



St Christopher's Hospice

# newslink

ISSUE 55 SPRING 2008

## Major benefactors meet HRH Princess Alexandra



**Last year a group of people raised over £4 million for St Christopher's - they are the people who left gifts in their Wills. This is a huge endorsement of our work and we would like to thank everyone who is supporting us in this way.**

These gifts help to ensure the continued support of our patients, and their families, and help us to research the end of life care needs of our community. This support also enables us to be a strong voice at a national level to ensure that there is adequate care for us all as we approach the end of our lives.

We invited our 'living legators' (those who have told us that

St Christopher's is a beneficiary in their Wills) and people who are thinking about leaving a gift, to meet our Patron HRH Princess Alexandra at our first major benefactors event in December. This gave us the chance to offer thanks and talk about developments at the hospice, the changing care landscape and the growing demands that an ageing population places on us. (See pages 2 and 3.)

St Christopher's recently launched its legacy brochure in memory of Dame Cicely Saunders, "You matter because you are you and you matter to the last moment of your life." - Dame Cicely Saunders, founder of St Christopher's Hospice.

Leaving a Legacy to St Christopher's



"You matter because you are you and you matter to the last moment of your life"  
Dame Cicely Saunders, founder of St Christopher's Hospice



St Christopher's Hospice

### Could you leave us a legacy?

It costs £12 million each year to maintain our services, all of which are provided free of charge, but the NHS provides just one third of our funding.

Your gift will enable us to carry on our vital work and help people to cope as they approach the end of their lives, and support their families too.

To find out more and request a copy of our new legacy brochure, please contact Belinda Kearns on 020 8768 4573 or email [legacy@stchristophers.org.uk](mailto:legacy@stchristophers.org.uk)

Please help us to continue caring.

# end of life care



## End of life care must change with the times

Chief Executive Barbara Monroe explains how St Christopher's is introducing new models of end of life care to meet increasing demands in a changing society.

Dame Cicely established St Christopher's to meet the challenges of people dying with inadequate symptom control and little understanding of their psychological, social and spiritual needs. Forty years on, those challenges remain and other equally pressing issues are emerging.

We have an ageing society - in 30 years almost one in four people will be over 65 compared with one in 10 in 1950. We are dying at an older age, which in turn means that many people will die of multiple chronic illnesses, such as cancer and dementia.

There will be fewer people of working age, which will have consequences for the availability of professional carers and also hit budgets, because fewer working people will generate less tax income to pay for our healthcare services.

Families are increasingly geographically dispersed and today one in three is a single person household which means there is a

higher probability that we may be on our own as we approach the end of our lives.

It remains as important as ever at St Christopher's to continue to drive up the quality of care we and other providers deliver but we must also have an eye on value for money so that we make the most of increasingly stretched resources.

St Christopher's is addressing these challenges in a number of innovative ways.

## Changing the way we deliver our home care programme

Our £ 2.5 million Anniversary Project is half-way towards meeting its fundraising goal and building work will start in March. The aim is to redevelop the ground floor of our building and reconfigure the way we deliver part of our homecare programme so that we can care for more people in a way that is flexible, convenient, coordinated and cost-effective.

## Promoting good care in whatever bed people die

We can't all die in hospices but we can extend the principles and standards of palliative care to other



environments, such as care homes.

In the final days of life, care home residents are often rushed to hospital because staff feel anxious and uncertain about what to do next.

This plunges patients into a busy environment where the focus is on medical treatment rather than ending life in a calm and dignified way with the support and participation of those close to them. These admissions are upsetting, inappropriate and expensive to the NHS.

St Christopher's is working with care homes to develop confidence and skills, supporting them to implement the Gold Standards Framework and Liverpool Care Pathway - end of life care tools promoted by the Department of Health. We're also running clinics in care homes.

One of our Clinical Nurse Specialists has a full caseload of care home patients and the results have been remarkable. With St Christopher's support, 64 out of 70 patients were able to die in their care home avoiding emergency admissions to hospital.

St Christopher's is taking creative and complementary therapies into care homes to provide, for example, music therapy for people with dementia. And whilst our wards have been closed for refurbishment, our nurses have been visiting local care homes, free of charge, to demonstrate hands-on-care.

## Educating and sharing good practice

These projects, and others, are evaluated so that we can learn from our experience and share evidence-based good practice with other healthcare providers.

We recently launched a new validated end of life care course for Health and Social Care Assistants. It's different because it's aimed at care assistants with a view to embedding skills at all levels, not just senior practitioners. The course has been over-subscribed and extremely well evaluated.

