the evening’s best-dressed couple. Don’t miss out on this fantastic evening and help raise vital funds for Salisbury Hospice Charity.

New dates for next year are Sunday 3rd June.

Hays Travel

Supported our fabulous 30th Anniversary raffle helping us raise a record £9,892

Tisbury Fundraising Group

Our wonderful Tisbury Fundraising Group raised more than £8,400 at the annual Hatch House Garden Open.

Hospice Team Tea Party

The amazing Hospice Team held their annual tea party in The Manor House at Winterbourne Daunstey, by kind permission of Mr & Mrs McMillan. They raised the fantastic sum of £2,400.

Vintage Vehicle Rally

The annual Vintage Vehicle Rally and Family Fun Day was held at Udder Farm Shop, East Stour in July, raising £3,910 which will be split equally between ourselves and the breast cancer unit.

Lyn Futter Fabulous Football Funday

In May, Greig Futter and his fabulous team organised this year’s wonderful Funday raising an incredible £5,374.

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Our wonderful Tisbury Fundraising Group raised more than £8,400 at the annual Hatch House Garden Open.

Vita Skin Spa

Completed their Tough Mudder Challenge and raised a brilliant £6,426.

The Emery Little Golf Day

Raised over £8,000 to be split between us and another worthwhile cause.

The Stonehenge Trader

Held a Golf Day and the winning team donated £3,800

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Spinnaker Tower Abseil

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A Special Letter

We receive many letters and cards from our patient’s families, who tell us what a difference our staff and services have made to them at a most difficult time in their lives.

One such letter was sent by Chris Morgan, whose wife Gillian was cared for by our Hospice at Home team earlier this year. Much of what he has to say reflects the experiences of the families we are able to support through services based here in the Hospice.

... my dear wife Gillian passed away, peacefully, a couple of days ago.

It was her very strong wish that she stay here in the home we have built and lived in for over 25 years while waiting for this dreadful, but expected, event.

I would like to thank you and your team of ‘Hospice at Home’ carers for enabling this to be done in accordance with our wishes. Without you, it would, quite simply, not have been possible, and I will always be grateful to you for that.

They gave a whole new meaning to the word ‘care’ which now seems inadequate to describe their attitude to their work. Although, by its very nature, they must see the end of many lives, but they still make me feel that Gill’s was the only one of importance to them. They all carried out their duties with a very well practiced professionalism, but at the same time with such a gentle tenderness which I found very touching.

In addition, I must thank you for the administrative help that I got from you, with contacting the bureaucracy of the other relevant NHS departments. This was of inestimable help to me at a very difficult time, when I admit that my emotions were perhaps better of the me.

So thank you, thank you, and long may you continue to bring the solace and comfort to others when they are in such desperate need of it, both patients and relatives.

Hospice at Home is one of the many Hospice services which is entirely funded by Salisbury Hospice Charity. It is only through the help of our magnificent supporters in the community, as well as the generous support of our trust and corporate partners, that this is made possible.

Make A Will Fortnight

In our 30th year we must continue to plan for our future. Like many charities, we rely heavily on gifts left in Wills.

Gifts in Wills are vital to the work of Salisbury Hospice, they ensure we are able to continue to provide the invaluable specialist palliative care for people who have life-limiting illnesses and support for their families.

The care and support provided by Salisbury Hospice is free of charge to anyone who may need it, and we want to be here to ensure that people in our local community have access to the best end of life care in the future too. By leaving a gift in your Will to us, you can help us safeguard future services. You don’t have to be wealthy to do this, any amount, large or small, is extremely valuable to us and will be put to excellent use. Every penny really does count and an important part of our income is received from small legacies from kind caring people.

Gifts in Wills pledged in the past are supporting our work today, and gifts pledged today will ensure that we will be here in the future too.

For further information or to register your interest call Jane on 01722 342655 or email jane.w@salisburyhospicecharity.org.uk

Celebration Tree

To remember, express thanks and show support of our work

Located in the Hospice entrance, our beautiful tree is a unique piece of art made of a hand-carved oak trunk and branches with bronze, silver and gold coloured leaves.

Each leaf can be engraved with a name or a message of your choice creating an everlasting way to remember someone special, express thanks for the exceptional care of the Hospice team or to show support of our work.

For a suggested donation, your leaf can be displayed for 1, 2 or 3 years. Sponsoring a leaf is a wonderful way for individuals, community groups and businesses to help raise vital funds for Salisbury Hospice, enabling them to continue to provide specialist palliative care for local people facing life-limiting illnesses and support for their families.

For more information about having a leaf on the Celebration Tree please call Jane on 01722 342655 or email jane.w@salisburyhospicecharity.org.uk

Alan was the first person to have a leaf on the tree

Please sponsor a leaf on our Celebration Tree and help raise vital funds for Salisbury Hospice

Frances Forryan from Fordingbridge is the latest Salisbury Hospice supporter to win £1,000 in the lottery draw.

