



REMEMBERING CICELY

**A DAY TO CELEBRATE
DAME CICELY SAUNDERS
OM DBE FRCP FRCN**

**Tuesday 23 June 2015
in the Anniversary Centre
at St Christopher's Hospice
51-59 Lawrie Park Road
Sydenham, London SE26 6DZ**

PROGRAMME

StChristopher's

Dame Cicely Saunders died in 2005 in St Christopher's Hospice, the realisation of her life's work which she founded in 1967. To mark the decade following her death, we are delighted to welcome you to this very special occasion for reflection and celebration of the life of our Founder.

We know you will welcome the opportunity of meeting some of those colleagues who worked so closely with Cicely in the early days as well as hearing from our present Joint Chief Executives and their vision for the future.

If you would like to stay in touch with St Christopher's, please let us know as it would be great to see you at future events.



1 Cicely Saunders as a nurse **2** Dr Saunders and Lord Thurlow, Chairman 'digging the first spit' at the hospice site **3** Dr Saunders in her office **4** Talking with a patient **5** Standing with her husband Marian at the hospice entrance **6** HRH Princess Alexandra and Dr Saunders at the 25th anniversary at Westminster Abbey **7** Winning the Conrad Hilton Humanitarian Prize in 2001 **8** Dame Cicely meeting Pope John Paul II **9** Dame Cicely with Dr Rowan Williams, Archbishop of Canterbury

THE DAY'S EVENTS

2.30-2.45pm · Arrive and refreshments in Garden Pavilion

2.45pm · Welcome in Anniversary Centre
Dr Tyrrell Evans, Trustee, St Christopher's

2.55pm · Remembering Cicely... as a friend
**Dr Tom West, Former Medical Director, St Christopher's and
Dr Gill Ford, Deputy Chief Medical Officer, DHSS, and
past Medical Director, Marie Curie Cancer Care**

3.05pm · Remembering Cicely... as a scientist
**Dr Robert Twycross, Emeritus Clinical Reader in
Palliative Medicine, Oxford University**

3.15pm · Remembering Cicely... as a godmother
Rosemary Burch, Clinical Nurse Specialist in breast care

3.25pm · Remembering Cicely... as the boss
**Dr Mary Baines, Emeritus Consultant in
Palliative Medicine, St Christopher's**

3.35pm · Remembering Cicely... as a doctor and teacher
Angie Deeson, Night Coordinator, St Christopher's

3.45pm · Remembering Cicely... as a music lover
Damian Falkowski: violin solo 'The Lark Ascending'

4.00pm · Remembering Cicely... as a family doctor
**Dr Colin Murray Parkes, Consultant Psychiatrist
Emeritus, St Christopher's**

4.10pm · Remembering Cicely... as an inspiration for Africa
Dr Anne Merriman, Founder of Hospice Africa

4.20pm · Remembering Cicely... as an inspiration worldwide
**Prof Irene Higginson, Director, Cicely Saunders Institute,
Scientific Director, Cicely Saunders International**

4.30pm · Developing the vision
**Heather Richardson and Shaun O'Leary,
Joint Chief Executives, St Christopher's**

Short break

5.00pm · Thanksgiving service in the Dame Cicely Saunders Room
**Rev Len Lunn, former Chaplain, St Christopher's and
Rev Dr Andrew Goodhead, Spiritual Care Lead, St Christopher's**

5.00-7.00pm · Reception in the Anniversary Centre and gardens

We are grateful to all who have joined us today at St Christopher's Hospice to help reflect on and celebrate the life of Dame Cicely Saunders, our Founder. You will hear their personal stories during the day's events, and some have also provided below their special memories of how Dame Cicely touched their lives and inspired them.

Remembering Cicely... as a friend
Dr Tom West and Dr Gillian Ford



Cicely was a person as well as a pioneer and her achievements will be well remembered this afternoon. But Gill and I want to share with you some of our memories of a rich and many-faceted friendship.

Remembering Cicely... as a scientist
Dr Robert Twycross



In 1958, Cicely was appointed a Clinical Research Fellow at St Mary's Hospital to investigate pain in terminal cancer, conducting field studies at St Joseph's Hospice. She found that the almost solo care

of 45 patients made randomised controlled drug trials impossible. However, an analysis of 900 patients who had received regular morphine, demonstrated that tolerance and addiction were not problems in clinical practice. Beyond regular morphine doses, she demonstrated that 'having the time to sit and listen to the patient's story' was equally essential. Cicely elaborated the Theory of Total Pain, namely that pain is a somatopsychic experience with somatic, psychological, social, and spiritual dimensions. Complementing patient care Cicely appointed a succession of Research Fellows at the hospice, enabling drug trials not completed earlier to be successfully undertaken.