*End of Life Care* our new quarterly journal is distributed to general nurses throughout the NHS and care homes, nationally, to spread information and good practice as widely as possible. Our first *End of Life Care* conference at Olympia was a great success.

And, of course, St Christopher's continues to welcome around 5,000 health and social care professionals each year to our Education Centre and outreach programmes for a wide range of training courses and clinical placements.

## Talking about death as a natural part of life

Even though specialist palliative care has been around for forty years, as a society we still avoid talking about death. A 2005 BBC survey established that although most over 65 year-olds had made a Will – very few had talked to their families about how they would like their death to be managed.

Breaking down this taboo through public education for people of all ages is vital because if we can't talk about death naturally as part of our lives we can't be sensitive to each others needs and provide support.

We're working with schools to start to address this problem. Primary school children come to St Christopher's to talk to patients about what it is like to be dying. The children create artwork that they bring back to the hospice to show patients and give a concert to which parents are invited, opening up the subject of death as a natural part of life to the wider family.

Members of our Arts Team worked with teenagers and patients to write a play based on the patients' stories and experiences. The play, *Sunshine*, has been performed to rave reviews in community venues getting an even wider group of people talking!

# how you support us

We never cease to be amazed at the imaginative ways our community supports us. We hope you enjoy these stories and that they will, in turn, inspire you to help St Christopher's in any way you can.

Thank you to everyone who has helped and continues to make our fundraising so successful.

## Baxter Philips matches client donations

Bromley firm of Chartered Surveyors Baxter Philips raised an amazing £4,810 in just 12 months. By promising to match every donation, and promoting this on their company stationery and website, they successfully persuaded many of their clients to donate.

## Over 100 people play bridge for St Christopher's

Over 100 people enjoyed a great day out at Brian Sells' 5th Bridge Day in December. Brian's Bridge Days have now raised over £5,000. If you would like help and advice in setting up a charity event, contact Belinda Kearns on 020 8768 4573 or email [b.kearns@stchristophers.org.uk](mailto:b.kearns@stchristophers.org.uk)



## Carlsberg staff set £10K fundraising target

Staff at Carlsberg Brewery have committed to raising £10,000. Amongst their many fundraising initiatives, thirty draymen will climb Ben Nevis, the UK's highest mountain. They plan to carry a barrel of Carlsberg's finest brew to the top. We wish them well with this Herculean task and all their other fundraising adventures!

## Lawyers' dinner at Goldsmiths' Hall

Our eighth annual Goldsmiths' Hall dinner was attended by over 200 private client lawyers in November. Guest speaker was Professor Alex Markham former Chief Executive of Cancer Research who was awarded a knighthood in the 2008 New Years Honours list for services to medicine. So far the dinner has raised £118,000 towards our 40th Anniversary Campaign.



## Property Consultants Callum Roberts raises £2,000

Dillon & Paula Callum of Callum Roberts property consultants raised £2,000 at their Awards Night in September. The event was attended by 110 people who enjoyed a drinks reception, followed by dinner and the awards ceremony. The band Raincheck played and everyone danced the night away!

## London to Brighton cycle ride in memory of Ted

Landlords John Kelly from The Marquis of Granby in New Cross and Dan Dowling of the Venue nightclub together with customers Liam Thompson, Brendan Collins and P J Faul raised a fantastic £8,500 in memory of Ted Webb who died in St Christopher's care. They cycled a gruelling 50 miles from London to Brighton Pier.



## 'A bit of a do'

The staff at Forge Close Surgery held 'A bit of a do' at The Warren in Hayes. Over 300 people attended and raised an amazing £7,500 in memory of Jemma Beerling.

## St James Golf Society fundraising tops £60,000

Our thanks to all the kind people at St James Golf Society in Catford for raising a magnificent £6,500. That makes a grand total of £60,273 since 1992. What an achievement!



## Linda Barker opens new hospice shop in Grove Park

St Christopher's new charity shop in Baring Road, Grove Park caused a real buzz of excitement as Linda Barker, the presenter of the popular TV programme Changing Rooms, opened the store. Our shops make an important contribution to

St Christopher's running costs and rely on volunteer support. If you're interested in helping out, please call Stuart Maslin on 020 8768 4514 or call into one of our shops.

## Diva cabaret night

Soprano Alison Pearce, accompanied by pianist Benjamin Costello staged a humorous and dramatic cabaret at London Jermyn Street Theatre raising £1,483 for St Christopher's.

