

# Matters

## HELPING EVERY DAY IN PEOPLE'S HOMES

Caring for your community, p4

## HAVING SOMEONE LISTEN MEANS THE WORLD

Christine shares how  
your support has helped  
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## I WOULDN'T CHANGE MY TIME WITH MUM FOR ANYTHING

Megan tells us how  
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*"Welcome to your latest edition of Matters, St Catherine's Hospice supporter magazine that keeps you up to date with hospice news, and shows you how your support makes a difference to local terminally ill people, their family and friends."*

As Chief Executive, every day, I'm privileged to see the impact your support and donations make to the people we care for. It's this support that allows us to help people like Arvind (overleaf). I hope you'll feel as moved as I did when you read his Mum's feedback, about how a stay on our Inpatient Unit benefited him. This care and everything else you read about is only made possible thanks to your generous support.

During the most difficult times, St Catherine's helps people find comfort. Whether that's by allowing people like Christine (p6) to speak to others in a similar situation, or by helping carers like Sue (p9) cope with caring for a loved one.

We know when people are terminally ill their illness doesn't just affect them, so we're proud to help people's family and friends too. On p10, 15 year old Megan shares how with our support she began to enjoy visiting the hospice to see her Mum, and how our Patient and Family Support Team has helped after her Mum's death.

On p7, Andrew Knight, a senior nurse on our Inpatient Unit, shares his experiences of caring for local people at the hospice and on p4, Katie, a nursing assistant in our Practical Care Team, explains what it's like caring for people in their own homes in the community all around you.

Caring for more people in our community is vital. And with your continued support I'm confident that in the future we will care for more people. With your help, we'll make sure that nobody in West Sussex and East Surrey has to face death and loss alone. It's something we're closer to than ever before after launching our Capital Appeal for a larger hospice in Pease Pottage with enhanced care facilities. We've had a staggeringly generous response from our community so far and I look forward to continuing to update you on our progress.

To help us with our ambition of reaching more people, on the back cover, you can discover some different ways you can support St Catherine's. This includes an exclusive chance to ride on the world famous British Belmond Pullman train when it pulls into Horsham next spring.

My sincere thanks for supporting St Catherine's and local people in your community."

*Giles Tomsett, Chief Executive*



# Arvind and Indira's Story

People often think hospices are a place where people go to die, but they're much more than that. They're a place where people find safety; a place where people are treated as more than their illness, and a place where people can enjoy the individual things that matter to them most. We wanted to share how your generosity and support helped one of our patients, Arvind. Arvind stayed on our Inpatient Unit before being discharged to a care home. Here his mum, Indira, takes up his story.

*"My 51 year old son, Arvind, is learning disabled, non-communicative and has several neurological problems, including being unable to swallow, other than puréed food and thickened liquids.*

*In hospital, he wasn't responding to treatment or eating. But in the time he was at St Catherine's he ate everything, and completely stopped being agitated and unresponsive.*

*At St Catherine's he received more medical and nursing care than anywhere he's been, during the 40 years he's been "in care". And I've yet to meet such responsive carers.*

*The hospice's medical team gradually moved his anti epileptic meds from a syringe driver (a small, portable, device that administers drugs), to crushed pills, checking his status every*

*two days. They also decreased the sedatives and morphine he was on until he was off them completely.*

*The hospice cook asked me what food Arvind liked, then created spicy dishes and sweet puddings that could be puréed especially for him. Arvind had second helpings of everything he liked, and eating became his main pleasure.*

*The nurses were unparalleled in their care of him. From working out what he needed for his personal care, including bathing him as often as possible, because he so loves water, to taking him in his comfy chair to the garden for a change of scenery, they always tried to understand his needs and mood. Every morning they tried to elicit a smile from him. When he frowned, they watched carefully to check whether he was in pain.*

*I even went on holiday for a week during his stay at the hospice. Knowing this, the staff made a special fuss of him and kept him company.*

*Arvind and I want to thank everyone at the hospice, including the volunteers, the musicians, and the counsellors who made his stay such a caring and happy experience. We'd also like to thank you for your generosity in supporting St Catherine's and making this kind of care possible. Collectively, you've helped Arvind live again."*

**For more information about our work please visit: [www.stch.org.uk](http://www.stch.org.uk)**



# Helping every day in people's homes

As a Nursing Assistant in our Practical Care Team, Katie Costello cares for people and their families in their homes in the community around you. It's possible she's even cared for one of your neighbours. Here, Katie explains more.

