



## Welcome

It has been a busy summer for us at the hospice, which started in May with

the Fun Walk in and around Keston Common.

I'm delighted to say that this year's event has just passed its fundraising target – find out more inside. Thank you to everyone who took part and who helped make the Fun Walk such a success.

You may have noticed that this copy of *Newslink* is slightly longer than previous editions. This is because we want to show you just how your support is making a difference.

St Christopher's work reaches far beyond the hospice building on Lawrie Park Road. And that is the same for our supporters too. In the future we will be introducing you to different areas of our work, which you may not have been aware of.

**Without you, St Christopher's wouldn't exist. I hope you enjoy reading your latest *Newslink*.**

*Barbara Monroe*

**Dame Barbara Monroe DBE**  
Chief Executive

**PS** In September we will be organising a focus group to find out what you would like to see in *Newslink*. If you would like to take part, please email Gareth at [g.davies@stchristophers.org.uk](mailto:g.davies@stchristophers.org.uk) or call him on **020 8768 4536**.

## Our Midnight Walk returns on Saturday 17 September



# Walk with us in support of bereaved children

Last year was St Christopher's first ever Midnight Walk. 140 people joined us for a five mile stroll around Crystal Palace, raising a very impressive £14,000 for our Candle Project, which supports bereaved children and young people in South East London.

We're delighted to announce that the walk is back this year on Saturday 17 September – and we want to make it even bigger and better than before, so we really need your help. There is a new and improved route, and it starts at 11pm, so that we are en route when midnight arrives.

This year's walk is sponsored by Fidelity International, and our media partner will once again be News Shopper. All monies raised will again go to our Candle Project, which relies solely on donations from supporters. Patsy Way of the Candle team is taking part in this year's Midnight Walk: *"I am really looking forward to it. I loved walking with friends last year, meeting new people in such a friendly atmosphere and feeling I was getting some (much needed) exercise! I have seen first hand the difference the money raised makes; every penny counts for the children and families we work with"*.

The walk is open to those aged 16 or over. Registration is just £15, which includes a special Midnight Walk t-shirt. To register or to find out more, call **020 8768 4575** or visit [www.stchristophers.org.uk/midnightwalk](http://www.stchristophers.org.uk/midnightwalk)

**Fidelity International is thrilled to be sponsoring the Midnight Walk. We believe the event will be a great success. As a local company, we are committed to supporting the communities close to our offices, and we hope that our contribution towards this event will help raise much-needed funds**

Toula Saltouros, Fidelity International



## St Christopher's recipe book out now!

Packed with recipes from staff, volunteers, patients and supporters of the hospice, this brand-new book is full of tasty ideas to try out on friends and family. From scrumptious soups, salads and starters to mouth-watering mains and delicious desserts, it has all you need to organise your own dining experience – and support St Christopher's at the same time! The recipe book costs just £5 and is available from the hospice, online at [www.stchristophers.org.uk/recipebook](http://www.stchristophers.org.uk/recipebook) or by calling 020 8768 4575.

## St Christopher's social programme: all invited

Many people are afraid to visit a hospice and are uncomfortable talking about death and dying. Our social programme aims to change this and show that St Christopher's is about community and sharing good times together. These events are planned to help dispel myths and change perceptions – both about St Christopher's and the people who use our services.

All events take place in the Anniversary Centre. Everyone is welcome with no need to book – turn up on the day and bring your friends!

**Mondays 7-9pm** Introducing a new **community choir**. Come along and sing in a relaxed and informal environment with no auditions! Everyone is welcome.

**Tuesdays 7-9pm** **Curry and arts night** – enjoy good food and take part in a range of arts activities including photography and storytelling

**Wednesdays 7-9pm** Learn a new craft at our **quilting group** and create a quilt in memory of someone who has died or just for fun.

**First Thursday of the month 7.30-9pm** Skilled professional musicians from around the world play a variety of programmes at the **Dame Cicely Saunders Concert Series**.

**Sundays 12-2.30pm** A three course **Sunday lunch**, accompanied by live music, is served for just £7.50.

For more information visit [www.stchristophers.org.uk/socialprogramme](http://www.stchristophers.org.uk/socialprogramme)



## Arts for life helps bring communities together

Throughout May and June pupils from Marjorie McClure Specialist School in Chislehurst visited Elmwood Care Home in Bromley (above) to take part in painting classes with residents.

It was a chance for the children to have fun and meet people from a very different generation. For the residents, it offered the opportunity to socialise with people from outside of the care home and enjoy the company of young people.

The classes were organised by St Christopher's Arts Team, with the aim of bringing communities together and changing attitudes towards death and dying.

