

# Matters

## MARK OF QUALITY

St Catherine's gain national accreditation, p3

## GET TOGETHER FOR ST CATHERINE'S

Have fun and raise funds, p5

## MANDY'S STORY

I could go back to being Mum's daughter, p10



# CONTENTS

## Latest News

### 3 MARK OF QUALITY FOR ST CATHERINE'S

## Patient's Story

### 4 BARRIE'S STORY

## Support Us

### 5 HOST A BIG GET TOGETHER FOR ST CATHERINE'S

## In Your Community

### 6 LOCAL SCHOOLS - WE NEED YOU!

### 6 INCREDIBLE DONATION FROM DELOITTE

### 7 BROWSE OUR BEAUTIFUL BRIDAL GOWNS

## At the Hospice

### 8 WHAT ST CATHERINE'S MEANS TO ME

### 9 GRAHAM'S STORY

## Relative's Story

### 10 MANDY'S STORY

## In Your Community: Events

### 11 TREE OF LIGHT: A TWINKLING TRIBUTE TO YOUR LOVED ONE

## Support Us

### 12 SUPPORT ST CATHERINE'S TODAY

St Catherine's Hospice,  
Malthouse Road, Crawley,  
West Sussex, RH10 6BH

Telephone: 01293 447333  
Email: fundraising@stch.org.uk  
www.stch.org.uk

 St Catherine's Hospice Crawley  
 @StCHospice



*"Welcome to the autumn edition of Matters, St Catherine's Hospice supporter magazine. This edition shows how your much valued support makes a difference to local terminally ill people and their family and friends."*

I'm proud of everything we do at St Catherine's and we're always looking for ways to reach more people. We owe it to you, the people who sustain us, and to our patients, to make sure we provide the very best end of life care, and I'm thrilled that our efforts have been recognised with a national badge of quality - find out more opposite.

Our quality care makes life easier for people living with terminal illness - people like Barrie, who shares how we've helped him manage his feelings on p4. On p8, read how Melissa Jefferies, one of our nurses, is giving people the same care we gave her Nan, in a representation of life coming full circle, and discover how Graham, one of our amazing volunteers, delivered 144 meditation sessions last year (p9).

This edition gives you lots of ideas to help raise money, so we can be there for even more people. Whether you host a Big Get Together (p5), support our charity shops (p7), or buy your Christmas cards from the enclosed leaflet, it doesn't matter - every pound you raise will help us make sure people don't face death unsupported, in pain or alone.

Thanks to you, we're able to help people like Mandy (p10) go back to being a daughter not a carer.

Finally, I'd like to take the chance to invite you to our next Tree of Light service (p11). Open to everyone in our community, regardless of whether or not you've received St Catherine's care, it's a chance for you to join us to remember someone you love. If you can't make it, please consider making a gift in memory of someone special to you, via the enclosed leaflet, so we can be there for everyone when it's needed most.

Your ongoing support makes a genuine difference and we never forget that. On behalf of everyone we care for, for everything you do to support us, my sincere thanks.

*Giles Tomsett, Chief Executive*



## Mark of Quality for St Catherine's

Quality is at the heart of everything we do at St Catherine's Hospice and this was recognised recently when we were awarded Comparative Health Knowledge Systems (CHKS) Accreditation. This follows on from our outstanding rating from the Care Quality Commission (CQC) last year.

By achieving CHKS accreditation, we've joined a select group of NHS organisations and hospices leading the way in quality improvement. This is vitally important, not only for all the people we care for, but for supporters like you who generously fund our work.

The accreditation programme measured us against more than 1,500 criteria and recognises the important contribution every hospice team, and all our volunteers make in allowing us to deliver our renowned expert care and support to local people.

Gaining accreditation is something all of us at St Catherine's are very proud of and shows that we're truly committed to providing local people with the very best quality care, and we owe it to you, the people who support us, to continue to deliver this.

Thank you for helping us be there to provide the kind of quality care we've been recognised for - we couldn't do it without you.

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

“

*We have nothing but the highest praise for the care given by the St Catherine's team during their visits. They were absolutely brilliant.”*

Patient's relative

# Barrie's Story

Barrie Tumber is one of our patients. Here he explains how your support allows us to help him manage his feelings through counselling, art and music, and helps him look forward to Wednesdays.

