

SPRING 2020

# Matters

## ST CATHERINE'S CARE IS ABOUT HOPE AND ENCOURAGEMENT

BELINDA TELLS US HOW YOUR GENEROSITY  
HAS MADE A HUGE DIFFERENCE, P3

## EXPANDING OUR CARE

LEARN HOW YOUR SUPPORT  
HAS ALLOWED US TO HELP  
MORE PEOPLE, P5-6

## YOUR NEW HOSPICE NEEDS YOU

MAKE SURE THAT NO ONE  
HAS TO FACE DEATH  
AND LOSS ALONE, P10 - 11



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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 you're helping others in your community."*

As St Catherine's Director of Care Services I see the difference your generosity makes every day, and the care and compassion it allows my colleagues to provide. Knowing this care is only made possible thanks to you makes it even more special.

Because of your support, our teams are able to make some people's experience of death and bereavement the best it can be. But more people in your community need our help. And they need it now. I'm sure, like me, you want to make sure they get it.

We only have one chance to have a positive impact when someone is dying. So collectively, we must seize this chance for everyone; for the people we all know and love - for our family, our friends, and our neighbours.

Our larger hospice at Pease Pottage will take us nearer to caring for everyone so I hope you'll take the time to read the enclosed insert. It details some of our design plans, highlights some incredible fundraising from our community, and explains what you can do to support us.

But we can't wait until we move into our new hospice to provide more. For most people being told their disease can't be cured doesn't mean the immediate end of life, but it does signal limited time, so we don't have time to stand still.

That's why our Living Well Services are so vital. When people are living on limited time it's more important than ever that they're supported to live as well as they can for as long as they can. On p6, you can read how, thanks to you, we've expanded the groups we offer at our Living Well Centres in Crawley and Caterham.

As well as expanding our care, your support has also allowed us to expand the bereavement services (p5) we offer to family, friends and carers too.

**All of these developments are only possible because of the money you help to raise. As a local charity we rely on it and you have my heartfelt thanks for all you do to support us. I sincerely hope you realise what an incredible difference your support makes, and that the stories in this edition inspire you to make a regular donation today.**

Together we can help more local people. With your ongoing support, I look forward to doing so."

*Carol Harris*

Director of Care Services



# Belinda's Story...

## St Catherine's care is all about hope and encouragement

Belinda recently stayed on our wards. Here, she explains how your generosity made a huge difference to her.

"When I first arrived at St Catherine's I'd been given days to live but thanks to the hospice's care, I'm feeling 100% better than I was. The doctors have sorted my drugs out and I'm pretty much pain free now.

### I've been a community nurse for over 40 years

So watching how the nurses work here, and how kind, compassionate and dedicated they are, I've thought what a place! The nurses know how I'm being treated 24 hours a day, and they're always here for me no matter what. It's like they've got inbuilt sonar too. If I'm feeling low they'll turn up and sit by my bed to have a chat. The team work so well together and are always so positive. That's important when you're in my position.

### I want people to understand more about the hospice

People have a misconception that it's just somewhere where people are dying but it's so much more. It's a place of relaxation, joy and respect. I've tried to remain as independent as I can so I've been walking in the hospice garden, and I love sitting out there having a cup of tea. I recently noticed some flowerpots out there decorated with the words hope, faith and love. That's exactly what St Catherine's represents for me.

### It doesn't feel like a hospice. It's more like a spa

I've had a jacuzzi bath and enjoyed excellent food. Someone plays the piano when I'm lying on my bed resting in the afternoons, and the music's really soothing. A lady played the harp for me in the garden too. It was lovely.



*"While I've been here we've had family chats about my wake and I've told my children that I want donations to St Catherine's instead of flowers".*

### As well as caring for me the hospice supports my family

It means so much knowing everyone is supported. While I've been here we've had family chats about my wake and I've told my children that I want donations to St Catherine's instead of flowers. I've already done the paperwork to make sure that any money I have left over comes to the hospice because I want it to help others like me.

