

AUTUMN 2022

Matters

OUR WELLBEING CLASSES ARE BACK

Read how our Wellbeing classes help local people to cope with their illnesses, p4

THE HOSPICE WAS ALWAYS THERE FOR SUPPORT

Angela shares how, thanks to you, we were able to care for her husband Pete at home, p10

WE'RE SEEING MORE PEOPLE STRUGGLING TO MANAGE EXPENSES

Learn how our Welfare Advisor supports people with financial and practical advice, p8



CONTENTS

AT THE HOSPICE

- 3 "I never thought a hospice would be like this" – Toni's experience

AT THE HOSPICE

- 4 – 5 Our Wellbeing classes and volunteers are back

AT THE HOSPICE

- 6 "Nurses made sure Mum saw the sky and flowers one final time" – Claire's experience

AT THE HOSPICE

- 7 "Nights are often tougher for people" – Night nurses Sue and Stacey

AT THE HOSPICE AND AT HOME

- 8 – 9 "We're seeing more people struggling to manage expenses" – Welfare Advisor Rosie and welfare resources for you

IN THE COMMUNITY

- 10 "The hospice was always there for support" – Angela's experience

SUPPORT US

- 11 Our lottery and Tree of Light services

CARING FOR OUR COMMUNITY

- 12 Looking to the future: Our new hospice building is progressing well

AT THE HOSPICE

- 13 "We wept with relief when Dad got a hospice bed" – Katie's experience

SUPPORT US

- 14 Our fantastic fundraisers




SUPPORT US

- 15 "This marathon is for Dad" – Lucy's experience

SUPPORT US

- 16 Other ways you can help St Catherine's

St Catherine's Hospice,
Malthouse Road, Crawley,
West Sussex, RH10 6BH
Telephone: 01293 447361
Email: fundraising@stch.org.uk
www.stch.org.uk

 St Catherine's Hospice Crawley
 @StCHospice
 @stcatherinescrawley



"Welcome to your latest edition of Matters, our supporter magazine that keeps you up to date with our hospice and shows how you're helping others when it's needed most."

I firmly believe that a hospice needs to pulse with life and not just be a place of death. That's why I'm thrilled that thanks to your support, we've been able to re-start some of our Wellbeing sessions. Hearing how these sessions, which we so missed during the pandemic, benefit the people we look after is humbling (p4). Since our last edition, we've also welcomed new Hospice Host volunteers (p5) to our wards to support our nurses in providing crucial care. As Sue and Stacey share on p7, this care continues all night, every night and means that people on our wards receive warm, loving care during dark winter nights.

As well as physical care, thanks to you, our teams also support people financially and emotionally. With the rising cost of living these are difficult times for us all. On p8, you can read how our Welfare Advisor Rosie, is helping more people than ever before who are worried about managing expenses and costs. We're aware it's not just the people we support who are feeling the pressure of increased costs, so on p9 we've put together some resources for support around the cost of living. I hope you might find these helpful.

At St Catherine's we strive to do everything we can to give people what they need, so I was touched to see how our nurses helped Claire's Mum (p6) see the sky and garden flowers one final time, and how our community nurses supported Angela as she cared for her husband at home (p10).

It's so special knowing that our community sustains our work and it's why I'm so excited that our larger hospice at Pease Pottage (p12) is in the heart of the new Woodgate community development. Overlooking a village green, childrens' play area and next to a village shop, the new St Catherine's is at the centre of a community. I hope this will encourage more people to come into our new hospice when we open in Autumn 2023 and see what we do. I would welcome any of you to visit our new hospice too, to see first-hand the impact of your support and the valuable difference it makes. I promise we will always give you a warm welcome, because we are indebted to you for the continued support you give us, especially during such challenging times.

My best, Giles

In the Autumn 2021 edition of Matters we said that, "Thanks to our local community's support and a crucial team of volunteers, we've been able to keep our hospice doors open throughout the pandemic. This has allowed patients to safely see their essential visitors and kept families together at a time it matters most." We would like to clarify that in early 2021, in accordance with guidance from Public Health England, only those patients who were in their final hours of life were allowed visitors. We're very sorry that this fact was not made clear in Matters, and sincerely apologise for the distress caused by our description of how the hospice was working during this challenging time.

"I never thought a hospice would be like this"

57-year-old Toni stayed on our wards earlier this year. Thanks to your support, she shares the difference this made.