## Go Active!

There are many ways you can take part in our *Go Active!* Challenge. You could work-out indoors; in the gym or swimming pool or in the great outdoors and walk, run, swim, sail... These are just some of the many ways you can *Go Active!* to keep fit, have fun and raise much needed cash for St Christopher's. For more information contact Louisa Hitchen on 020 8768 4570 or [l.hitchen@stchristophers.org.uk](mailto:l.hitchen@stchristophers.org.uk) and check out the Newslink events diary.

## Charity Challenges

We have a partnership with Charity Challenges who offer fantastic opportunities to raise money for St Christopher's. Visit [www.charitychallenge.com](http://www.charitychallenge.com) to find out how you could challenge yourself in 2008!



## London Marathon

Our 2007 *Go Active!* marathon runners raised over £42,000! All our 2008 runners will once again have the support of Crystal Palace Physiotherapy and Sports Injury Clinic who are offering a 10% discount on selected treatments. If you have your own place, please join our friendly and supportive team.



## Parachuting

If a parachute jump is for you, we have 10 places available at Headcorn Airfield, Maidstone, Kent on Sunday 27 April. Other dates are available.

## British 10k London Run

Last year this event raised over £12,000. We have 60 places in the 2008 British 10k London Run so why not join our *Go Active!* Team and run with us through the streets of London on Sunday 6 July.

# how you support us



## St Christopher's Tribute Tree

Our beautiful Tribute Tree now has 33 leaves, each one sponsored in memory of someone who benefited from St Christopher's care. To have a leaf, engraved with a name or message we ask you to give a donation of £1,000 to St Christopher's as a single gift or raise the same amount over a period of time. Many people have used this opportunity to organise fundraising events such as fancy dress competitions and karaoke evenings.

The engraved leaf remains on our tree for a year and then we send it to you to keep. For more information contact Alex Blake on 020 8768 4715 or email [a.blake@stchristophers.org.uk](mailto:a.blake@stchristophers.org.uk).

## St Christopher's Grand Raffle

First prize winner Mrs Christine Beton is now the proud owner of a new Nissan Micra car. On

24 December the Mayor of Bromley Councillor Pauline Tunnicliffe, Mayor of Southwark Councillor Bob Skelly, Lewisham Councillor Barrie Anderson and Councillor Derek Millard and his wife the Mayor and Mayoress of Croydon attended the raffle draw and watched as the winning ticket was drawn from the boot of the car by David Newman, Director of the Ancaster Group and long-standing St Christopher's supporter.

Our thanks to the volunteer organisers and everyone who bought and sold thousands of tickets. - A record-breaking £113,000 was raised.



*Mrs Beton receives the keys to her Nissan Micra car from Steve Wood, Managing Director of Ancasters Group, Penge with raffle organiser Louisa Hitchen*

## Biography of Dame Cicely Saunders

(expanded edition) Shirley Du Boulay and Marianne Rankin, SPCK 2007

Shirley Du Boulay wrote the biography of Dame Cicely Saunders in 1984 and Marianne Rankin has now added to it, writing an interesting addendum about the following 20 years of her life. Cicely Saunders led an amazingly full life - being a rather gauche, wealthy young girl and later training as a nurse, social worker and doctor. She developed a deep interest in every aspect of death and dying which led to her pioneering work in this field. During her lifetime she fell in love three Polish men, one of whom she married. The extra chapters describe, amongst other issues, changes and developments at St Christopher's Hospice, wider societal issues such as euthanasia and finally a chapter on her stay at St Christopher's as a patient. However, the kernel of her life still resides in the earlier chapters. It is a life of "compassion and steel". The book also encompasses some of the history of St Christopher's and of the modern hospice movement.

To order this book (£12.99 + postage) or to find out more about Dame Cicely Saunders' works contact Denise Brady, St Christopher's Librarian on 020 8768 4660 or email [d.brady@stchristophers.org.uk](mailto:d.brady@stchristophers.org.uk)

all our lives

40th anniversary



## A joint initiative between St Christopher's and Dulwich Picture Gallery

During October and November 2007 everyone associated with St Christopher's - patients, carers, staff, volunteers, young people and visitors - had the opportunity to create a photographic portrait of themselves,

taking the painted portraits at the Gallery as inspiration. People were encouraged to use costumes and props to create their 'portrait of a lifetime'.

During the photo sessions a short film 'I feel like a princess' was created by artist Ruth Dupre to encapsulate experiences of the project.

The exhibition gives a moving and sometimes humorous glimpse into the diverse world of St Christopher's. Many of the photographs have been given to family members of patients as a lasting memento. Each of the 300 photographs captures a moment

in time and the essence of individual personality, which stays with us long after the subject has gone.

A selection of portraits were displayed in the Dulwich Picture Gallery during November and a large exhibition of photos is currently on show at St Christopher's.