### The hospice has taken all of my worry away

I'm not going to be able to go back to work so I was feeling stressed about money, but the hospice has taken my stress level down from 100 to zero by helping me sort out my finances.

Being at St Catherine's has given me the will to fight. Their care is all about hope and encouragement. It's not about death. I'm here to live not to die."

**Do something great today - Give more people like Belinda hope and encouragement with a regular donation to your hospice. See page 11.**

# Helping people who wish to die at home

As part of our strategy to increase the number of people we help we're reviewing the way we care for people in our community. Most people we look after would prefer to die in their home surrounded by the people they love and familiar things.

We ask everyone we care for where they'd prefer to die, and wherever possible we make sure they're able to fulfil their wish.

We already care for eight in 10 people in the comfort of their own homes. Our nurses, doctors and therapists visit them to support them and their families, and to provide guidance as life comes full circle. This helps prevent people being admitted to hospital unnecessarily, and helps to make sure

that a bad death doesn't overshadow a good life.

**But for every person we currently care for at home, there are two others we can't care for.** These people are left without hospice support, and could potentially die in a place they don't want to be. With your help we want to change this. We want to make sure everyone in our community is able to die in the place they wish.

In December 2019 some of you may have heard Sarah speak at our Tree of Light remembrance service. She shared how her Mum, Morag, was cared for by our team at home. For those of you who didn't hear Sarah speak, she wanted to share her experience with you, below.



The Clapp family



Morag and Corey

## Sarah's Story...

"My Mum Morag was full of life so it was a bolt out of the blue when she was diagnosed with Multiple Myeloma, a cancer that affects the plasma cells in your bone marrow.

Right from the outset Mum embraced her illness positively and carried on doing as much as she could. But then she relapsed and doctors told us there was nothing more they could do.

Mum told us that she wanted to be at home for the end and St Catherine's helped make that happen. On their first visit hospice nurses arranged for a hospital bed to be set up in the conservatory, Mum's favourite room, and for other equipment to make life easier. At first Mum walked round it telling us that she didn't need it, but it soon became a lifeline.

My son Corey and I moved back into Mum and Dad's. We spent as much time together as possible and every evening we enjoyed a different takeaway with friends. It was only a month from the day my Mum got her terminal diagnosis until the day she died. But she died the way she lived - with life going on all around her. She wouldn't have wanted it any other way.

St Catherine's gave Mum care that was second to none, and my family and I will feel indebted to them for the rest of our lives. That's why we'll always support the hospice."

*Your continued support will help more people in your community to remain at home until the very end, surrounded by the people and things that matter to them most. Thank you.*



# Bereavement support

Your ongoing support has recently allowed us to expand our bereavement services. We're now able to help even more people following the death of a loved one.

This is important as during the last year more people than ever before were referred to us for emotional, social and spiritual support.

We've started two new bereavement groups for relatives who've had a loved one die under our care. *Steps* is a walking and talking group where people can walk in the beautiful surroundings of Tilgate Park with others going through their own grieving process. And *Breathe* gives people an opportunity to learn meditation skills to aid relaxation, and a chance to have some expert listening support from our team if needed.

We also hold public bereavement groups in Crawley and Oxted, and in partnership with the Crawley United Reformed Church, a Social and Wellbeing Group in Crawley too. People don't have to have had a loved one under the care of our hospice to attend these public groups, meaning we're able to help everyone in our community.

These groups remind those who have lost someone they love that they're not alone, and help them to find ways to manage their feelings and start to move forward.

**If you're interested in finding out more about our public bereavement groups please visit:** [www.stch.org.uk/our-services/bereavement-support](http://www.stch.org.uk/our-services/bereavement-support) or call: 01293 447343

## Rita's Story...

*My husband Ken was cared for at the hospice and at home*

*St Catherine's staff made us feel so welcome at the hospice and while Ken was at home nurses and doctors came to visit us.*

**When Ken became less well he wanted to be at home**

*St Catherine's made his wish come true. They arranged a hospital bed, a hoist, a wheelchair, and care support so all I had to do was be with Ken. He fought to the bitter end and when the time came I was with him holding his hand.*