*"When a doctor first mentioned palliative care, I thought it was only for people with cancer. I've got Idiopathic Pulmonary Fibrosis (IPF) which causes scarring on my lungs, but when another doctor explained the positives of coming to St Catherine's Hospice I decided to give it a try.*

### **When I came here I thought it was last knock ins**

*St Catherine's community nurses recommended Day Hospice after they visited me at home. I wasn't keen at first, but the hospice is very different to what I thought it'd be. When I first came, I didn't know what to expect. I was apprehensive, but I've been surprised by the care on offer.*

### **I've been helped in lots of ways**

*Jackie in the welfare team has helped with benefits, which has made a big difference as my wife's retiring soon, and I've had counselling too.*

*Counselling's really helped. I can say what I want to say without being disturbed and I never feel rushed. I get angry and frustrated but counselling has helped me manage that, and people have noticed I'm much calmer - that's thanks to St Catherine's.*

*I've always been creative so I enjoy my one-to-one art sessions and music therapy with Ann, St Catherine's music therapist. I love music and Ann sings songs or brings in music for me to listen to. Whatever music I talk to her about she goes out of her way to get hold of. Like the time I told her I'd like Seasons in the Sun by Terry Jacks at my funeral and she found it. I'm a big Arcade Fire fan too, and when she found out I liked their song The Suburbs she played it.*

### **I find coming to Day Hospice very rewarding**

*I really enjoy meditation. The first time it was on I walked out. I didn't think it was for me, but then I thought I should*

*give it a chance. I find it very calming and just switch off now. Graham, the volunteer who does it (see p9) is amazing. I have a laugh with him and it's people like him who make Day Hospice. All the volunteers go out of their way for us and I think it's marvellous that they give up their time to help.*

### **I've got to know other people too**

*It's upsetting when we lose people. There was one lady I really got on with; me and another patient used to sing to her and have a laugh, but one Wednesday she asked the nurses to make sure I said goodbye to her before I left. She died that Saturday, but knowing I'd said goodbye and given her some good memories helps.*

*I really look forward to my Wednesdays at St Catherine's. You don't realise what a wonderful place it is until you need it, but if you, or a family member or friend, is ever given the chance to come here, go for it!"*



# Host a Big Get Together for St Catherine's

Feeling inspired by Barrie's story? Then host a Big Get Together for us...

As the nights start to draw in, it's the ideal time to get together with family, friends or colleagues and have a great time whilst raising funds for St Catherine's.

Your Big Get Together can be anything from a cocktails-and-canapes evening to a board games night, a pamper party to a fancy dress event. It doesn't matter what type of get together you host, it just matters that you host one.

By taking part, you could be helping our patients enjoy catching up together when they visit our Day Hospices in Crawley and Reigate; care that's made

possible thanks to your generous donations. Stanley is just one of our Day Hospice patients. He explains: "I enjoy sitting and talking to my friends and the nursing team, who always remember the things I like and don't like. At St Catherine's, I can talk to people who truly care, and share my thoughts and feelings with others who understand what I'm going through. I honestly couldn't do without my weekly Day Hospice visits, this place gives me something to look forward to and feels like home. Every time I come here I feel completely enveloped in love."

Every pound you raise from your Big Get Together will make a huge difference to people like Stanley - Thank you.

Ready to find out more? Visit: [www.thebiggettogether.org.uk/hospice/stch/](http://www.thebiggettogether.org.uk/hospice/stch/) or call St Catherine's fundraising team on: **01293 447355**.

Wayne Stepney heads up St Catherine's front of house services, so knows all about hosting great get togethers!

**1. Don't be afraid to ask people to donate** - Most people will be happy to support their local hospice. Don't forget to speak to us - we want to help you with your fundraising.

**2. Create a lasting impression** - Want to get glammed up? Whether you're looking for a little black dress, a sparkly gown, or something in between, our charity shops can help. Or if you're staying in, browse our shops for finishing touches like cutlery, candles or table accessories.

**3. Consider a colour theme** - Ask your guests to dress in orange to match St Catherine's colours, or make orange themed cakes or drinks.

**4. Take pictures** - Share your snaps on our St Catherine's Hospice Crawley Facebook page and Twitter (@StCHospice). We love seeing the amazing things you're doing to support us!