"In 2015, when I had a hysterectomy, doctors found some cancerous cells, then in January 2017 they saw some shadows on a scan indicating my cancer might have grown. I started chemotherapy but in April 2019 I suffered a life-threatening bleed. That meant I couldn't have active chemo anymore which was a massive blow. Now I'm struggling with how my cancer's presenting in my body and making me feel.

When I was first referred to the hospice I came for physiotherapy

I'd been in hospital for a while and wasn't quick on my feet anymore. I met some amazing people at the hospice's exercise group, and although I was one of the youngest, other patients were also fighting to feel fit. Like most people I thought a hospice was only for the end of life so thought 'you're about to pop off' but now I understand that the hospice can be a part of your life.

When I've told people I'm here their reactions have been 'Oh my goodness'

I've had to reassure them I'm not here because my life is ending but because the hospice is supporting me to live as well as I can, and to feel more in control of my illness. The team are monitoring me to see how I can manage my cancer better at home and helping me think about different treatment options. I'm due to have counselling too. I have an extended family and friendship group, and I want to be able to support them as I talk about the future.



"I'm not here because my life is ending but because the hospice is supporting me to live as well as I can, and to feel more in control of my illness."

I'm even working from my hospice bed

Continuing to work gives me a sense of purpose and shows that cancer doesn't define me. It's just one part of me in the same way that I'm a wife, a sister, a friend, and an auntie.

I'm astounded that St Catherine's is so enabling for visitors

All my visitors have commented on how relaxed the hospice is and how helpful people are. One of them even asked if he could have a beer. He was joking but then we heard a drinks trolley coming along the corridor and a nurse appeared with a beer. He couldn't believe it. We joked he'd only come to the hospice to have a pint!

I never thought a hospice would be like this, it's been amazing

It's been a haven for me. There's a calmness here that's helped me reflect about my life and what I'd

like to do next, because even with cancer the future can hold so many wonderful things. Life is for living - that's always been my mantra and I don't think I'd have got this far without it.

I'd encourage anyone that can to contribute to St Catherine's

Without you I wouldn't have had anywhere to go when I needed this support. The hospice is an amazing service on our doorsteps, and you make it possible - thank you."

Toni died at our hospice in August 2022 but her husband has given us permission to still share her wonderful words so you can see the impact of your support.

Our wellbeing classes and volunteers are back

We're thrilled that thanks to your ongoing support, we've been able to welcome more people back to the hospice and re-start more of our services after a break due to the pandemic. To help people live as well as they can, for as long as they can, we've re-started our seated exercise class with our Wellbeing and Therapy teams.



Left to right: Dilip and Meena



Left to right: Peregrine and John

The weekly class runs through gentle seated movements to help people to remain mobile and gives them a chance to socialise with others in a similar situation.

Meena cares for her husband Dilip and they both attended our exercise classes. Meena said, "I joined in with the class alongside Dilip who always felt much better after the exercise." It was the couple's first time at our hospice, but Meena added, "The hospitality St Catherine's offers is the best! We were always welcomed so nicely, and it made us feel part of the system. Everyone has been so helpful, and the tea and cake was the cherry on the cake!"

Peregrine enjoyed coming to the classes after exercising with us online because of the pandemic. "I had been able to attend Joanna's exercise routine daily online for a total of nine months and was even able to continue exercising on my son's balcony in the Cayman Islands during a three month stay!

I cannot overstate the importance of the exercises in my recovery from extensive surgery and chemotherapy. I can't stand for long, so the sitting exercises were ideal. It was very nice to meet the others in person after seeing them remotely and to get support from the hospice team. The atmosphere at St Catherine's was so caring."

Mary found the classes helped her when she was struggling with muscular pain. "The standing exercises, like standing from a seat, were the ones I needed and were very good," she told us. "Being amongst other people helped motivate me and the staff were brilliant. They were helpful, friendly and chatty and at the end of each class they'd bring us a cup of tea and slice of cake. The fact that we could come along for free, thanks to people's support, was amazing. It was all very positive."

John also attended and described our classes as "the best thing that's ever happened to me." He said,

"Doing the exercises was just what I needed, and the support I've received has been tremendous after I lost my wife of 60 years. I can't praise the staff enough. They're wonderful and the care they've supplied is incredible. If you're able to attend a class in the future I'd say, go. It's done so much good for me."

We've also re-introduced weekly guided meditation classes at the hospice and online led by our wonderful volunteer, Graham.