**Even once Ken had died I still had support from the hospice**

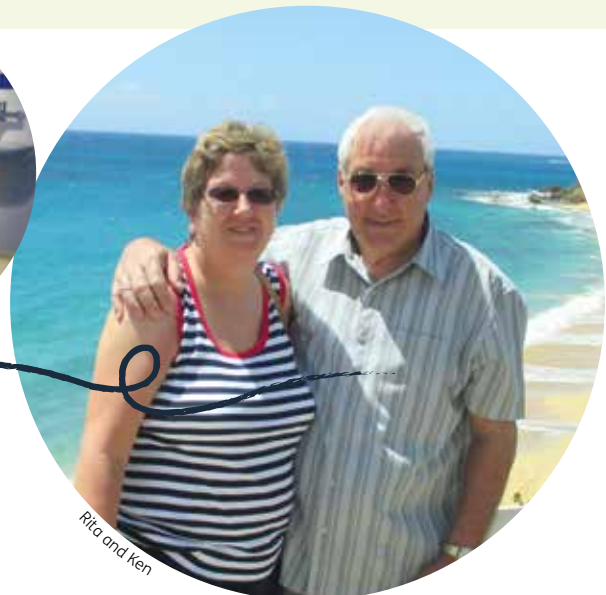
*For the first six months after Ken's death I struggled, but I knew I had more living to do. It would have been an insult to Ken and everything he went through if I just flitted away.*

**I realised I needed some help so I had counselling with a lovely lady from the hospice once a week**

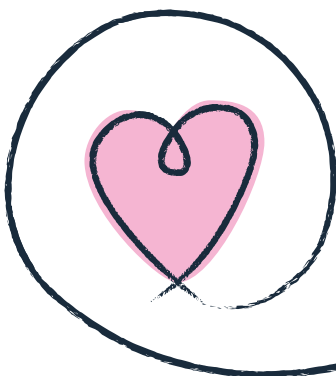
*It helped enormously. I'd questioned myself a lot before my counselling. I wondered 'What could I have done better?' and 'Could I have done more for him?' Although I was with Ken at the end I still felt guilty. Counselling helped me see that I couldn't have changed what happened – Ken had a nasty disease. I talked, cried and offloaded at my sessions and left my baggage there.'*



Ken at St Catherine's



Rita and Ken



# Living Well Centres



Alongside expanding our bereavement services, we've relaunched our Day Hospices as Living Well Centres and expanded the care on offer. Here, Katy Cox, our Interim Wellbeing Director, shares what a difference this will make.

"We know for many people our care helps them to cope. This is never more important than at the end of life because people want to live as well as they can for as long as they can. Thanks to your support, our Day Hospices have now become Living Well Centres – spaces where we can offer local people facing death and bereavement improved wellbeing services. This takes us closer to our vision of making sure everyone faces death informed, supported and pain-free.

Alongside our existing day sessions where patients can get expert advice around managing the symptoms of their illness, we now also offer a range of drop-in sessions to terminally ill people and their carers.

This allows more people to join us at our Crawley hospice or at our new space at the Westway in Surrey. People join us for drop-in sessions including; tea and talk,

arts and crafts, gardening, meditation, and relaxation activities like hand massage and nail painting. People can also book for adapted exercise classes and complementary therapies.

Carers who join us at our Living Well Centres can get information and support about caring for someone they love and enjoy some rest and relaxation as we look after them.

**Thank you for all that you've done to help make the expansion of our wellbeing services possible.** It's been an ambition of ours for a long time and it's only just the start, as our larger hospice at Pease Pottage will give us more space to continue to develop our services. We look forward to keeping you up to date with our plans."



*Our changes have only been possible because of your support. It's made a huge difference because we now have more than 100 places available in our Living Well Centres every week!*



# Taffy's Story...

## Now I rule my illness rather than my illness ruling me

You've just read how your support has allowed us to expand our Living Well Services to help more people. Now John (Taffy), shares how coming to our Living Well Centre has helped him to cope.