We would like to thank the Dulwich Picture Gallery and the Arts Team at St Christophers for making this project such a such a rewarding experience for everyone who took part.

## 40th anniversary project goes ahead

With your support, St Christopher's redevelopment project is aiming to build a new, flexible model for hospice care.

March 2008 will mark an important milestone as work starts to transform our 40 year-old building into a modern environment with access to a broader range of services and activities.

Our patients tell us they want flexibility so that they can visit the hospice at a time convenient to them and get all the services they need in one go. This might involve an appointment with a nurse consultant followed by a group activity, seeing a complementary therapist, a welfare officer or having a bath in a safe, supported environment.

All outpatient facilities will move to the ground floor. A rehabilitation and physiotherapy gym, bathing suites, hairdressing salon and 10 new consultancy rooms will lead from a central reception and social area. An exhibition space will enable us to show the life of Dame Cicely, display patients' artwork and hold concerts.

These improvements will increase our overall home and outpatient capacity by 30%, helping to meet the growing demand for care from an ageing population, and create a model for efficient yet individual hospice care for the future.

We expect to begin work later this year. Inpatient and outpatient services will continue as normal during the redevelopment work which is scheduled for completion in late 2009.

If you would like to know more about the project and how you can support our £ 2.5 million 40th Anniversary Campaign, please contact Justin Hodge on 020 8768 4590 or [j.hodge@stchristophers.org.uk](mailto:j.hodge@stchristophers.org.uk)

# donation form

Title.....First name.....

Surname.....Date of birth.....

Address.....

.....

.....Postcode.....

Email.....Telephone.....

*(If happy to be contacted in this way).*

I would like to make a gift of:

£25  £50  £100  £150  £1000  other.....

I enclose a cheque made payable to: **St Christopher's Hospice.**

Or please debit my: Visa / CAF / Maestro / Master Card

*(delete as appropriate).*

Card no

Last 3 digits on back of card.....Issue no.....

Start date.....Expiry date.....

Signature.....Date.....

Please do not acknowledge.

I would like to increase the value of my donation through Gift Aid. Please tick here if you would like St Christopher's Hospice to reclaim the tax you have paid on any donations you have made in the previous six years (but no earlier than 6th April 2000) and any future donations you make. You must have paid income or capital gains tax in the UK equal to the tax that will be claimed (currently 28p for every £1 you give)

Please send me further information on:

Fundraising / Events  Company Giving

Leaving a Legacy  Becoming a regular monthly supporter

We would like to keep you informed about our work at St Christopher's. If you do not wish to receive further correspondence, please tick this box.

# diary dates 2008

**Saturday 9 February**  
**Croydon Symphony Orchestra, Fairfield Hall, Croydon, 7.30pm**  
From Russia with Love - a gala evening of Russian classics including Scheherazade, Romeo and Juliet, and Rachmaninov's 4th piano concerto. Tickets £14 and £10 from the box office on 020 8688 9291

**Friday 29 February**  
**Annual Fashion Show, St Christopher's Education Centre, 51-59 Lawrie Park Road, SE26 6DZ, 8pm**  
Designs by Angela and Francesca. Last year this event raised over £800. Contact Angela 07958 204414 for tickets

**Thursday 6 March**  
**PJH Solicitors 25th Anniversary Quiz Night, HSBC Sports and Social Club, Lennard Road, Beckenham, BR3 1QW**  
Help this Beckenham firm of solicitors make this a record-breaking night and drive their grand total raised for St Christopher's up to over £30,000. This year's proceeds will support St Christopher's Candle Project. For tickets and offers of tombola prizes, contact Chris Maines on 020 8662 6227

**Saturday 8 March**  
**Dulwich Symphony Orchestra, All Saints Church, Rosendale Road, SE21 8LN, 7.45pm**  
Featuring a Dvorak tone poem. Tickets £8, concessions £5, includes an interval drink. Advance ticket sales from Russell Ashley-Smith on 020 8670 1110 or 0771 7717886

**Sunday 13 April**  
**The Flora London Marathon**  
We raised over £42,000 in 2007. If you have a place, please contact Louisa Hitchen on 020 8768 4570 or l.hitchen@stchristophers.org.uk

**Sunday 27 April**  
**Parachuting Challenge**  
We have 10 places for a jump at Headcorn Airfield, Maidstone, TN27 9HX. Contact Louisa Hitchen on 020 8768 4570 or l.hitchen@stchristophers.org.uk