These sessions help people to focus their mind and senses on a place where they can feel safe, peaceful and calm.

Dilip and Meena also attended our guided meditation classes. Meena told us, "As a 24/7 carer, housewife and mother I never have 45 minutes to myself to sit down so I find the meditation extremely peaceful. Dilip loves it too. The services at the hospice have been fantastic, much better than I was expecting."

Alongside supporting the people we care for, we've continued to support carers including at our monthly carers drop-in

Steph, our Carer Support Worker said, "Family members of our patients often don't recognise themselves as carers and aren't always aware of the local support services available to them. My role is to support them to identify themselves as carers and to discuss any difficulties they're facing so that I can give advice on how to access the most appropriate support services locally."

We've welcomed more volunteers back to the hospice too. Including some furry friends!

Liz, our Wellbeing and Community Development Lead said, "We have three Pets as Therapy (PAT) registered dogs who bring a smile to the faces of patients, visitors, volunteers and staff on our wards and in our Living Well Centre. Interacting with PAT dogs can provide comfort and a welcome distraction and helps people to relax and feel calm."

Stella who volunteers with her dog Bertie told us, "We both look forward to our hospice visits. Bertie always knows what he's here for and can sense that he has to be calm and relaxed with people. I enjoy seeing people's faces light up when they see Bertie. I hope it's a little bright spark in their day!"



Stella and Bertie



Volunteer Graham (centred) with John (left) and Dilip (right) at a meditation session



We've also introduced Hospice Hosts, a new volunteer role that offers a helping hand to support the wellbeing of those we care for.

Some of our Hospice Hosts have volunteered with us previously, others are friends or family members of people we've cared for, but they all fulfil a vital role.

Bev Duncanson, a nurse on our wards said, "Every afternoon, we have one or two willing volunteers who support the clinical teams on our wards to make sure that people's experience of the hospice is as positive as it can be. Their role varies depending on the ward's needs but includes spending time with people, making and serving refreshments, sorting out flowers, tidying bedspaces and stocking up store cupboards. Our Hospice Hosts provide much-needed support on our wards and positively help everyone we care for and our staff."

We currently have 17 Hospice Hosts. Jackie Darwin, who's been volunteering with our hospice for eight years, is one of them. She said, "When the role came up it was an opportunity I couldn't miss. I'm grateful to be back interacting with the people the hospice cares for as I find that personal touch and contact with people so satisfying."

Recently another Hospice Host and I sat with a lady who was very close to death and held her hand. She was asleep but the nurses told us she could still hear us, so we talked to her and made her aware that we were there.

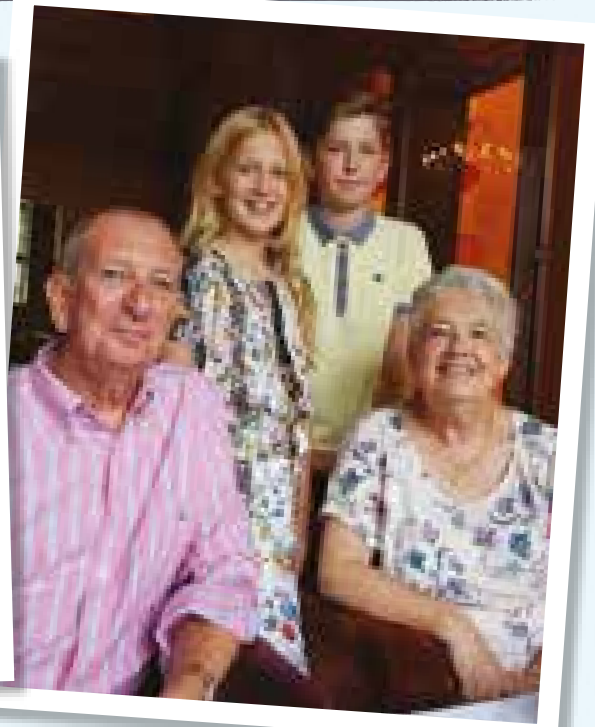
Everyone has been very grateful for our help and it's lovely to see people smile even when they're very poorly. I get value from knowing I'm helping people going through a difficult time, and I'm looking forward to taking the experience I gain into the new hospice where we can help more people."



Left to right: Caroline and Jackie Hospice Hosts



Jean, Claire and Scarlett



Jean with her grandchildren Scarlett and Archie

"Nurses made sure Mum saw the sky and flowers one final time"

When Claire's Mum Jean came into our hospice in May 2020 Claire admits she had a "real fear" of the hospice. She shares how spending time here changed her perceptions.