## Local Schools - We Need You!

Every year, our community fundraising team joins forces with local schools for the Five-O Project - an entrepreneurial challenge that develops students' business skills and helps raise funds for our expert work.

The Five-O Project challenges students to organise their own fundraising events to raise at least £1,500 from an initial £50 investment. To help them get the most from their experience, students are supported in their money making plans by NatWest, who provide professional business mentors and hold a business skills workshop during the 11 week challenge.

It's a rewarding initiative for everyone involved as John Redfern, Head of Corporate Banking (South East) at NatWest, explains: "Each year we're blown away by the dedication and inventiveness of the students we work



*with, and for my colleagues and I, being able to share our professional knowledge to help young people achieve their fundraising goals for such a worthy cause is a privilege."*

The Five-O Project doesn't just help mentors and students. It also allows us to introduce young people to our hospice, break down common misconceptions about our care, and show how our help makes life easier for people when life comes full circle.

Last year, four local schools raised an incredible £16,000 to help us be there for terminally ill people and their

family and friends when it's needed most. This year we're hoping to raise even more.

**Do you know a local school ready to rise to the Five-O challenge? If so please contact St Catherine's community fundraising team on: 01293 447316 or email: [comfun@stch.org.uk](mailto:comfun@stch.org.uk)**

## Incredible Donation from Deloitte

At St Catherine's, it's not just individuals who support us. We're lucky to have support from local businesses too.

Earlier this year, employees at Deloitte Managed Solutions, one of Crawley's fastest growing employers, raised an incredible £50,000 for us by hosting a raffle. With fantastic prizes like holiday vouchers, a mountain bike and a MacBook Pro, staff from as far afield as Glasgow bought tickets in the hope of winning.

The raffle was the brain child of supporters Mike and Carol Bell. With the help of their fantastic team at Deloitte and our fundraising team, they inspired and motivated their

staff to dig deep to support us. Mike said: "We were delighted to present St Catherine's with a cheque for £50,000 to thank them, and help them continue the wonderful work they do helping people in our local community. I'd really encourage other businesses in the area to think about how they might be able to help the hospice too, as they rely so heavily on our support to provide the vital services we all benefit from."

Inspired by Deloitte's fundraising? Do you own a business or know a



company who can help us? Then please get in touch! In return we can help you, or someone you know, to engage and motivate your staff in one of the most inspiring and emotional causes you can get behind.

**To find out more, please contact Suzanne Davis at St Catherine's on: 01293 447357 or email: [suzannedavis@stch.org.uk](mailto:suzannedavis@stch.org.uk)**

# Browse Our Beautiful Bridal Gowns

Are you a blushing bride-to-be? Or do you know someone getting married in 2018? Then head to St Catherine's Hospice Bishopric store in Horsham to browse beautiful bridal dresses at bargain prices.

Our flagship bridal shop has a range of dresses, in different styles, sizes and colours, including some brand new with tags. There are also mother of the bride outfits, bridesmaids dresses for all ages, and accessories including veils, shoes, hats and tiaras.

Teresa Harris, who manages our bridal shop said: "We have four to five pre-loved dresses donated each month, each with their own story. Recently, a man whose wife we cared for donated her wedding dress for someone else to enjoy, and many people who donate dresses or outfits are pleased to know that something so precious to them will help someone else have a special day too."

Linda Witchell volunteers in our bridal shop every Saturday. She said: "The best thing about volunteering is the hugs, you can literally make someone's day here. Ladies come in with their friends, work colleagues, mums or aunts and their excitement is amazing! When a lady tries on the right dress her face completely changes. It's a privilege to see and it makes me feel really good that I've helped in such a special way. In my professional job I work with numbers not people, so I get a lot from my time volunteering - there's nowhere I'd rather spend my Saturdays!"



St Catherine's bridal shop is open at:  
 6 The Bishopric,  
 Horsham, RH12 1QR,  
 9.30am - 5pm Monday  
 to Saturday.

To find out more about donating an outfit or volunteering please call: **01403 211829.**

## Shop from your sofa

Don't want to leave the comfort of your sofa to shop with us? No problem! You can still support us by visiting our Amazon and eBay stores, which are full of online treasures. Find our eBay store at: [www.ebay.co.uk/usr/stchonline2012](http://www.ebay.co.uk/usr/stchonline2012) or search for seller "stchbooks" on Amazon.