"In England, around 1,300 people die every day. About 900 of them will have wanted to die at home but less than half will do so.\* Thanks to your support, my colleagues and I are able to help some people achieve their wishes.

## **We work across Sussex and Surrey caring for patients and their families in their own homes**

This can be anything from helping someone shower to washing someone's hair; giving them a bath or helping them paint their nails. We're there to listen, too. Sometimes people want to die at home, but they and their family aren't sure how that will look or feel, so we discuss the realities.

## **We also offer practical support and act as a link to our other hospice services**

That could be our Patient and Family Support Team, where people can have counselling, spiritual support or get advice on things like benefits. Other people are interested in attending our Day Hospice, which gets them out of the house to mix with other people, whilst others would like help from our Therapies Team to organise equipment that will help them move around their home more easily.

## **Our help allows people to get their relationships back**

Often people's families have become their carers. When my colleagues and I take over the caring it allows people to get their relationships back. They can go back to being a husband and wife, a mother and daughter or a parent to their child. It's nice to show people that our support doesn't just signal the end. We're there to help them all to continue living, and to help them make the best out of their situation.

\*According to figures from the Dying Matters Coalition

One lady we recently cared for was adamant that she wanted to die at home. We arranged equipment for her home and our community nurses worked alongside District Nurses to provide her with co-ordinated care. My colleagues and I also visited twice a day to give her personal care. During our visits it became clear that she was struggling to come to terms with her approaching death. She was a glamorous lady so to try and make her more comfortable we decided to put on her usual make up. With the help of her daughter, we applied powder, blusher, mascara and lip, and spritzed her with her favourite perfume. Before we left we made sure she was comfortable in her own blankets too. As her daughter showed us out she told us it felt like she'd got her Mum back. Later that day, we received a call from the lady's family to say she'd passed away wearing her usual face of make up and surrounded by familiar smells. To provide her with such personalised care, during what turned out to be our final visit, was an amazing thing.

## **Working at St Catherine's isn't just a job, it's part of who I am**

And it's all thanks to your donations. That makes my job even more special and I honestly can't imagine doing anything else. Last year, your support meant 2,100 people in your community didn't have to face death and dying alone. But even more local people need help. Nobody should have to die alone, in fear or in pain, and I look forward to a time when nobody has too."

“

*It's all thanks to your donations. That makes my job even more special and I honestly can't imagine doing anything else."*







## Day Hospice seemed to give him a new lease of life

Penny, from Caterham, shares how thanks to your generosity, St Catherine's were able to support her husband, Bob, to stay at home with his family, where he was most comfortable.

"Bob had Multiple System Atrophy (MSA), which is like an aggressive form of Parkinson's. Gentle and friendly, he never lost his personality or sense of humour even when he was losing his ability to speak. One of his carers described him as a warrior and I think that's quite apt.

### **Bob received ongoing care from St Catherine's community nursing team**

They were fantastic and their expertise meant he could be cared for at home, where he preferred to be. The team gave us advice about equipment for the house and a nurse visited us regularly. She took the time to really get to know Bob and help him manage his pain. A St Catherine's doctor also visited Bob at home. She was very kind and talked through the problems his illness was causing him. Bob was a private person but he felt he could talk to her. Day or night, there was always someone from St Catherine's on the end of the phone to offer me advice and support.

### **His weekly Day Hospice visits gave him a new lease of life**

As well as being cared for at home, Bob was referred to St Catherine's Day Hospice. When he was first referred he was very reluctant to go as he thought it was for old fogies. But soon his weekly visits seemed to give him a new lease of life. He loved doing the quizzes there and would always win! Despite not being able to speak much I think he enjoyed being part of the scene.

### **The nurses helped him create a surprise memory box**

When the Day Hospice nurses heard our daughter, Amelia, was getting married, they helped Bob create a surprise memory box for her wedding. He wrote the words 'beautiful, loving and caring' to describe Amelia on the outside of the memory box and included a grumpasaurus toy inside, as Amelia was very grumpy in the mornings when she was younger! I brought the box out during the wedding speech I made on behalf

of Bob and I, and it was a wonderful surprise. The memory box allowed Bob to be included and gave him a way to communicate, which was extremely important to him.

### **When Bob's pain became particularly bad he was admitted to the hospice for respite**

He was terrified of dying so was apprehensive about staying there, but we were made to feel really welcome. We loved spending time together in the beautiful gardens and enjoyed gin and tonics from the drinks trolley.