"When Mum was first diagnosed with lung cancer, she went into remission but in 2019 her cancer came back and had spread to her spine and her brain. As Mum became more unwell, Dad and I decided that we needed some extra help and that's when St Catherine's stepped in.

I had a real fear of the hospice

Deep down I knew when Mum went into St Catherine's she wasn't coming home again. I feared the hospice. I thought it would be a sterile, unfriendly place filled with death, but it was none of those things. Everyone was welcoming and friendly and even though Mum was at the hospice during the coronavirus pandemic, I felt safe there.

One day Dad sent me a lovely picture of Mum reading her newspaper in the hospice garden, and the day before she died, I asked

Dad to ask the nurses to take Mum into the garden in her bed. I wanted her to see the blue sky and garden flowers one final time.

Dad sent me a lovely video of the nurses making Mum comfortable outside. There were no questions or objections, they just took her out into the garden like I'd requested. It really helped me to know that Mum was able to get outside, and I'll be forever grateful to St Catherine's as that wouldn't have been possible if she was at home.

The hospice took away a lot of our stress

We knew Mum was well looked after so Dad and I could concentrate on visiting and talking to her. Dad didn't need to worry about everyday chores, like washing, ironing and making Mum's dinner. That allowed him to do the things that mattered most to Mum, like sit and paint her nails.

When Mum died, we were taken to the family room to grieve in private and then when we were ready, we were able to say one last goodbye.

The hospice continued to care for us afterwards too

Dad had counselling and he's now thinking of volunteering with the hospice. And I've gone from fearing the hospice to being able to reassure others that there's nothing to worry about if you or someone you love needs to come here. It's a beautiful, calm place.

It's your support that helps make St Catherine's as good as it is

The hospice is such a worthwhile cause to support. You might think your support won't do a lot, but it makes such a difference to families like mine who need the hospice's care."

"Nights are often tougher for people"

Thanks to your support we're here to care for people 24/7. We spent time with Sue White and Stacey Holman from our Night Nursing team to find out more about caring for people overnight.

"Every night is different," explains Stacey, one of our Nursing Assistants. "There's often an assumption that people go to bed like they do when they're well, but people's sleep is often broken and their care needs continue through the night," adds Sue, a Senior Staff Nurse. "In fact, nights are often tougher for people. It's darker, there's less activity in the hospice and visitors are less prominent. All that means night-time can bring out anxiety."

With anxiety and pain often worse for people at night, our night nurses provide individualised care

"By about midnight we try to make sure everyone feels as settled as they can," explains Sue, "but we're often in with people during the night, responding to their pain or symptoms or turning and moving them. And although hospice admissions aren't usual overnight, if someone really needs to come in, we'll welcome them. I've had 3am admissions before."

All the team enjoy giving personalised care

"I remember when I pushed two beds together so a couple could sleep side by side while they were staying with us," says Sue. "That meant a lot to them and it's things like that which make our care special."

Stacey agrees, "I get great satisfaction helping people to settle for the night, helping them to clean their teeth or giving them a wash, and making them comfortable. We're here to give people whatever they want whether that's company, food, or medication. I've made people soup and sandwiches in the night before and had other people ask me to sit and have a chat with them. People tell me about their grandchildren, what they're



Left to right: Stacey and Sue

watching on TV or show me their favourite family pictures. One lady showed me a drawing from her son that she'd put on the wall so she could see it from her bed. That really resonated with me because it could have easily been a drawing from one of my kids."

As well as providing care our Night Nursing team take calls from people in the community overnight

"People from our community can phone in to us at night and we're here to give advice and support," explains Sue. "We get calls from other healthcare professionals, like paramedics, and from relatives and people at home. People can sometimes be quite distressed, so we give them time. Knowing they can call us makes a difference and sometimes just the reassurance of a kind voice is enough. Kindness is everything."

"Sometimes families stay with us overnight too," adds Stacey. "Some people sleep better if a family member stays as it helps provide comfort. There was one lady we cared for who'd only sleep when her daughter stayed and slept next to her bed."

If you or someone you know would like to join our friendly team and work with people like Stacey and Sue to make a difference, **please visit: www.stch.org.uk/employment** for our latest vacancies.