You can also buy your Christmas cards online. Don't fancy buying your cards online? Just pop the enclosed Christmas card order form back to us and we'll do the rest. Thank you for your continued support.

# What St Catherine's Means to Me



Melissa Jefferies with a patient in the hospice garden ▲

Thanks to your support, nurses like Melissa Jefferies can be there to make life less difficult for people living with terminal illness, and their family and friends.

*“Six years ago St Catherine’s Hospice cared for my Nan. Now I’m a nurse on the hospice’s Inpatient Unit giving people the same support my Nan and family received.*

*I remember the fear of being told St Catherine’s was involved in Nan’s care, and it’s a fear I know many families feel. My family is very close so when my Nan received a terminal cancer diagnosis, we all tried to process the news together. I was 17 and very angry. It wasn’t fair and even though I was well supported, I didn’t believe that my sweet, caring, gentle Nan was suffering from this cruel illness.*

*My Nan told us that St Catherine’s nurses had been in touch to arrange to see her. I now understand it was one of our nurse practitioners, who’d received a referral from Nan’s consultant, and wanted to visit Nan at home to introduce her to the hospice and assess her needs.*

*Nurses tried different medications to make Nan comfortable and offered*

*emotional support but my Grandad struggled. Every time nurses visited, he’d go out into the garden and not come inside until they’d left.*

### **St Catherine’s wasn’t only there for my Nan, they were there for my family too**

*A week before Nan died, Mum rang the hospice. She was at breaking point and needed answers. She wanted to know when my Nan would die, how it would happen, and what she should do. As a nurse myself, I understand how difficult it is to answer these questions, especially over the phone, but I’m so grateful someone was there to support Mum. She still talks about that call; she doesn’t remember what the nurse said, but she remembers she didn’t feel alone.*

### **I’d no idea I’d end up working at St Catherine’s but I love my job**

*Getting to know a person, knowing what’s really important to them, and caring for them at the scariest, most vulnerable time of their life is an*

*honour, and whether it’s holding their hand, bringing them a cup of tea, or helping them feel safe, I’m proud to say my team, and the whole hospice, provides outstanding care.*

### **Having the opportunity to make a difference is really rewarding**

*At St Catherine’s we have a beautiful, tranquil garden that patients love to spend time in. Often people are admitted from hospital, and being able to move their bed outside, even for a few minutes, can make people happy. I also love having time to give patients the individual care they like, whether that’s a jacuzzi bath, washing their hair, or just spending time sitting with them and their families.*

### **Caring for dying people doesn’t ever get easier**

*You can’t help but relate to someone’s loss, but it’s this compassion that allows my colleagues and I to provide the kind of end of life care we do; the kind of care my Nan had, and the kind of care that everyone deserves.”*

# Graham's Story

We couldn't provide our expert care without our amazing volunteers who generously give their time in 42 different roles across our hospice and shops. Graham Ellis is just one of them. Thanks to his support, we're able to offer patients meditation. Last year alone, Graham provided 144 meditation sessions; he shares what he gains from volunteering.

*"I've been volunteering at St Catherine's for the past three years. I began volunteering after a well loved friend was cared for in another hospice. I was so impressed by the care he received, I got in touch with St Catherine's to see if I could help by offering meditation to patients, carers and staff.*

### **The hospice movement has taken over my life and I love it**

*I'm at St Catherine's three days a week, offering meditation to individual people staying on the wards and providing group meditation in Day Hospice. I've recorded meditation CDs for people to use at home, and also relatives referred via the Patient and Family Support Team.*

*When I'm doing meditation people physically relax, I can just feel it! The room becomes very calm and peaceful, and it's wonderful to see everybody smile after a session. It's like a cloud*

*of tiredness or depression has lifted off them. When people tell me the difference meditation has made, by helping them to sleep or feel better, it's lovely.*

### **Volunteering at St Catherine's has made a real difference to my life**

*I gain as much from spending time with patients as they do from meditation. I get great wisdom from the varied people I meet here and it's a privilege to be part of their lives. To hear their stories is a truly wonderful experience.*