She admits she was a “little sceptical” upon receiving the phone call to deliver the good news, but when the cheque arrived in the post very quickly Mrs Forryan was put at ease. She said “I haven’t spent my winnings yet but I am planning to go on holiday to Scotland, where I come from and perhaps visit the Isle of Skye. I would need to take the train, hire a car and book into a B&B which I couldn’t really afford before, but I can now!”

Alex Howe, Head of Lottery at Your Hospice Lottery, explains: “Our team of friendly fundraisers do an amazing job recruiting new members with over 7,000 plays now in the draw in support of Salisbury Hospice. They can be seen out and about in the local community at venues speaking to the public about this fun and easy way to raise money for the hospice and have a chance of winning a cash prize too!”

If you would like to join Frances in playing the lottery in support of Salisbury Hospice for just £1 per weekly play, complete and return the flyer or visit www.yourhospicelottery.org.uk or call 0800 285 1390.
**Take On The Challenge**

**Zip World Velocity**  
7 April 2018  
The longest zip line in Europe and the fastest in the world!  
Enjoy the beautiful Welsh landscapes as you hurtle 100mph on a zip wire! We have 16 places available to take on this exhilarating challenge. Free transport provided. To reserve your place please contact Katie.

**The British 10K**  
July 2018  
An Iconic Run!  
The British 10K is by far the most exciting 10k race London has to offer. You will tour central London’s famous landmarks from Piccadilly to Whitehall with a route that races past Regent Street, Trafalgar Square, the Embankment, Westminster Bridge and Westminster Abbey.

**Dates for the Diary**

- **1 December** Christmas Fair  
- **3 December** Light Up A Life  
- **9 December** Christmas Quiz Night  
- **5-7 January** Xmas Tree Collection  
- **10th March** Salisbury Does Strictly  
- **7 April** Zip Wire Challenge  
- **12 May** Midnight Walk  
- **3rd June** Abseil  
- **5 May** Cuckoo Fair, Downton  
- **5 August** Wessex Country Fair  
- **23 June** Bubble Rush

**Bubble Rush Was An Outstanding Success!**

The crowds flocked to Hudson’s Field on Saturday 24th June, for what has become the city’s brightest and bubbliest fundraising fun run – Salisbury Bubble Rush.

Families were entertained from start to finish with the 5k frothy and foamy circuit covering them from top to toe in brightly coloured bubbles. Children were bursting with joy as they skipped, hopped and ran through the sea of bubbles. The Bubble Village did not disappoint with live music, bubble themed children’s activities and delicious food all helping to create the party atmosphere.

The event was an outstanding success with 1179 participants taking part and raised a staggering £47,500 for Salisbury Hospice. We are delighted to announce we will be running this fabulous event again next year on Saturday 23rd June 2018.

**Wessex Country Fair Raises £40k!**

We were thrilled with the success of this year’s Wessex Country Fair. In its 5th year, we were delighted to have over 4000 attendees and also a record £40k raised.

There was something for everyone; dressage camels, duck racing, birds of prey, live music, a wide range of trading stalls and displays of vintage cars and steam vehicles. This year we had some new additions including Shetland pony rides and a climbing wall for the little ones and displays of both line dancing and cheerleading. The Hospice Village run by our very own Clinical Team was a tremendous success providing tea, coffee & cakes, whilst the Shrewton Silver Band kindly performed, adding to the wonderful atmosphere of the day.

If you were able to attend, we’d like to thank you for coming along and helping to raise an incredible amount for Salisbury Hospice. We’d also like to thank our tremendous volunteers without whom the day would not have been possible.

For more information or to register your interest please email: Katie.h@salisburyhospicecharity.org.uk or call 01722 416353
Please make a donation
A gift to Salisbury Hospice Charity will help ensure the unique care given to patients will continue into the future.

It’s easy to make a donation. Either choose an option on this form or visit our website www.salisburyhospicecharity.org.uk to make an online donation.

Your Details

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My Regular Gift

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To start on (date)
and thereafter until you receive further notice from me in writing to my bank. Please cancel any previous instruction.

Signature Date

Make a One Off Donation

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Please make cheques payable to Salisbury Hospice Charity or fill in the card details below:

Card Type

- Visa
- Mastercard
- Switch

Card No.

Start Date / Expiry Date

Issue Number

[Switch Only]

3 Digit Security Code*

*This information will not be kept on file and will be deleted once used

Gift Aid It

Make your gift worth even more at no extra cost to you

In order to Gift Aid your donation you must tick the box below:

- I would like Salisbury Hospice Charity to treat this donation and any donations I make in the future or have made in the past 4 years as Gift Aid donations, until I notify you otherwise.

I am a UK taxpayer and understand that if I pay less Income Tax and /or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Signature Date

Donate by Text

Simply text ANEW22 £5 to 70070 to donate to Salisbury Hospice. £5 will be debited from your phone credit or added to your monthly bill.

Signature Date

Other ways to give a gift

- Adopting a room
- Sponsoring a leaf on the celebration tree
- Leaving a gift in my Will

Please return completed form in the prepaid envelope to Salisbury Hospice Charity