"We're seeing more people struggling to manage expenses"

Living with a terminal illness in the UK can cost people as much as £16,000 per year*. Add the recent cost of living rises and we've been supporting more people than ever with practical and financial welfare advice and support. Rosie our Welfare Advisor offers people a safe place and person to talk to. She finds that a blue badge for people's cars is often a starting point to find out what other support might help them.

"Blue badges help because they give people freedom," shares Rosie. "Someone can get to the beach again or try that restaurant they've always wanted to try. It's often when I'm having conversations about that, that people tell me, 'I'm not coping' or 'I'm worried about my husband.' That's when I can unpick other support that might help them, like benefits. Helping someone to access the benefits they're entitled to empowers them to maintain control over the things that matter to them most. I ask, 'What makes things easier for you and your family?' or 'What's most important to you?' It's different for everyone. For some people, it's being able to pay for a coffee with a friend or having enough money to buy the food they can still enjoy while having chemotherapy. For many people employing a gardener to keep their garden looking nice is a big thing."

Our Welfare team have seen more people struggling to manage their expenses too

"I look at ways to reduce people's outgoings, through schemes, grants and community services like food banks who can sometimes provide not only essential food items but also short-term vouchers or top ups for gas and electricity meters too," explains Rosie. This is especially important as the average energy bill of a person living with terminal illness doubles after their diagnosis.*

With two-thirds of households affected by terminal illness experiencing financial strain the support people need is varied



Rosie, our Welfare Advisor

"One of my conversations could be with an older couple, who have a new oxygen machine which uses more electricity and costs more, who are worried about their bills," says Rosie. "Another could be with a young person caring full-time for their grandparents looking for help to apply for Carers Allowance."

My next call could be from someone who is self-employed and having chemotherapy so can no longer work. Having never claimed benefits before they don't know where to start, or from a 42-year-old who's just been diagnosed and is concerned if their landlord finds out about their illness that they'll get evicted.

Another day I might visit a 50-year-old with a partner and two children who is very poorly at home. They can't relax because they're worried about mortgage protection and when their life insurance will be paid. Then I'll come back to the office to a voicemail from someone caring for their 80-year-old Mum. She's struggling to walk to her medical appointments, but the family are finding the blue badge application on their council's website overwhelming so ask for help on how to do this."

*Stats reproduced from The cost of dying: The financial impact of terminal illness, Marie Curie.



As well as those we care for, we know it's been a tough time for everyone with rising costs of living and as we approach the winter months, we're all going to feel the impact even more. If you are struggling or need some extra support, we hope these resources and suggestions might help you.

- **Apply for Council Tax Reduction:** Apply to your local council for Council Tax Reduction (sometimes called Council Tax Support). You'll get a discount on your bill if you're eligible.
- **See if you're eligible to register for your energy company's Priority Services Register (PSR):** The Priority Service Register is a free service offered throughout the energy industry that places you as a priority service user in case of power cuts or disruption to energy supplies.
- **Local Energy Advice Partnership (LEAP)** is a free service helping people to keep warm and reduce their energy bills without costing them any money.
- **The Simple Energy Advice service** has information about local energy grants and other advice about energy saving.
- **Charis runs several grants for energy providers** and have an income calculator on their website.
- Some energy suppliers offer grants to their customers so it's worth checking with your energy supplier directly or using a grants checker like Turn 2 Us to see if you're eligible for support.
- **Water Sure Scheme helps some people with their water bills.** To apply for the scheme, you must be in receipt of certain benefits and need to use a lot of water, for medical reasons or because your household has a certain number of school-age children. You will also need to have a water meter or be waiting for one to be installed.
- **Debts/Loans:** If you or someone you know has financial worries relating to outstanding debts or loans, it's worth contacting money support services for advice. **Any of these could help: StepChange, Citizens Advice and National Debtline.**

For contact details and more information about the above organisations please visit our website at: www.stch.org.uk/welfareinformation

"The hospice was always there for support"

Your support means our nurses can be there to provide care to people like Angela and her husband Pete in the comfort of their own home. Angela shares the difference this made.

"Pete was the most placid, kind, caring person you could ever meet and in the 12 years we were together we never argued.

In early December 2020, Pete kept moaning his knees hurt, so I told him to phone the doctors. I was quite concerned because he'd also lost his appetite and had a cough. A month later Pete was diagnosed with stage four terminal lung cancer. He didn't want treatment, he just wanted to be at home.

St Catherine's were on the phone quickly following Pete's diagnosis

The hospice's welfare advisor helped us with benefits and a blue badge for our car. She also told me about the bereavement support payment I could get when Pete died. Without her I wouldn't have known about the different support that helped make life easier.