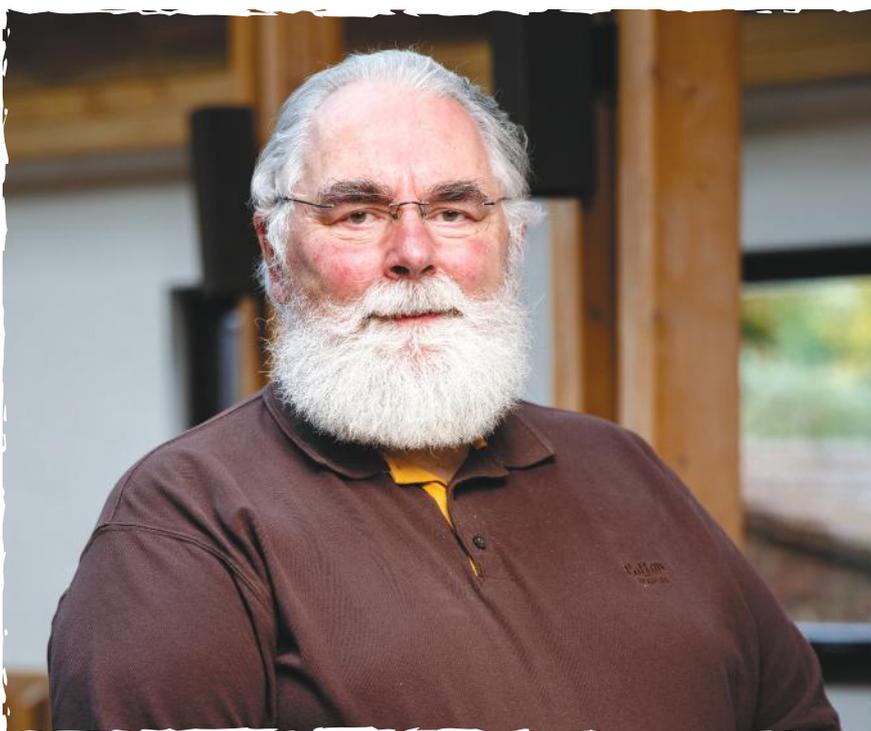
### **There's fantastic support for volunteers**

*If you're wondering if volunteering at St Catherine's is for you, just go for it! Don't allow any reservation or worry to stop you. It doesn't matter how you give your time, every voluntary role is important and exists for the benefit of the people being cared for.*

### **It's sometimes difficult to step out into the real world after being here**

*But if you didn't you wouldn't appreciate the special atmosphere. The hospice truly deserves the support of local people because it's an amazing place. You could call it paradise with amazing people and lovely cakes but it's more than that, it's love, compassion and caring. It's a pure world of peace and stillness and I feel very lucky to be a part of it. There's really no better place to be, as a volunteer or patient."*

To find out more about volunteering, please call St Catherine's volunteering team on: **01293 447351** or email: **volunteering@stch.org.uk**



“When patients tell me the difference meditation has made to them, it's lovely”.

# Mandy's Story

When someone you love is terminally ill, the whole family can need support. Mandy Martin shares the difference we made, thanks to your support, when we cared for her mum, Lynne.

*"Mum was an auxiliary nurse; all her life she cared for people, that's just who she was. She was one of life's organisers too, right down to the instructions she left about dressing her in her favourite skirt and making sure she had her most treasured photos and letters from us when she was gone.*

*Mum had been feeling unwell since late 2015 and in May 2016 was diagnosed with pancreatic cancer. The minute we heard the words St Catherine's Hospice, we thought that's it. Now we know that's not completely true. One of St Catherine's doctors visited Mum at home and she also had support from St Catherine's community nurses, but when her pain became too much she was admitted to the hospice.*

*The minute I first walked through the hospice doors someone offered me a cup of tea, and I instantly realised St Catherine's wasn't what I was expecting. It felt warm and welcoming, like a little hotel, and I wasn't scared about leaving Mum as I knew she'd be looked after.*

*Mum loved purple, so we brought purple bedding, family pictures and flowers for her room, and my sisters and I stayed overnight. Thanks to*

*St Catherine's help, I was able to go back to being Mum's daughter not her carer. Small details made a difference too. We loved indulging in the ward's drinks trolley, and one day, when an ice cream van visited the hospice, nurses brought Mum an ice cream. She absolutely loved it!*

*I'll never forget how selflessly St Catherine's nurses cared for Mum. Whenever they were with her, they'd talk to her, they used slip sheets to move her, and brushed her hair. They even dipped a soft brush in water to keep her lips moist. Whatever Mum needed it was there. The night before Mum passed away, my brothers, sisters and I stayed with her. She wasn't alone for a single minute. Nurses tended to her all night making sure she was comfortable and not in any pain.*