"I was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) and lung cancer and was suffering with agoraphobia when I was referred to St Catherine's. I thought 'right I'm dead' because that's what I thought a hospice was for. But I was wrong. The hospice isn't what I expected at all. It's such a happy, nice place.

### Therapies and music therapy have helped me

Meditation and reiki are fantastic, they're really relaxing, and the music therapy I've been doing with Anne, the music therapist, has really helped me too.

Anne's even encouraged me with my poetry writing. I've always written bad poetry to my wife for her birthday and at Christmas, but before I came to the hospice, she was the only person who'd ever seen my work. One day while I was here I started doodling a poem. Anne saw it and asked if I'd mind if she set it to music. We worked together and since then I haven't stopped writing. It's helped me no end.

### St Catherine's has helped me learn to live with my illness

Without St Catherine's I'd probably be sleeping most of the day, getting on my wife's nerves, and not doing anything but watching rubbish television. I certainly wouldn't be as nice of a person as I am now. Coming here gives my wife a chance to have a rest too; so everybody's happy.

St Catherine's has given me more confidence and helped me get used to my illness and learn to live with it.

The staff are fantastic and can never do enough. I don't think I'd have got through things without them. I'm starting to recover from my agoraphobia and coming to St Catherine's has been the icing on the cake. It's a good day out with people who've become friends. And now I rule my illness rather than my illness ruling me.

### I don't feel alone anymore

It's been extremely helpful being with other people who are suffering with similar things because I don't feel alone anymore. It's just a shame that not everybody who could benefit from St Catherine's has the chance to experience their incredible care.

If you're thinking of fundraising for the hospice it's well worth every penny you raise. And if you're someone who's already doing marvellous things to raise the money that St Catherine's desperately needs I'd like to say a great big thank you. Without you the hospice wouldn't be here for people like me."

**To find out more about St Catherine's Living Well Services visit:**  
[www.stch.org.uk/livingwell](http://www.stch.org.uk/livingwell)



# Di's Story...

## The hospice is a place for living until the end

Our care is only possible thanks to your generosity, and the support of more than 1,200 volunteers. Di, who has been volunteering with us for 31 years, tells us why she gives her time to your hospice.

### I became involved with St Catherine's when my first husband had cancer

Without St Catherine's it would have been very difficult to cope and to give him the practical care that he needed. We were supported at home until my husband became less well and came into the hospice. The staff were very good and continued to let me help nurse him. I remember it felt like a warm cloak when we arrived here. Not just for my husband, but for me as his partner, and for our family members as well.

### After the help St Catherine's gave my husband I decided to volunteer

I started volunteering about six months after he died and have been here ever since! In this time, my second husband also came under the care of the hospice, but we were able to look after him at home.

### I still enjoy volunteering as much as I did when I started

I've been helping in the Living Well Centre for 25 years. It's not a sad place like people might imagine. Living Well makes things normal for people in exceptional circumstances, whilst they're facing something that they've never faced before.

I've always been interested in people and I like hearing their stories and learning what brings them joy. I meet some real characters here and they make my day. We have a lot of laughs and jokes together, and helping them makes me feel like I'm putting a little bit back from what I was given.

### The hospice is a place for living until the end

Living Well treats everybody. I give people drinks, do hand massages for them, and help to serve their lunches. I get to know people well and it's like an extended family.

If people have troubles they often tell me about them. Sometimes they feel they can't speak to their own families

because they'll upset them, but they can tell me things knowing it won't go any further. It's good knowing that chatting to me might make things a bit easier for them.

I gain so much from my volunteering and I feel very fortunate to volunteer here. Helping people to make the time they have left valuable and worthwhile is something special."



**To find out more about volunteering and making a difference to someone in your community, please visit:**  
[www.stch.org.uk/volunteer](http://www.stch.org.uk/volunteer), call the Volunteering Team on:  
 01293 447351 or email: [volunteering@stch.org.uk](mailto:volunteering@stch.org.uk)



# Wendy's Story...

## I knew I had to protect our girls

Wendy's moving story shows how your support helped provide care to her husband and young family, and how our Make A Will Fortnight has ensured her girls will always be cared for in the future.