### **When Bob died it was unexpected**

He became very unwell and an ambulance was called in the middle of the night. When the paramedics realised it was the end they called St Catherine's who made sure he wasn't admitted to hospital and instead remained at home. Thanks to St Catherine's he passed away peacefully, in the place he wanted to be."

# Having someone listen means the world

Every year, 30 per cent of the people we care for have a diagnosis other than cancer. Thanks to your support, we're able to help people living with a variety of life-limiting illnesses. People like 49 year-old Christine Bryant, who has Cystic Fibrosis. Here, Christine shares how your support has helped her to cope.

"I remember when I first heard the words St Catherine's Hospice I thought, 'why do I need to go there?' I'm not dying. But the hospice can offer support even before you're at the end of your life. I'm living day-to-day, waiting for a double lung transplant, but I've got a positive outlook. I have too many places to go and too many things to do to go anywhere yet.

## **St Catherine's has helped me cope with my illness better**

I attend Day Hospice and it's been good to meet people in similar situations. It's given me an outlet and a chance to make friends. I also enjoy the complementary therapies by the volunteers. They're very relaxing! I have acupuncture, which helps with my pain, meditation and reflexology. Whenever my pain gets very bad during the week, I just think I only have to wait until I go to St Catherine's where I'll be helped.

## **The hospice has given me somewhere to come and chill out**

Having conversations around the end of my life and talking to people who have similar questions around the end of their life has helped me a lot. I can't speak to my carer, my Mum or my brother, so those conversations have taken the pressure off me. That's important, as with my Cystic Fibrosis, stress can make me ill. If I wasn't coming to the hospice I'd feel more apprehensive and I'd bottle things up. Having people to talk to that understand what I'm going through and can lend me an ear means the world! I'm really pleased to be coming here, and I'm just sorry that more people in our local community can't as it's been such a help for me.

## **It's important we all take care of each other where we can**

It's the point of life. Sometimes people just need someone to listen. They don't need you to fix anything.

Encouraging words alone can help. Places like St Catherine's give me that. They give me that encouragement to live another day."

“

*I'm not dying, but the hospice can offer support even before you're at the end of your life. "*

For every person like Christine who we help to cope, there are two other people struggling to cope alone - **Your support can change that.**





# Caring for families

As a senior nurse on our Inpatient Unit, Andrew Knight cares for people in your community. Here, Andrew tells us more.

"I've worked at St Catherine's for four years but I've worked in hospice care since 1992. I've even worked alongside Dame Cicely Saunders, who is known as a founder of the modern hospice movement. It's possible you've met me if you know someone who has received our care.

As well as caring for patients I care for their loved ones and relatives. Working with relatives is often challenging, but it's the part of my job I find most rewarding.

We have drugs to help patients deal with their pain, but relatives have their own particular problems and being at the hospice is a new experience for them. It's often their first time here and a lot of people are frightened and very angry. You can see it in their faces.

## Caring for families is the essence of a hospice

Hospice nursing isn't just about giving out drugs and managing pain. It's about getting alongside people and bonding with them. Sometimes that means acknowledging that things are awful, sometimes that's giving someone permission to step away from a bedside, and sometimes it's guiding them through the practicalities after their loved one has died.

I was with a patient recently and their family were all piling into the hospice with haunted looks on their faces. I went over to them and it all went quiet. It was like they were panicking about what I was going to say. This family thought their loved one was literally on his last breath, about to die. I sat with them and said 'I think there'll be a tomorrow.' They hadn't even considered that.



“

*There's a tremendous sense of family and camaraderie here, of fellowship and belonging.”*

As a nurse, it's important to use your expertise to help people to pace themselves. It's tiring sitting by an ill relative or friend's bed and sometimes you have to give people permission to leave. I reassure people it's okay to leave to have some food or a shower.

## I chat with people about how they're feeling

And the people I look after often stay with me. One lady I cared for had teenage children. She was very upset, angry and frightened about her future and the fact that she had to say goodbye to her children. She often told me that things were "awful." I knew they were so I'd tell her how sorry I was that I couldn't take things away.

I did what I could to try and cheer her up though. Whenever I took her medication to her, I drew smiley faces on the waxed cups her pills came in. When she was having a bad day, I drew a sad face. When she was feeling cross, I drew a frustrated face. I tried

to draw each face to match her mood. To make her laugh, but also to say I'm alongside you. My silly doodles never failed to make her smile. To see her mood brighten meant the world to me.