Hospice nurses visited us at home too and I knew I could call the hospice if I had a question about the medication I was giving Pete at home – that was invaluable.

The team spoke to us about Pete's wishes too

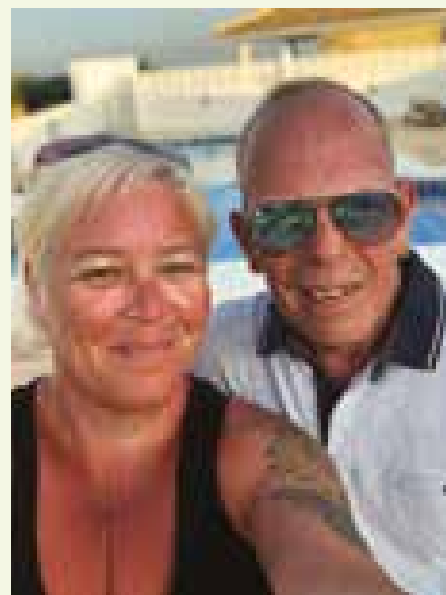
They reassured us that as Pete had a Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) form he wouldn't be taken to hospital if we ever called an ambulance because Pete worried about that.

We did our best to make the most of our time together

And never stopped laughing and joking. I encouraged Pete to get up and draw and we made a mould of our hands that I treasure now.



Angela and Pete renewing their vows



Angela and Pete

We ticked off one of Pete's bucket list items by taking him to hold Birds of Prey at Huxley and renewed our wedding vows at home to mark 12 years together.

It was a Thursday when Pete told me he didn't feel well

I said, "come on then let's get you into bed." I knew as soon as I put Pete in bed, he wasn't getting out again. The hospice started visiting to help me keep him comfortable and give him his medication. They were so helpful but never intrusive.

By that Sunday Pete was crying out in pain. I phoned the hospice to tell them we didn't have enough medication, and even though it was a Sunday, they got us a prescription.

Later that day hospice nurses came to change Pete into new clothes

They got him comfortable and then called me in – that's when he passed away. It was so quick, but it meant a lot to have Pete at home like he wanted."



Natalie Clow, Practice Educator shares her thoughts on caring for people at home.

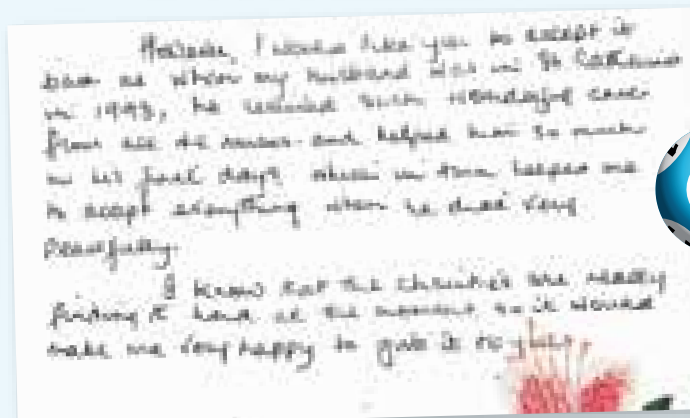
"There's something special about caring for someone in the comfort and safety of their own home, spending time with them, making them feel supported in their decisions and helping them to manage the symptoms of their illness. Working here has restored my faith that, as nurses, we can support people to achieve a good death at home."

Our lottery - We keep caring because you keep playing

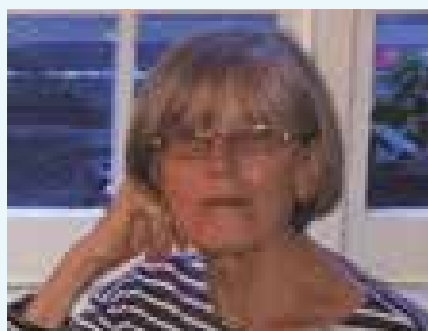
This year, our lottery has been running for 24 years and has raised an incredible £15 million. Our lottery is only successful thanks to our supporters, so we wanted to celebrate some of our recent winners:



Anna's been a lottery member since 2019 and says winning £20 "was an unexpected treat which helped fund a summer family day out. I thought the lottery was a great way to donate a regular, small amount to a brilliant, local charity. I'd encourage anyone who can, to join the lottery - you might even win the jackpot."