*"Our family changed forever in only a few days when my husband Ken was diagnosed with terminal cancer. Telling our three girls was one of the hardest things I've ever had to do.*

**When we first heard the words St Catherine's Hospice we were all terrified**

*But as soon as we arrived at the hospice we realised how lucky we were. During the hardest time of our lives St Catherine's looked after us. Their support allowed us to be a family again, and gave everyone who loved Ken a chance to say a proper goodbye to him.*

**Immediately after Ken died I couldn't remember anything**

*I lived off post-it notes and even simple things weren't possible. I'd never expected to lose my husband so soon or become a lone parent, but I knew*

*I had to do all I could to protect our girls. That meant sorting out my will. After what happened to Ken I was feeling exposed and I wanted to know that if anything happened to me our girls would be looked after.*

*Soon after Ken died it was St Catherine's Make A Will Fortnight. It seemed a good chance for me to sort out my will. Writing it, and acknowledging the huge change that had taken place, was so hard but Andy, St Catherine's Legacy Officer, and a local solicitor made the process as easy as possible, and I felt comforted that I'd done it afterwards.*

*During a really tough time it was nice to know that while I was protecting my own family, I was also helping to provide care for other families like mine by donating my will writing fee to the hospice."*

*Our Make A Will Fortnight is a great chance for you to get your own affairs in order whilst supporting your hospice.*

To find out how you can make or update your will in exchange for a donation, or for more information about our Make A Will Fortnight, please contact:

**Andy Perry, Legacy Officer**  
email: [andyperry@stch.org.uk](mailto:andyperry@stch.org.uk)  
or call: 01293 447369





## Your new hospice needs you

It's an exciting time for our hospice and our community, as we look forward to 'breaking ground' in the spring – the point that construction of your new hospice begins.

This is an important step on our journey towards the creation of further expanded services that will make sure that everyone in West Sussex and East Surrey gets the loving care they need, when they need it most.

### **Paul Rycroft, our New Hospice and Site Services Director,**

is responsible for overseeing our new hospice build and keeping everything running at our current hospice, that's been serving local people and their families and friends for over 35 years.

Paul's is a crucial role, balancing the demands of making sure we continue our excellent day-to-day care, whilst steering the development of your new hospice at Pease Pottage, and ensuring a smooth transition between the two in 2022.



*"Our whole team is focused on providing the best quality care to patients and their families. We all work hard to make sure we're improving that care every day, of every week, of every month. That's our commitment to local people."*

*With our community's support, we're working hard to raise the additional funds we need to complete your new hospice at Pease Pottage, so it's ready to move into in 2022. It's a challenging time for us because we're doing this whilst maintaining the funding for your existing hospice, and ensuring the care we provide is always outstanding."*

*Our goal is for the last person we look after at our current hospice – before we finally close our doors – to receive exactly the same love, care and compassion as the people we care for in our new home. I'm passionate about making sure we achieve that, because we only have one chance to get it right for each person and their relatives."*

*Your support is vital to allow us to continue caring for local people while we prepare for a future in a new home, with expanded services."*



## Will you help us by setting up a monthly donation today?

**Giving a monthly gift by Direct Debit is one of the best ways that you can get behind this important expansion of local hospice care.**

Your regular donation will help give us confidence that we can continue to meet the funding needs of our existing hospice, whilst funding the crucial phases to complete your new hospice on schedule.

**Many people in your community are already supporting us in this valuable way. Will you join them?**



Audrey Gwynne

"My Dad died from stomach cancer and it was a comfort to know that his local hospice was there for him even though he died very quickly at home.

I set up my Direct Debit in 2012 in his memory and I've kept it going ever since. I've always felt it's important to help keep my local hospice running so they can be there for people when they need care.

I'm so pleased to know that my monthly donations will now also help towards the fantastic new hospice that's being built. I can't wait to see it open in 2022."