What I didn't realise was that she was keeping the cups with my drawings on. When she died, her sister discovered them. She told me she will always keep them as a special memory and thanked me for drawing them for her sister.

I've recently gone through my nursing revalidation and the reason I'm still at St Catherine's, at a time that I could retire, is because of the terrific people here. Not just the people I care for but my nursing colleagues too. There's a tremendous sense of family and camaraderie here, of fellowship and belonging."

# Jane and Sue share their story



**Jane (above right) is one of our patients.** Here she explains how, thanks to your donations, our expert hospice teams have been able to help her, physically and emotionally.

"I was diagnosed with breast cancer in 2010, and was just getting my life back on track when I found out my cancer had spread and was terminal. After that, I didn't think many things could make me nervous anymore but coming into St Catherine's, I felt really apprehensive and scared. I thought St Catherine's was a place where people come to die.

## **The hospice has given me a better quality of life**

It was completely different to what I expected. It was welcoming and the people were friendly and knowledgeable. The doctors have tweaked my medication to control my pain, and thanks to their help, I've been able to come off my crutches and walk around unaided. The nurses are always there on the end of the phone to reassure me, and chat to me when I come to Day Hospice.

At Day Hospice I enjoy the different complementary therapies like meditation and reflexology. I've never had any therapies before, but they help you feel better within yourself.

## **The team has also helped me cope with my feelings**

I was really struggling with my diagnosis and was feeling quite low so I used the hospice counselling service. It was really helpful to share how I was feeling. I know if I ever need to talk to them in the future I can just get in touch and they'll help me again.

## **St Catherine's is there for my family and friends too**

And counselling hasn't only been offered to me. It's there for my close family and my partner, Sue, as well. It's great knowing that there's support for them because they need it as much as I do. Although I'm the one who is terminally ill, their situations are just as difficult.

## **My biggest fear is leaving my loved ones behind**

When I'm not here, I want my loved ones to get as much support as possible so they're able to get to as happy a place as possible. It gives me peace of mind to know that St Catherine's will offer them that care and support when it's needed most. For me, that's one of the most important things. I know how much counselling has helped me so the thought of it helping my family and friends makes me feel a lot happier and more content.

## **St Catherine's helps so many people in so many different ways**

It's a shame that only one in three people can get the hospice's help, because it's amazing. It actually scares me a little bit knowing that for every person St Catherine's helps, there are two others it can't. When the times comes, I'd really want to be at the hospice. I'd want to be that one in three."



**Sue (pictured below) is Jane's partner.** Here, she shares how, thanks to your support, the hospice has helped her care for Jane, and inspired her to fundraise herself.

"When Jane got her secondary diagnosis, it was a bolt out of the blue. We'd got through her initial diagnosis and treatment so her secondary diagnosis was unexpected. All sorts of things went through our minds. How many Christmases would we have left together? What plans would we have to make? It was a very difficult time.

#### **I stepped into St Catherine's reception with trepidation**

I saw the hospice as an end of life place that people came to and didn't leave. So to find out what it actually does was a shock.

#### **St Catherine's gave me confidence**

The staff gave us a very clear explanation of what was going on with Jane's illness, what support they were able to offer us, and how they saw Jane's treatment. It was particularly helpful to receive contact details and learn that we could contact the hospice anytime day or night.

As the person looking after Jane, having this expert support has given me a lot of confidence. And it's helped reassure me a huge amount having someone at the end of a phone to talk to.

#### **St Catherine's services far exceed what I thought**

As a carer I've been offered counselling and holistic treatments. It's surprising that those things are there for everyone. I thought they'd just be there for Jane, but St Catherine's includes everyone affected by someone's illness. It's like a whole encompassing treatment.

Although I've not used the counselling service, it's a comfort knowing it's available, and I know it comforts Jane too as it's a difficult time for all of Jane's family and friends. I don't know how I'm going to react to certain changes as Jane's illness progresses, so to know that there's somebody that I can come and speak to, either on the phone or in person, is a huge relief.

#### **I'm pleased to raise money**

I know how much money St Catherine's needs to run so I've taken part in fundraising events and fundraised at my office as well. Jane and I donate our unwanted items to St Catherine's Crawley shop and always buy our Christmas cards from there too. I think if everyone does their bit, it adds up.