**Saturday 21 June**  
**Dulwich Symphony Orchestra, All Saints Church, Rosendale Road, SE21 8LN, 7.45pm**  
Featuring a Dvorak tone poem. Tickets £8, concessions £5, includes an interval drink. Advance ticket sales from Russell Ashley-Smith on 020 8670 1110 or 0771 7717886

**Sunday 22 June**  
**Caribbean Garden Party, St Christopher's Hospice, 51-59 Lawrie Park Road, SE26 6DZ, 12 noon**  
Calypso music, drinks and barbeque. Tickets £20. Contact Brian on 020 8777 3359

**Saturday 28 June**  
**Family Fun Day, St Christopher's Hospice, 51-59 Lawrie Park Road, SE26 6DZ, 11am to 4pm**  
Stalls, entertainment and family fun throughout the day. Last year we raised £10,000 thanks to your support.

**Sunday 6 July**  
**British 10K London Run, starts in Piccadilly at 9.35am**

Join us, we have 60 places, and run through the streets of London for St Christopher's. Contact Louisa Hitchen on 020 8768 4570 or l.hitchen@stchristophers.org.uk

**Wednesday 9 July**  
**St Christopher's Golf Day, The Addington Golf Club, Croydon**  
If you would like to enter a team or be one of our sponsors, contact Belinda Kearns on 020 8768 4573 or b.kearns@stchristophers.org.uk

**Sunday 31 August**  
**Matt Wood Festival of Speed, 138 Pickhurst Lane, Bromley, Kent, BR2 7JD**  
The 10th and final year of this fabulous Scalextric event organised by Chris and Gill Wood in memory of their son Matthew. They raised £2,675 in 2007 making a grand total of £21,743 so far. Contact Chris or Gill on 020 8462 2444

**Sunday 7 September**  
**Adidas Women's Challenge**  
Run 5k (3 miles) for St Christopher's in Hyde Park London, Liverpool or Birmingham. Contact Louisa Hitchen on 020 8768 4570 or l.hitchen@stchristophers.org.uk

## OPEN GARDENS 2008

**Saturday 10 May**  
**St Christopher's Hospice, 51-59 Lawrie Park Road, SE26 6DZ, 11am to 2pm**  
Stock up on plants and garden items or simply relax and enjoy the atmosphere. Live music and raffle. Wheelchair access. Parking on surrounding roads.

**Sunday 18 May**  
**8 Lucerne Road, Orpington, BR6 06P, 2 to 5pm**  
This 150ft garden includes a terrace, patio, pond, mature trees, fruit and vegetables, lawn and flower beds. Refreshments and raffle. Wheelchair access. Children welcome. Parking on surrounding roads.

**Sunday 1 June**  
**10 Homestead Road, Chelsfield Park, Orpington, BR6 6HW, 12 to 5pm**  
Three-quarters of an acre divided into 'rooms' with pond, ornamental lawn, herbaceous borders and meadow with established trees. Wheelchair access. Children welcome. Parking outside the house.

**Sunday 8 June**  
**9 Howard Road, SE20 8HQ, 2 to 5pm**  
Large organic back garden planted to encourage biodiversity. Winner of Bromley Environmental Award 2005 and best eco-friendly garden: Bromley in Bloom 2005. Information sheets on many aspects of wildlife gardening. Two steps in the garden but accessible for wheelchairs. Parking in surrounding roads.

**142 Court Lane, Dulwich, SE21 7EB, 2 to 6pm**  
Half-acre garden at the former home of Anne Shelton backing on to the trees and rhododendrons of Dulwich Park. Planted from 1994, features rose garden, mixed border, lawn area with fruit trees and vegetable beds - all on a circular theme. Refreshments and plants for sale. Wheelchair access. Parking on Court Lane. Sorry, no dogs.

**174 Peckham Rye, East Dulwich, SE22 9QA, 2.30 to 5.30pm**  
This 100 x 30ft garden was originally designed by Judith Sharpe as easy care and child friendly. Contrasting foliage and year round interest. Best in early June for the blues and pinks, especially in the new woodland and semi-shade borders. Refreshments and plant stall. Wheelchair access. Parking.

**Sunday 15 June**  
**28 Brookway, Blackheath, SE3 9BJ, 2 to 6pm**  
A mature ½ acre garden with large trees, shrubs, fruit trees, vegetable path, herbs, greenhouse and two ponds. Planting is chosen to encourage wild life. A swimming pool is screened by a trellis of climbing plants including a grape vine, roses and jasmine. Two steps but accessible for wheelchairs. Parking outside house.

**Sunday 29 June**  
**9 Howard Road, SE20 8HQ, 2 to 5pm**  
See Sunday 8 June