The programme has now been extended beyond schools, to other community groups including pubs, churches and social groups. Recently, residents from Peartree Care Home in Sydenham went to the nearby Dolphin pub to

**I've loved having the kids here... I don't have grandchildren of my own**

Resident at Elmwood Care Home

sing and socialise with regulars. And residents from Westwood House Care Home made and flew kites with the congregation of St Bartholomew's Church.

So far we have partnered 12 care homes with different community groups for arts projects, with 20 more planned over the next two years.

St Christopher's Arts Team host quarterly forums for anyone interested in arts and healthcare. The next is on Wednesday 5 October 2011. If you'd like more information about this or other arts projects, please contact Gini Lawson by emailing [v.lawson@stchristophers.org.uk](mailto:v.lawson@stchristophers.org.uk)

## St Christopher's *End of Life Journal* now available online

This quarterly free, online, peer-reviewed, journal contains articles on all aspects of nursing practice relating to end-of-life care, and is just one example of our commitment to education, training and helping to improve palliative care around the world. It is primarily aimed at nurses working in hospitals and in community and care home settings, however, many of the articles will also be of interest to other palliative care professionals. Over 1,500 people from the UK and beyond have already subscribed to the journal since its launch in June. One palliative care nurse from New Zealand commented: "Thank you... your excellent journal article on ethical discussions was well received and generated a heated debate!" Visit [endoflifejournal.stchristophers.org.uk](http://endoflifejournal.stchristophers.org.uk) for details.

# FOCUS The wonderful world of welfare



## Laura Bechelet

Welfare Officer

**I first came to St Christopher's as a temporary secretary for**

**an American psychologist, who was recruiting and training bereavement counsellors. Following that, I became a Social Work Assistant. Over the years my interest in people grew and my problem-solving skills developed into the Welfare Officer role, which I have now occupied for 28 years – so over 30 years in total, and more than half my life!**

My in-tray is always full, as many St Christopher's patients or relatives want or need to speak with a welfare officer. Prioritising workloads is essential, as is flexibility, the ability to keep calm and being able to deal with people in a sensitive manner. But the rewards are enormous. We have the privilege of working with people at what is likely to be one of the most difficult times of their life.

When someone is dying there are a lot of financial changes. Often people are unable to deal with the medical and emotional difficulties arising from their illness without first knowing how to deal with the financial consequences – how are their mortgage, rent or bills going to be paid?

People can be tipped into financial difficulties by the slightest change

**My interest in people grew and my problem-solving skills developed into the Welfare Officer role**

in their circumstance, so the welfare team – four of us – fulfil a vital role. I also run a series of seminars designed to promote financial capability, helping provide carers with skills and information, enabling them to deal confidently with issues arising from caring for someone with a life threatening illness.

Referrals to the welfare team typically come from doctors, social workers and other healthcare professionals. Jane was a 43 year-old retail manager. She was completely devastated by her illness, and too distressed to make any plans for the future. Jane had always been the one to handle the family finances, and she was worried about how her family would cope without her.

Over a number of weeks her trust in me grew. I helped Jane claim for her Disability Living Allowance, a Blue Disabled Parking Badge and then a prescription charge exemption. She and her husband had to cancel a holiday due to her declining health, so I helped recoup some of their money from their insurance company. We also secured an

**It is also important to recognise that our work does not end when someone dies**

ill-health retirement package from her employer, and we were able to release a lump sum from a life insurance policy that meant that Jane could clear her mortgage and have some money to enjoy some special days with her family. Jane also prepared her Will.

It is also important to recognise that our work does not end when someone dies, as on many occasions there are issues that carry over into bereavement. For this reason we also work with bereaved clients – particularly if they have problems that have arisen as a result of their caring role.

I meet so many different people that no two days are ever the same. It gives me a good feeling to know that the work I do can often make a significant difference to the life of the person I am helping, so I hope to be able to stay a while longer!



Laura talking through a patient's options



## A message from Ron Pullen

Back in April I sent out a letter about the Fun Walk, encouraging people to take part, and asking those who couldn't to sponsor me as I took up the challenge. The response was overwhelming – the hospice received over £8,684. On top of this my team (PullenPush) and I managed to raise £2,079 – taking the total to over £10,500! Thank you so much to everyone who sponsored us.



# Fun Walk beats £200,000!

**Many of you joined us on Keston Common back in May for this year's Fun Walk.**

Nearly 3,000 people took part in one of the four different-length walks. Despite a spot of rain or two, many still turned out in fancy dress and it was great to see so many of you walking in memory of someone special. We're pleased to announce that the total raised is now £201,500 which is a fantastic achievement!