Pamela had forgotten she'd entered our lottery draw when she won £20. She sent us this lovely note donating her winnings back.

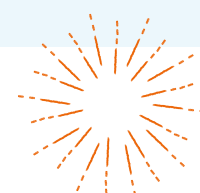


Christine has been playing our lottery for over 10 years and is a recent £20 winner. "I remember the hospice opening and the Queen Mother coming to lay the foundation stone. My friend was cared for at the hospice and I've always remembered that her dog was able to visit her. Playing the lottery is only a small amount to give but it's a guaranteed source of income to the hospice. Without St Catherine's the world would be a much sadder place."

Playing our lottery is a great way to support our hospice.
To join visit: www.stch.org.uk/lottery or call: 01293 447373.



Tree of Light is back, and you're all invited!



After two years of online services, we're thrilled to warmly invite you to the return of our in-person Tree of Light remembrance services. This year, we're hosting two services, the first at the Copthorne Effingham Hotel on Sunday 11 December at 4pm, and Oxted School on Thursday 15 December at 7pm.

At St Catherine's, we understand that the festive season can be a difficult time for those who are bereaved. Our non-denominational Tree of Light services are open to all, and offer an opportunity to reflect and remember with others in your community. The services will include the chance to hang a star on the Tree of Light and to view our Book of Remembrance.

Our services will be led by Martin Hill, our new Spiritual Care Lead. He said: "It's a distinct privilege for me to lead our Tree of Light Services. I hope very much that you will find peace and hope in our services."

Services are free to attend but you need to book your space, by visiting www.stch.org.uk/treeoflight, or calling our Fundraising team on 01293 447361.

We'll also record a service to share online for anyone unable to attend in-person.





An illustration of the new St Catherine's Hospice at Pease Pottage



St Catherine's Hospice, Pease Pottage steel frame



An illustration of a patient bedroom interior

Looking to the future: Our new hospice building is progressing well

Our vision is a world where everyone can face death informed, supported and pain free. With building work at our new hospice home progressing well, we've never been closer to our ambition of helping more people at the hospice and out in the community.

The steel frame of our new building is now in place, bringing our architect's drawings to life and showing the scale of our new hospice as part of the Woodgate development at Pease Pottage.

We're thrilled that our new hospice sits at the centre of the Woodgate community

It's only thanks to our supporters' generosity that we've been able to take this exciting journey to transform local end of life care, so it seems apt that our hospice has a central community location. Our new hospice overlooks an outside green with a children's play area, and is next door to a community hub, which is home to a coffee shop, village store and meeting rooms. We hope this, along with a public hairdressers, will encourage more people to come into our hospice and interact with us, helping to break down taboos that a hospice is a scary or gloomy place to be avoided.

As well as public spaces in and around our new hospice, our new building has been thoughtfully designed to enhance the local landscape and minimally impact the environment

Although our new floor area is 60% more than at Malthouse Road, our new building design follows 'Passive House' principles. This means our energy consumption will be less, helped by excellent insulation and natural ventilation. The main heating plant will generate power for our site and our green planted ward roofs will also house solar panels. LED, intelligent lighting will also prevent lights being left on unnecessarily.

As well as sustainability, we've worked alongside experts to make sure our building is suitable for people with different conditions including dementia.

A joint study by The Kings Fund and The Princes Trust identified different design factors that help provide

enhanced care. These include access to the natural environment, comfortable surroundings that provide dignity, an easy flow for people to remain independent and the discreet use of clinical equipment. These elements have all been incorporated into our new spaces. Expanded community and outpatient facilities will also help us provide enhanced care to more people across our community.

Paul Rycroft, our New Build Delivery and Collaboration Director said, "This is the biggest investment in local healthcare in many years and the design of our new hospice will improve care right now and long into the future. We're immensely grateful to everyone who has supported us and continues to do so. You are helping make a long-held dream of St Catherine's come true. Thank you."

For the latest news and updates on our new hospice please visit: www.stch.org.uk/newhospice

"We wept with relief when Dad got a hospice bed"

Katie and her family were struggling to care for her Dad Richard at home before a bed became available at our hospice. Here she shares their experience.

"Dad was a very active, hands-on Dad, always willing to help us with our homework or with whatever we needed. Growing up we had a lot of lovely memories.

In 2018 Dad was diagnosed with a brain tumour

I'd just gone to university and my brother Jamie was living in Hong Kong. We were shocked but Dad was very positive and didn't let his diagnosis define him or hold him back from living life. He said, "I'm going to have my treatment and we're going to keep going" so that's exactly what we did.