Peter Beckley

"I think most people support St Catherine's because of a family experience, but I haven't had that – touch wood. I support the hospice with a monthly donation because I'm grateful that I'm so lucky.

It's a big advantage that, because St Catherine's is a local charity, I see where my money goes. I often speak to people locally who will say things like, 'My friend was in the hospice,' or 'St Catherine's looked after my Mum', so I know the difference I'm making. With your local hospice, you know that your donations are being well spent.

I think a lot of people probably spend money every month on subscriptions to things that they don't even use or on takeaway coffees. I don't have a Netflix subscription. I prefer to give that money to St Catherine's every month. I'm able to give something back so I do. It makes me happy to know I'm doing some good."



Elizabeth McGrane

"As a family, our lives were turned upside down when my wonderful Dad had cancer. His battle was very short and, sadly, three weeks after diagnosis, we lost him.

We didn't know what had hit us, or where to turn to, but St Catherine's was there to help guide us through one of the darkest times of our lives. My Dad was fortunate in that we are a big family and we were able to care for him at home, with support from the hospice.

Having a wonderful hospice like St Catherine's to turn to for help and support to give your loved one care, comfort and dignity is just that little bit of light that can make a world of difference. The support St Catherine's gives you, as relatives, is also invaluable.

However, knowing this care is not yet possible for everyone, I decided to give monthly towards building the new hospice. I do this in honour of my Dad and everyone else who is fighting this terrible illness.

Until the day you die, you are living, and St Catherine's helps you to do that. I believe everyone deserves that help."

To set up your monthly donation please fill in the form on the opposite page or visit: [www.stch.org.uk/donate](http://www.stch.org.uk/donate). **Thank you so much for your support.**



## Support St Catherine's Hospice today

Your generosity has allowed us to help the people you've been reading about. But for every one of them, there are two other people we haven't been able to care for.

We hope you'll consider giving us a monthly donation, the form is overleaf, so we can provide hospice care to even more people you care about whilst building towards our new future at a larger hospice.

**There are also some other ways you can support us today to help others in your community:**

### Midnight walk

Make your miles count at our annual Midnight Walk! Taking place on Saturday 6 June 2020 at Broadbridge Heath Leisure Centre, walk in memory of a loved one or to support your hospice. Go the extra mile! 20,13,7 and 2 mile routes available. How far will you walk for your local hospice?

**Register online at: [www.stch.org.uk/midnightwalk](http://www.stch.org.uk/midnightwalk) or call the team on: 01293 447355**

### 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 costs you nothing today to make sure there's care tomorrow and that no-one dies alone, ever again. 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.

With your help we promise to keep working until we can support everyone who needs our care. We're born surrounded by love, our deaths should be the same.

**To find out more about leaving a gift in your will contact Andy Perry, Legacy Officer, email: [andyperry@stch.org.uk](mailto:andyperry@stch.org.uk) or call: 01293 447369**

### Shops

Visit our charity shops across Sussex and Surrey to bag a bargain, or donate your pre-loved quality items. We also sell furniture and can arrange free collections across East Surrey and West Sussex if you have furniture to donate. If you're a UK taxpayer, remember to register for Gift Aid. This allows us to claim an extra 25 per cent on the value of your donations at no extra cost to you.

**To find your nearest shop please visit: [www.stch.org.uk/shop-locations](http://www.stch.org.uk/shop-locations) or call our Retail team on: 01293 583077**





*Your part in a new future  
for St Catherine's*



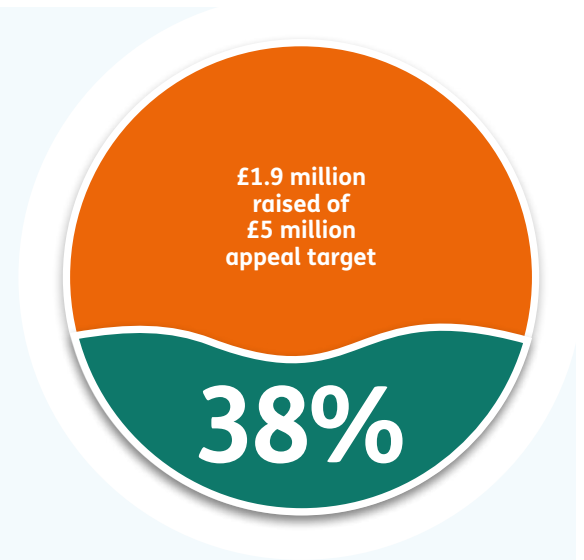
**Triple cancer survivor  
Patrick McIntosh, pictured  
with Dame Judi Dench,  
cycled more than 7,000  
miles, from Malthouse Road  
to Tokyo, to raise funds for  
our new hospice**