*And their care didn't stop once Mum was gone. We left Mum's instructions with the nurses and they made sure she had all her special bits, just like she wanted. When we visited, mum looked just like she was sleeping. My sister had made a blanket with our names on for Mum and we spent time with her, filling a secret pocket with family pictures, petals and flowers; it was lovely.*

*Since Mum passed away, my family and I have been raising money for St Catherine's. My uncle Mick took on a 5,000 mile bike ride around the UK coastline on a custom built motorbike, a group of family and friends took part in the Midnight Walk and the Holbrook Club where I work nominated St Catherine's as our Charity of the Year.*

*I'm so grateful to St Catherine's for everything they've done, and raising money so the hospice can care for others like they did Mum is my way of saying thank you. For me, there's no better tribute to the wonderful lady I called Mum."*

“

*Thanks to St Catherine's help, I was able to go back to being Mum's daughter not her carer."*



Lynne with her grandchildren ▲



Lynne with Mandy ▲



Mandy Martin and her Mum ▲

# Tree of Light: A Twinkling Tribute to Your Loved One

Lisa Rainier talking at the Tree of Light ▲

*Like Mandy, we know many of you get comfort from remembering loved ones.*

We'd like to invite you, and your family and friends, to join us and remember someone special, by dedicating a star in their memory at our annual Tree of Light service. This takes place on Sunday 10 December 2017 at K2 Leisure Centre, Crawley, from 3pm.

When you make a donation you'll receive a star on which to write a personal tribute, and your loved one's name will also appear in our Book of Remembrance.

By dedicating a star, you're not only remembering the person you love, you're also helping other people's loved ones. Your donations help us support people to live as well as they can, for as long as they can, giving them the chance to spend treasured time with family and friends.

As well as our K2 service, we also hold 13 smaller services in churches across Sussex and Surrey. For full details please visit our website or pick up our Tree of Light leaflet.

To find out more about making a donation, attending our main service or a service more local to you, please contact Semeena Khan in St Catherine's fundraising team on: **01293 583059** or email: **remembering@stch.org.uk**

Lisa Rainier, our Spiritual Care Lead, reflects on how Tree of Light can help those we support.

*"At St Catherine's Hospice, we understand losing someone close can be one of life's hardest experiences and that Christmas can be especially difficult; but thanks to supporters like you, we're there to make sure nobody feels alone.*

*Traditionally, Christmas is a time to be with family and friends and Tree of Light is a great way to remind everyone in our local community, not just those who've experienced our care, that we understand their feelings of loss, and that we're here to offer them support.*

*For many people, Tree of Light is a yearly tradition and a way of continuing their bond with a loved one. Our decorated trees stand as beautiful, shining memorials to the people we all love and miss. Although services are designed to allow people to reflect on their loss, and reassure them that their feelings are normal, ultimately, they're uplifting.*

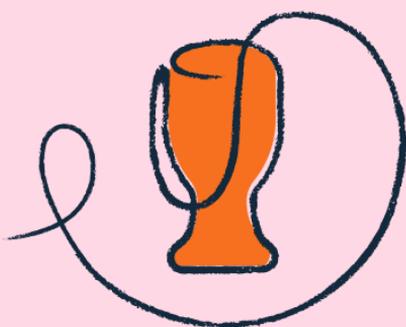
*Many people tell me after attending Tree of Light they feel more able to appreciate and engage with the spirit of the festive season.*

*After our service, the trees come back to St Catherine's for everyone to enjoy. Each hanging star represents an individual, and in that way, our hospice Christmas trees are so much more than just decoration. They're a representation of love and life coming full circle - and that's really special."*



# 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 £

*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.

Signature:

Date:

## 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:  -  -  -

Expiry Date:  -  Security No:  Issue No:

Signature:  Date:

Please return your completed form and donation to:

St Catherine's Hospice,  
Malthouse Road,  
Crawley, West Sussex,  
RH10 6BH.