I like to give my money to a local charity because I'm helping my local community. There may be people you know – your family, friends, or neighbours who need St Catherine's at some point, so I think it's always good to give back wherever you can. Even if you don't ever need their services, you're helping other local people who do. Without the community's support, St Catherine's can't grow and develop to help more people. And they need to. I've learnt firsthand the difference they make, not only to patients like Jane, but to carers like me. Things would be much tougher without them."



“  
I've learnt firsthand  
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St Catherine's makes,  
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# I wouldn't change my time with Mum for anything

Megan, 15, tells us how, thanks to your support, she was able to make special memories with her Mum, Lauren, during the time she stayed at the hospice and how our Patient and Family Support Team has continued to help her since.



Megan and Lauren ▲



Megan with Cathy from our PFST Team ▲



Megan and Lauren ▲

"I didn't know what a hospice was so I remember someone explaining it wasn't a place of sadness but that Mum wasn't going to come home after. When I heard that, I was really upset. I didn't want Mum to go there and I didn't want to feel comfortable at St Catherine's, because I knew it was somewhere that would take my Mum away.

## Every time I visited Mum it was surprising

The nurses were always so sweet and when I stayed over they'd joke around. The more I visited, the more it started to feel like Mum was at home. She had her stuff all over the floor and, for Mum, St Catherine's did become her home. She felt safe and comfortable and knowing she was okay made it easier for me and my family as we didn't have to worry so much. We knew she was where she wanted to be, getting help and support. She wasn't in pain and she knew that whatever time she had left was going to be good.

Knowing Mum was okay helped me settle at school too. I wouldn't get frustrated or lose my mind in class, because I knew she was okay, and I often did my homework at the hospice.

## Mum treated her time here like a holiday

Thinking of it like that took away what she was here for. Although I knew I'd lose my Mum, we had the chance to make some really special memories. And we had a lot of fun. I know people must think you're in a hospice, what are you doing having fun? But it made things easier. And it's so nice at St Catherine's that we couldn't help but enjoy it. Mum was chilled and mischievous and she still had fun in her. Sometimes, we used to laugh so hard we had to shut the door to her room but my memories from those times are priceless.

My favourite memory was having a movie night with Mum. We ordered pizza and watched different films. That evening I forgot why we were actually at the hospice and what was happening to her.

## I have other fond memories too

Mum used to really enjoy the hospice's homemade cakes. She went off her food apart from cake and its frosting so the kitchen staff made special cakes especially for her. Mum's face would light up when the cooks came to chat

her through the different cake options and she'd never share, even when the cake was a big one!

## I had counselling before and after Mum died

Having counselling after Mum passed away was particularly helpful. I was really closed off and I was trying to pretend I was okay. Having someone to talk to was nice because I didn't have to keep everything inside. It was especially helpful when the hospice counsellor visited me at school because my school didn't really know how to help me.

## I learnt so much about my Mum at the hospice

Being at St Catherine's brought out a new side to my Mum that I didn't normally see. She was much happier than she'd been at home or in hospital. The hospice allowed her to be herself and have control of decisions around her illness. I wouldn't change the time I had with Mum here for anything in the world."



# People go mad for my marmalade!

The care you've been reading about is only possible thanks to people like you. And we're very grateful for everything you do to support us. Here, Jean tells us why, like you, she's chosen to support the hospice. And to leave one of the greatest gifts possible – a gift in her will.

"I've always been interested in the hospice movement, it goes back to when I was at college and did a project about hospices and Cicely Saunders, who is considered to be the founder of modern hospices. From there my interest in how beneficial hospices are to patients and their families grew. At the time, I felt hospital care wasn't much help to people at end of life, so my GP asked me to join her at one of the very first meetings about building St Catherine's.

## When my husband Ron and I retired we began fundraising

In 1997, I started selling marmalade and jam and earned the nickname 'Jam Jean'. I've kept notes on how much I've made over the years and I'm now up to 3,600 pots of marmalade and



3,000 pots of jam. All from one hobby! Today, I'll sell my jam and marmalade anywhere, even at keep fit and pilates! Alongside that, my husband and I hold craft sales at our house, selling homemade wooden items made by my husband. He makes bowls, shoe horns, pens, necklace trees, bread knives, letter openers, clocks and wooden flowers. I sew various bags, tooth fairy and teddy cushions, and our items always go down well. We've done sponsored walks and cycle rides for the hospice too.