Everyone who came along helped make this Fun Walk a huge success – thank you all.

We'd also like to say a special thanks to everyone who put so much effort into organising and supporting the event – all the volunteers, marshals, sponsors, rotary clubs, and a special mention for Henry Phillips, Alan Blanchette, Suzanne Dowswell and David Stoneham for their tireless support in making this event possible.



## Go, go, go...

People support St Christopher's in many different ways. Some choose to make a donation and others prefer to organise or take part in events and activities. All, of course, are absolutely vital in making what we do possible.

To help inspire those who are feeling energetic we have now launched our **Go, Go, Go** campaign. Whatever your interests, we're sure you'll find something for you.

**GoActive!** ...for the sporty or adventurous, from our own places in running events (including the Virgin London Marathon) to something a bit more hair-raising like jumping out of a plane or trekking in tropical climes.

**GoSocial!** ...for activities that bring people together to have fun and socialise, from our own events here at St Christopher's, including Family Fun Day and the Christmas Festival, to events organised by you – from parties, quizzes and coffee mornings to arranging a ball and much, much more.

**GoVolunteer!** ...volunteers are absolutely vital to our work at St Christopher's. From helping out at events to supporting us here in the Fundraising office, we rely on those who give up their time to help out.

However you want to support us, we'll help you every step of the way. Find out more by visiting [www.stchristophers.org.uk/fundraising](http://www.stchristophers.org.uk/fundraising)

**Since I began volunteering, I have made lots of new friends, learnt new skills and had lots of fun along the way. More importantly, I feel that I have made some contribution to the hospice and ultimately the care and well being of the patients**

Thirza Channel, a St Christopher's Hospice Fundraising volunteer for the last 10 years



# St Christopher's Free Will Week in September

St Christopher's services cost over £14m every year. Just over a third of this comes from the NHS, which means we need to raise more than £9m every year to continue to provide our patient and family services free of charge. Gifts in people's Wills account for a third of the money we need. If you are thinking of making or changing a Will, you can now do so through **St Christopher's Free Will Week**, from Monday 19 to Friday 23 September 2011. All that we ask is that your Will includes a minimum gift of £150 to us. For more information and for a list of local solicitors supporting the scheme visit [www.stchristophers.org.uk/willweek](http://www.stchristophers.org.uk/willweek) or call Thomas on **020 8768 4715**.



## Why I support St Christopher's Hospice

Olive Wilson has supported St Christopher's Hospice with a monthly donation for over 30 years, and has given numerous other gifts in that time. Here, Olive explains why...

"I started supporting St Christopher's after my husband died in 1989. He had spent the last few days of his life at the hospice. Before he arrived he was in a lot of pain and this affected his behaviour and the way he treated his family. The man who previously hated it when I said 'damn' was swearing like a trooper. I was amazed he actually knew the words.

"I first heard of St Christopher's from a programme many years ago in which the actress Sheila Hancock described how the hospice had helped her look after her husband when he was ill with cancer.

**Within just 10 minutes of arriving everything had changed. He changed. It was like a miracle.**

"Fortunately, we managed to get my husband moved into the hospice – within just 10 minutes of arriving everything had changed. He changed. It was like a miracle; he was standing in his room smiling. I had my husband back again. The way the staff behaved, the atmosphere – everything was wonderful.

"My husband only spent 12 days at St Christopher's but it made such a big difference to him, and all of us. I am not flush with money but I will always try to help them. What the staff did for my husband – and for me and for my family – was marvellous. You can't measure it."

Regular, ongoing donations over a long period of time are absolutely vital to St Christopher's.



They give us the confidence to plan ahead and better deliver our patient and family services.

Later this year we will be launching the facility to support the hospice through Direct Debit, one of the quickest, easiest and most efficient ways to donate to St Christopher's.

If you would like to find out more about the forthcoming Direct Debit scheme please contact Gareth on 0208 768 4536 or email [g.davies@stchristophers.org.uk](mailto:g.davies@stchristophers.org.uk)

### Your donation form

Please post your completed form to **St Christopher's Hospice, FREEPOST LON9484, LONDON SE26 6ZY**

**Make your gift worth 25% more with Gift Aid** *giftaid it*

If you are a UK tax payer you can make your donations worth more at no extra cost to you, just by ticking the relevant box below.

I want St Christopher's Hospice to reclaim Gift Aid on all donations that I make, or have made in the past four years, until I confirm otherwise. I confirm that I pay Income Tax and/or Capital Gains Tax at least equal to the amount the charity reclaims in that tax year. I confirm I am the person whose details I have provided on this form.