Registered with  
FUNDRAISING  
REGULATOR



1

7

5

3

2

# Play Your Part in Our Care

Each week you could win one of the following:  
1 x £1,000 / 1 x £300 / 1 x £100 / 16 x £25 prizes

## Join our lottery

Complete the form below and return it today:  
St Catherine's Hospice, Malthouse Road, Crawley,  
West Sussex, RH10 6BH or telephone 01293 447373

Title: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

Date of birth\*: \_\_\_\_\_

\* You must be over 16 to play.

### Payment by Direct Debit:



To the Manager: \_\_\_\_\_ Bank/Building Society

Address \_\_\_\_\_

Postcode: \_\_\_\_\_

Name(s) of Account Holder(s) \_\_\_\_\_

Sortcode:   -   -

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.

### 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.

# Support St Catherine's Hospice Today

Without your generosity, we wouldn't be able to provide people with the care you've been reading about. Here's some things you can do today to help local people facing death and dying.

## Host a Big Get Together

Get together with your family, friends or colleagues and have a great time while raising money for us. We hope as many of you as possible will host your Big Get Together during national Hospice Care Week (Monday 9 and Sunday 15 October 2017).

### Ready to become the host with the most?

Visit: [www.thebiggettogether.org.uk/hospice/stch](http://www.thebiggettogether.org.uk/hospice/stch) or call St Catherine's fundraising team on: **01293 447361**.

## Volunteer with us

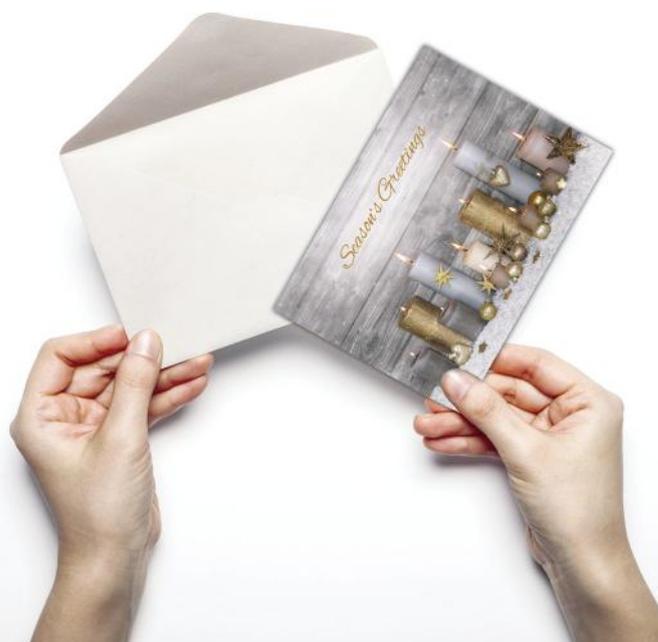
Could you give a little of your time to help someone whose time is limited? Join more than 800 people in your local community who already give their time and skills to help make our expert care truly exceptional. From serving tea on our wards, to turning shop donations into vital funds, or cheering on supporters to a finish line, we'll work with you to find your perfect role.

**Ready to join us?** Call St Catherine's volunteering team on: **01293 447351**, email: [volunteering@stch.org.uk](mailto:volunteering@stch.org.uk) or visit: [www.stch.org.uk/volunteer](http://www.stch.org.uk/volunteer)

## Join us at Tree of Light

Taking place on Sunday 10 December 2017 at K2 Leisure Centre, Crawley, from 3pm, Tree of Light gives you chance to remember someone you love and dedicate a star to them in return for a donation. Your donations help us be there to support people and their family and friends at one of the hardest times of their lives - thank you. Can't make our K2 service? We also hold 13 smaller services in churches across Sussex and Surrey.

To find out more, contact Semeena Khan in St Catherine's fundraising team on: **01293 583059** or email: [remembering@stch.org.uk](mailto:remembering@stch.org.uk)



## Spread Christmas Cheer with Our Christmas Cards

Let a family member, friend or colleague know you're thinking of them with a St Catherine's Christmas card.

With a range of traditional and contemporary designs, our Christmas cards offer something for everyone, and help us raise funds so we can be there to provide expert end of life care to local people living with a terminal illness, not just at Christmas but all year round.

Buy your cards from us and give someone the gift of care this Christmas. For those we help, there's no greater gift.

To buy your cards, simply fill out and return the enclosed leaflet, visit your local St Catherine's shop or buy online at: [www.stch.org.uk/shop](http://www.stch.org.uk/shop)