## We've raised about £16,000

I consider that a drop in the ocean compared to the hospice's running costs, but lots of drops make a larger amount. Without them, the hospice couldn't run. And when you add the drops we all make together, every one counts.

## We wanted to do something bigger

So we've decided to leave a gift in our wills. When our house is eventually sold, about a third of it will go to St Catherine's. Our family don't need that much and we'd like to do something good with our money.

## I wish hundreds of other people would do the same

Gifts in wills aren't something people really talk about but I think we should as it might encourage someone else to give a gift. I'd like to think some of my friends might. It's very personal so it's got to be something you want to do, but one gift can help so many other people.

## People don't realise what it costs to run St Catherine's

If you're reading this it's likely that you love the hospice as much as we do. And if it didn't exist end of life care in our local area would be very different. Not that long ago, it was.

Less than 40 years ago, people didn't have the expert help and support at the end of their lives that St Catherine's can give today. It's up to us to make sure that in another 40 years, it's still there."

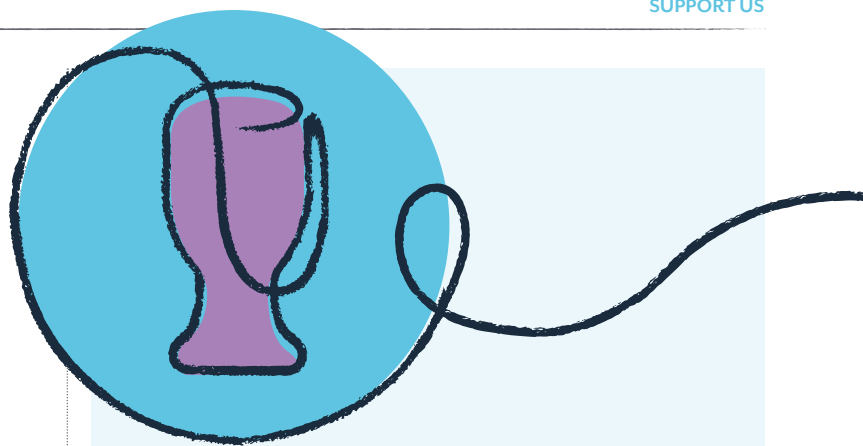


Ron and Jean Roberts ▲



Ron's handmade items ▲

# Support St Catherine's Hospice today



## Join us aboard the Belmond British Pullman

Experience the excitement of luxurious train travel in an unforgettable trip. Taking place on Saturday 18 May 2019 between Horsham and Windsor. Treat yourself or someone else whilst making a difference to local terminally ill people. Tickets are £420 per person and are strictly limited. **To book, please contact Hannah Shorter on 01293 447364 or email: [hannahshorter@stch.org.uk](mailto:hannahshorter@stch.org.uk)**

## Lake District 5 Peaks Challenge

If you are an adventure lover who enjoys breathtaking landscapes and being part of an inspiring team, our 5 Peaks Challenge is for you! We're delighted to launch our very first UK trek which will take place in the Lake District next June. Ready to challenge yourself to an experience like no other? **Contact Michaela Clements on 01293 583063 or email: [events@stch.org.uk](mailto:events@stch.org.uk)**

## Volunteer with us

Could you give a little of your time to help someone whose time is limited? Join more than 1,000 people in your community who already give their time and skills to enhance our expert care.

## Leave a gift in your will

Did you know the care we give to one in four local people is funded thanks to gifts people leave us in their wills? It really is the greatest gift you can give.

Remembering St Catherine's in your will is a simple way for you to provide care to future generations. It costs nothing today to make sure there's care tomorrow. We depend on local supporters, like you, remembering St Catherine's in their will, to give expert care to people who need it most. Thank you.

**Together, we can do it. With your donation or time we can reach everyone who needs our care. We can make sure nobody in West Sussex and East Surrey has to face death and loss alone.**

**Ready to join our hospice family?** To find out more about helping St Catherine's please contact the **Fundraising Team on: 01293 447361 or visit: [www.stch.org.uk/support-us](http://www.stch.org.uk/support-us)**

## You can donate today

*Your gift of £15 could help our nurses offer more carers like Sue (p9) expert support via our telephone helpline.*