*We're building a brand new hospice at Pease Pottage so that we can reach more people with our expert care and support. To do this, we need the help of people like you in our community.*

**To get involved visit: [www.stch.org.uk/newhospice](http://www.stch.org.uk/newhospice), call us on 01293 447362  
or email: [newbuild@stch.org.uk](mailto:newbuild@stch.org.uk)**

*Currently we can only reach one in three people who could benefit from our care*

**We can no longer expand facilities at our current hospice in Crawley, so we're building a new home less than two miles away.** This will allow us to increase the number of ward beds we can offer from 18 to 24, and to expand our community nursing, therapies and counselling teams so that we can reach many more people.



*Our new hospice will cost £17 million. Since launching our appeal in May 2018 to raise the final £5 million, we have raised an amazing £1.9 million! Opposite you can read just a few ways our fantastic supporters have been fundraising for us.*

## *Helping more people at our new hospice*

Val Smith is a Nursing Assistant on our wards. She started working here six months after St Catherine's first opened its doors 35 years ago. Val tells us more.



*"I remember the opening of the hospice being a time of great excitement mixed with slight trepidation. A hospice was something brand new for our community. And it was a new challenge for me personally too.*

*St Catherine's was founded by local people who felt that terminally ill people in their community weren't getting the expert care they needed, and deserved, when they were dying. Instead of ignoring the problem the group took action. They raised money and built the area's first hospice to make sure that people would get better care in the future.*

*We now need to stand on our founders' shoulders and show the same courage they did as we fundraise for a bigger hospice at Pease Pottage.*

*A bigger hospice is vital. Today more people than ever before are being referred to us but we can't help them all. That's something I find very upsetting. I became a Nursing Assistant to help people, not to leave them without support.*

*With our new hospice it's reassuring to know that in future fewer people will have to manage alone. Our new home will allow people dignity and*

*privacy, more green space and the chance to spend their last days in comfort in a place they can personalise to feel like home.*

*St Catherine's is so much more than a building. It's a way of caring, and the support you give is very much a part of that. I hope you'll continue to support us as we look forward to an exciting future. Without you there would be no St Catherine's."*



# Our amazing supporters

**Long-time supporter Patrick McIntosh cycled more than 7,000 miles over 139 days to raise money for our new hospice.** His neighbour Dame Judi Dench supported him all the way. *"Patrick cycled for our local hospice, St Catherine's. I'm sure most people know about the phenomenal work they do looking after people in our community."*



**The 7th Crawley Beavers were our very first new hospice supporters, raising an amazing £200 through a bake sale!** Colony Leader Yvonne Seetayah said, *"Supporting the new hospice was a lovely way for us to give something back to St Catherine's, who give so much to help people at such a difficult time."*

**Luke and Steph Guidera organised two Family Fun Days at The Black Swan Pub in Pease Pottage, raising more than £2,600 for our Capital Appeal.** *"When we heard that St Catherine's were building their new hospice nearby, and that they needed funds to do this, we knew we had to do something to help,"* said Steph.

**Residents at Durrants Village in Faygate have been supporting our Capital Appeal by organising coffee mornings and craft fairs, amongst other activities. So far, they've raised over £2,200.** This total has been matched by Legal & General, their landlords, and Inspired Villages, their Managing Agents, bringing their grand fundraising total to more than £6,600!

*"The new hospice means St Catherine's can reach many more people with their care. We want to do all we can to help them,"* said a member of the Residents' Association.