I am not a UK tax payer

**Data protection** We would really love to keep in touch with you and send you all our news and information about events. Please tick here if you would rather not hear from us.   
St Christopher's Hospice is registered charity 210667

My gift is of  £25  £50  £100  £500  £1000  Other £ \_\_\_\_\_

I enclose a cheque made payable to **St Christopher's Hospice** or  
Please debit my  Visa  Mastercard  Maestro  CAF account

I do not need my gift acknowledged

Card no \_\_\_\_\_

Start date \_\_\_\_/\_\_\_\_/\_\_\_\_ Expiry date \_\_\_\_/\_\_\_\_/\_\_\_\_ Issue \_\_\_\_ MAESTRO ONLY

Security \_\_\_\_ LAST THREE DIGITS ON BACK OF CARD

Signature **x** \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

PLEASE INCLUDE YOUR EMAIL ADDRESS IF YOU WOULD LIKE US TO CONTACT YOU IN THIS COST-EFFECTIVE WAY

**I'd like more information about**  *Go Active!* or Challenge events  leaving a gift in my Will  
 organising a fundraising event  supporting St Christopher's as a group or company

**Make a donation to St Christopher's and help make a difference**



St Christopher's Hospice  
 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ  
 Tel 020 8768 4500 Fax 020 8659 8680  
 Email [info@stchristophers.org.uk](mailto:info@stchristophers.org.uk) [www.stchristophers.org.uk](http://www.stchristophers.org.uk)  
 St Christopher's Hospice is registered charity 210667



Search 'St Christopher's Hospice Official Fundraising Page' and click 'like' to keep up with our Facebook news



Follow us on Twitter at <http://twitter.com/stchfundraising>

## Diary dates

Some fundraising events not already mentioned in this edition of *Newslink*

### Saturday 3 September

Late Summer Ball – contact Sue on 020 8663 0563 for details

### Saturday 17 September · 11pm

Midnight Walk around Crystal Palace

### Saturday 24 September · 7.30pm

Last Night of the Proms, Croydon – phone the Fairfield Box Office on 020 8688 9291 for tickets

### Sunday 25 September

Run to the Beat powered by Nike+ (half marathon) – we have places

### Saturday 8 October

Christmas Raffle launch, Whitgift Centre in Croydon\*

### Saturday 15 October

Christmas Raffle launch, The Glades in Bromley\*

### Saturday 26 November · 7.45pm

Dulwich Symphony Orchestra, All Saints Church, Herne Hill

### Saturday 26 November

Brian Sells' Bridge Night – contact Brian on 020 8777 3359 for details

### Saturday 3 December · 11am-3pm

St Christopher's Christmas Festival

### Sunday 4 December

Do It For Charity Santa Run (5k) – we have places

### Sunday 4 December · 3pm

St Christopher's Remembrance Tree Service

For more information please visit [www.stchristophers.org.uk/fundraising](http://www.stchristophers.org.uk/fundraising) or call 020 8768 4575.

\*Help needed on the day – please call



## 2012 Virgin London Marathon



Our runners at this year's Virgin London Marathon raised a massive £54,000. Thank you to all who took part. We are now accepting applications for next year – contact Liz on 020 8768 4575 or email [e.sowden@stchristophers.org.uk](mailto:e.sowden@stchristophers.org.uk). We only have a limited number of places so please be quick!

## Christmas cards now available

Our 2011 Christmas cards are now available to purchase. If your catalogue isn't with this edition of *Newslink*, please visit [www.stchristophers.org.uk/christmas](http://www.stchristophers.org.uk/christmas) or call 020 8768 4574.

## Join in St Christopher's own 10k run

We are proud to announce that the South of England Athletics Association (SEAA) has organised a 10k run around Crystal Palace Park (right) in aid of St Christopher's on Sunday 18 September. Entry is just £13 for non-SEAA members.

Visit [www.stchristophers.org.uk/10k](http://www.stchristophers.org.uk/10k) for further details or contact Rebecca on 020 8768 4570 or email [r.kemp@stchristophers.org.uk](mailto:r.kemp@stchristophers.org.uk)



## Come along for a visit

Why not join us for a guided tour of St Christopher's? It's a fascinating chance to have a look round the hospice and learn more about our work. Tours will take place on the following dates:

Thursday 15 September 10.30am	Thursday 27 October 2.00pm
Thursday 29 September 2.00pm	Thursday 10 November 10.30am
Thursday 13 October 10.30am	Thursday 24 November 2.00pm

To book your place, please contact Thomas on 020 8768 4715 or email [t.micklewright@stchristophers.org.uk](mailto:t.micklewright@stchristophers.org.uk)