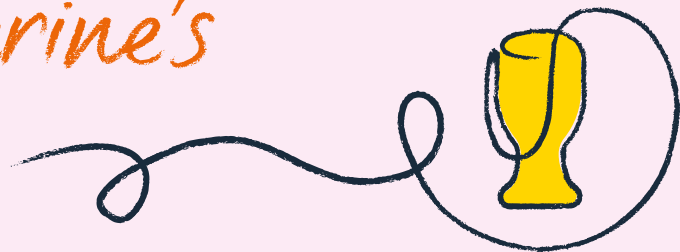
*A regular donation of £20 could provide tailored nursing care on our wards to more people like Arvind (p3).*

*Your gift of £50 could pay for a counselling session for a bereaved child like Megan (p10) to help them come to terms with the death of a parent.*

*Your gift of £100 could help more people like Bob (p5) receive care from our community nursing team in the comfort and familiarity of their own home.*



# Support St Catherine's



If you would like to send a donation to help us continue to provide our very special care please complete this form:

**YOUR DETAILS:**

Title:	First Name:	Surname:
Address:		
Postcode:		
Tel No:		
Email:		

I would like to give

£

Thank you

*giftaid it*

**If you are a UK taxpayer, sign and date below and we'll receive an extra 25p for every £1 you donate – at no cost to you.** I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to St Catherine's Hospice. I confirm that 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.

Today's date:	Signature:
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**How we keep your data and stay in touch:**  
St Catherine's Hospice will keep your details safe and secure. We will not sell or share your information. We'd love to keep you updated about our work and how you are making a difference to the people we support. We would also like to send you information about our fundraising and events and other ways in which you can help us.

- ☐ Yes, I am happy to receive occasional phone calls
- ☐ Yes, I am happy to receive text messages
- ☐ Yes, I am happy to receive emails
- ☐ No, I do not want to receive information in the post

More information on how we use your data can be found in our privacy statement, which is on our website at [www.stch.org.uk/privacy-statement/](http://www.stch.org.uk/privacy-statement/). By returning this form, I confirm I am aware of the privacy policy and accept how St Catherine's will handle my information. For further details or a copy of our statement, or if you would like to change your preferences on how we contact you, please call one of our Supporter Services team on 01293 447360.

**PAYMENT OPTIONS:**

Please find enclosed a cheque made payable to St Catherine's Hospice OR please debit my: Mastercard ☐ Visa ☐

Card No:	<input type="text"/>	-	<input type="text"/>	-	<input type="text"/>	-	<input type="text"/>
Expiry Date:	<input type="text"/>	-	<input type="text"/>	Security No (last 3 digits on reverse of card):	<input type="text"/>	Issue No:	<input type="text"/>

Signature:	Date:
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Please return your completed form and donation in the enclosed envelope or to:  
St Catherine's Hospice, Malthouse Road, Crawley, West Sussex, RH10 6BH

# Play your part in our care

1

2

Each week you could win one of the following:

1 x £1,000 | 1 x £300 | 1 x £100 | 16 x £25 prizes

5

7

3

Join us today and send the form below in the enclosed envelope.

## YOUR DETAILS:

Title:

First Name:

Surname:

Address:

Postcode:

Tel No:

Email:

Date of Birth\*:

\* You must be over 16 to play.

## Your Lottery Membership - please select one option below:

### One chance a week:

☐ **£4.34 a month** (Direct Debit only) ☐ **£13** every 13 weeks ☐ **£26** every 6 months ☐ **£52** every year

### Two chances a week:

☐ **£8.68 a month** (Direct Debit only) ☐ **£26** every 13 weeks ☐ **£52** every 6 months ☐ **£104** every year

I confirm I am over 16 years of age.

Today's date:

Signature:

## PAYMENT BY DIRECT DEBIT:



To the Manager:

Bank/Building Society

Address:

Postcode:

Name(s) of Account Holder(s)

Sort code:  -  -  Account No:

Collection Date:  1st  15th

**Instruction to your bank/ building society to pay by Direct Debit.** Originator ID number: 430619. Please pay St Catherine's Hospice Direct Debits from the accounts detailed in this instruction, subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with St Catherine's Hospice and, if so, details will be passed electronically to my bank/building society.

Signature:

Date:

## OTHER PAYMENT OPTIONS:

**By cheque:** Made payable to St Catherine's Hospice Lottery (minimum payment £13)

Payment value: £  for  chances a week

**By card:** Please call us with your details on: 01293 447373.

By returning this form, I confirm I have read the 'How we keep your data and stay in touch' statement on the reverse of this form.