**Next month, 58 intrepid trekkers will head off to the largest hot desert in the world, the Sahara to help raise money towards our new hospice.**

Our challengers will spend three days trekking across the Moroccan desert, through ancient dried up river beds, over mighty sand dunes and sun baked plains. They will experience the authentic Berber lifestyle, accompanied by a herd of camels and sleep under the stars.

Many of the trekkers have already exceeded their sponsorship target of £2,020 including Trudi Keary. Trudi said, *"Having met people personally affected by the hospice I've seen what an important part of the local community St Catherine's is. It needs support to carry on its fantastic work - that's why I signed up to the Sahara Trek."*



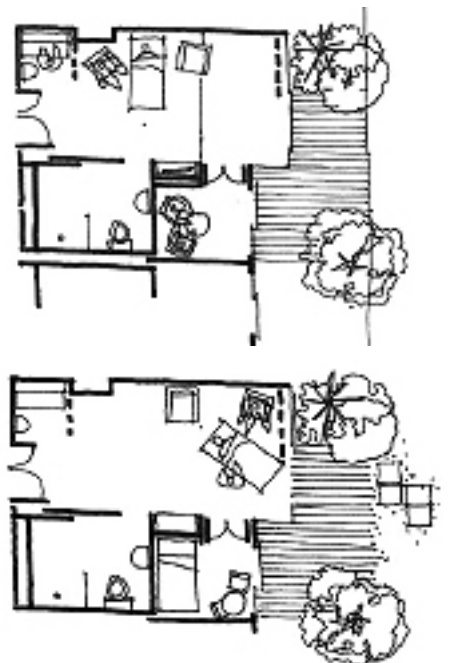
## Enhanced comfort and privacy thanks to our community

**In May 2018 we asked people across Sussex and Surrey to donate funds towards the building of the first patient suite in our new hospice.**

Thanks to our community's generosity, we exceeded our target and raised more than £150,000!

In our new hospice, we'll have individual patient suites each with an ensuite toilet, shower room and a small family

area where a relative can stay close by overnight. This will be a big improvement on our current ward, which has 18 beds in a mix of single rooms, two-bed and four bed bays, and one room for relatives to stay comfortably overnight. Thanks to our supporters, future patients and families will benefit from enhanced privacy and personal family areas in our new hospice.



# *Our plans are well advanced and we'll start construction in spring this year*

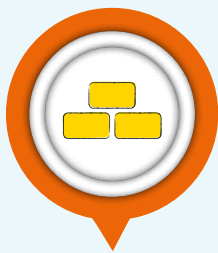


Our new hospice will be built on five acres of land, donated by local landowner Bill Bridges.

The extra space – we currently have less than two acres – means that we can create a beautiful, natural environment for people. Left, you can see our landscaping masterplan, with secluded patios for every patient suite, extensive use of trees and green spaces, and an elevated pavilion to the south east overlooking the High Weald Area of Outstanding Natural Beauty.

## *Important dates*

We need your help to make our new hospice plans a reality. Together we can make sure more people in our community – more of our family, friends and neighbours have hospice care when it's needed most, and that nobody has to face death and loss alone ever again.



### **SPRING 2020**

Construction of our new hospice begins



### **SPRING 2021**

The main structure is finished and our kitout and equipment installation begins



### **WINTER 2021**


Construction complete and hospice handed over to us




### **SPRING 2022**

Our new hospice opens at Pease Pottage! We'll be able to support more local people with loving care when it's needed most

## **ST CATHERINE'S HOSPICE**

 St Catherine's Hospice Crawley

 @StCHospice

 @stcatherinescrawley

Registered charity number 281362  
and as a Company in England no. 1525404.

## *If you want to help support our new hospice we'd love to hear from you!*

Please get in touch with Nick Bell and Alice Pinkard by emailing: [newbuild@stch.org.uk](mailto:newbuild@stch.org.uk), calling 01293 447362, or visiting our website: [www.stch.org.uk/newhospice](http://www.stch.org.uk/newhospice)