Remembering Cicely... as a godmother
Rosemary Burch



Rosemary's mother Rosetta shared a flat with Cicely when they were both 'Lady Almoners' in the late 1940s. From 1961 aged 9, she and her brothers went carol-singing in aid of St Christopher's Hospice. In 1968 she was one of the first summer volunteers, helping to lay out a body one morning and receiving her O level results that afternoon. Successive summer stints eventually led to nurse training at St Thomas', then work at

St Christopher's mainly in the Home Care team. Cicely was always there supporting and encouraging but never interfering. Cicely proposed the toast at Rosemary's wedding to Thomas in lieu of her father Martin who had died suddenly in 1978. Many years later after Marian's death, Cicely spent Christmas day with her family most years. She got to know Rosemary's family well, and was a huge source of encouragement and influence on her children, Max, now a doctor, and Joanna. Cicely came under Rosemary's care when she was diagnosed with breast cancer and was treated at St Thomas'. As ever, Cicely made it easy to manage their multi-faceted relationship. Rosemary felt privileged to be with Cicely for several nights before her death 10 years ago, which Cicely approached with grace, courage and the ability to say both sorry and thank you to many of her favourite people. We all miss her. Rosemary is now delighted to be running a breast cancer support group in the Cicely Saunders Institute at King's College Hospital.

**Remembering Cicely...
as a family doctor
Dr Colin Murray Parkes**



The first time I met Cicely Saunders, in 1964, she said: "I get close to the

families when the patient is alive but when the patient dies, just when they need me most, I have to say goodbye". In St Christopher's Hospice she created a new model of care for patients and their families before, during and, when needed, after the patient's death. A bereavement service staffed by carefully-selected and supervised volunteers was set up early in the life of the hospice and this took on added significance when the Home Care Service was introduced. Today St Christopher's, through its inpatient, day care, home care and bereavement teams, offers to families facing the death of a member care that the recipients see as 'like a family'.

**Remembering Cicely... as the boss
Dr Mary Baines**



"She led the way and we were very firmly in orbit". This was said of Cicely in our medical student days. But, the phrase 'she led the way' is an excellent summary of what was to come. At the opening of St Christopher's in 1967, she was the only person who knew what to do and she had to teach all the others. However, later, having been taught by her, she came to trust us to carry out her vision and she graciously accepted some of the changes to it that were needed. I remain deeply grateful to Cicely, my boss.

Remembering Cicely... as a doctor and teacher

Angie Deeson



There was always so much to learn from Dr Saunders, both formally from her lectures and through practical observations in the way she dealt with patients and their families. Even lunchtimes were a source of learning when she would sit alongside staff members in the communal dining room. She taught us how we could learn from our patients. I was particularly stirred when she encouraged a patient with MND to write an article describing suffering from the disease which was published.

Remembering Cicely... as a music lover

Damian Falkowski



Music was a constant in Cicely's life, singing in the choir at St Thomas' and the Bach Choir and as a listener. I played *The Lark Ascending* at Marian's funeral. Cicely said to me afterwards that she felt sure as I played the final high last notes that she could see Marian in heaven. A few years later

Cicely telephoned me, apologising in advance for what she said might sound an odd request. She said that she had no intention of dying any time in the near future, but that when the time came others would no doubt have ideas about what she would have wanted at her funeral and memorial service but she intended to save them that trouble – she was making her plans. She asked whether I would play *The Lark Ascending* again, as I had for Marian. Just as it had been the greatest honour for Marian to give his painting for what would become St Christopher's, so I accepted and fulfilled the honour of Cicely's request.

Remembering Cicely... as an inspiration for Africa

Dr Anne Merriman



Cicely's legacy continues in Africa after 22 years. Her life story demonstrates that the way to bring holistic care to those suffering is through pain and symptom control initially, before holistic assessment and total care can be given. Thus the introduction of affordable oral morphine to Africa was essential for palliative care to be possible in African countries. Today, there is a palliative care footprint in 35 out of 54 countries. Her compassion is the basis of our Ethos for African Palliative Care and of the spiritual support we give, through our caring teams. This

relationship with God, so essential to most Africans today, brings peace for each with their family and their God. Personal spirituality within the team is essential for this.

Remembering Cicely... as an inspiration worldwide **Prof Irene Higginson**



We now have evidence that early palliative care not only improves the quality of life, but also can extend life. Access to palliative care, including access to pain relief, is increasingly regarded a human right. Importantly also, Cicely's vision included the heart and the mind, the evidence alongside exemplary skilled care. We should look forward to Cicely's inspiration for the future. There is great and growing need. There are 54.6 million deaths worldwide each year. Of these 66% are due to non-communicable chronic diseases such as cancer and organ failure. In much of Europe, America and Australia the annual number of deaths is predicted to escalate. Many people still miss out on the best in care; we don't know enough about how to alleviate problems, how to support patients at home, how to bolster resilience in families. Cicely, always ahead of the curve, identified the need for better evidence. Only with this would palliative care be taken seriously. On

24 May 2014 the landmark World Health Assembly Resolution on Palliative care, "Strengthening of palliative care as a component of comprehensive care throughout the life course" was unanimously supported; most countries also wanted to speak formally in its support. Of course the challenge is the delivery. While this event is about celebrating Cicely, and her achievements, there is much more that still needs to be done in palliative care. The worldwide palliative care alliance identified 'evidence' as the top need in its 2014 report. We now need to respond, continuing the work of Dame Cicely Saunders.

Remembering Cicely **Reverend Len Lunn**



I am so pleased to be included in this day of remembrance and celebration of Cicely's anniversary. Ten years' ago I conducted her funeral in the hospice chapel as per her wishes. That occasion was also a combination of sadness and thanksgiving for her life of outstanding achievement and service. It was also a positive remembrance as all of her work flowed from her Christian faith and her own dying in St Christopher's was the 'good' experience that she pioneered and gave to so many.

“You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die”

**“I did not found hospice;
hospice found me”**

Dame Cicely Saunders

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