Dad's health declined very rapidly in April 2021

My Mum became his carer which was difficult and put a lot of stress on her. Then Dad got an infection and was admitted to East Surrey Hospital. It was around that time that a doctor sat our family down and said, "we think he may only have a few weeks left so it's time to think about what you want his last few weeks to look like."

We decided it would be best for Dad to go to St Catherine's

Initially there wasn't a bed available, but a week later we got a call saying there was a bed for him. We wept with joy because at that point we were just surviving.

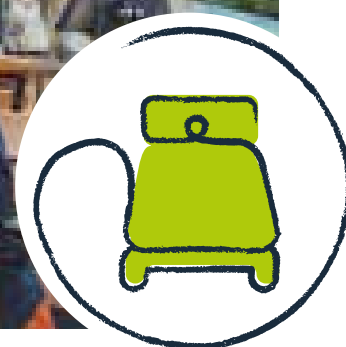
I thought the hospice would be full of death and sadness

So I was very nervous about visiting but everyone was so friendly and kind. Doctors also honestly talked us through what was happening to Dad, which meant it wasn't quite as scary when things progressed.

Dad had a real sweet tooth and was always asking the nurses for cakes



Katie and her Dad



and ice cream which they'd gladly bring him. Little things like that made me realise how much St Catherine's cares and how making people happy and content really matters to them. The hospice's care took a weight off our family's shoulders.

Dad was at the hospice for a week before he died aged 60

But even afterwards we didn't feel discarded. The hospice stayed in contact and offered us counselling, and when Mum picked up Dad's things the team were so understanding and helpful. Our ongoing connection with the hospice has been important and we've since fundraised.

Jamie and I ran the Reading Half Marathon then Jamie did the London Parks Half Marathon and a 100km bike ride in Dad's memory

It was such a good way to remember Dad and his get-up-and-go spirit, and to make sure other people can experience the same care he did in the future. It was amazing to raise over £5,000, which

we've split between the hospice and the Royal Marsden, and it's helped us with our grief too. I know Dad would be pleased that we've had a positive mindset and fundraised to honour him and the people who looked after him so well."



Nick, Jamie, Mike and Katie at the Reading Half Marathon



Inglis Family

Our fantastic fundraisers

In these tough times your financial support and fundraising efforts are appreciated more than ever. Every time you support our hospice, you're making an incredible difference to local families in your community. Remember, the care and support you've been reading about is only possible thanks to supporters like you.

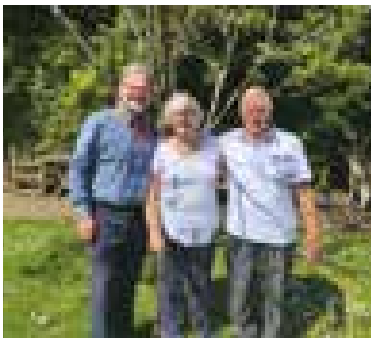
Here's what other local people have been doing to support our hospice:



Kerry Avis and her Mum Pat held a ladies' day to raise money for our hospice in memory of Kerry's Dad and Pat's husband, John, who we cared for in 2016.

"Our ladies' day was such a nice day because girls know how to have fun. It was a two-course meal with half a bottle of wine per person, and a singer performing 60s and 70s music," shares Kerry. "We had people dancing in the restaurant at 3pm!" laughs Pat. "We've had hospice care make a difference for us, now it's time for us to help care for other people," explains Kerry. "Fundraising is our way of paying back."

Kerry and Pat's ladies' day was a smashing success raising over £2,000!



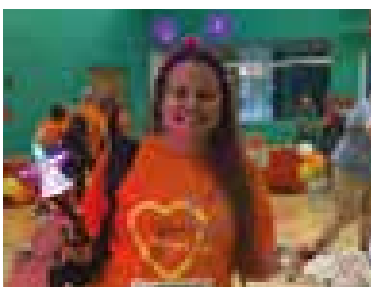
86-year-old Mike and Maureen Hooker held a plant sale to support us. Their efforts raised £9,675.

"We've been fundraising in our front garden for St Catherine's since 1986," explains Mike. "Even in lockdown we grew 2,000 tomato plants and sold them raising £2,900. We've loved every minute. At Christmas we'll be raising money for the hospice again," adds Maureen. "Our daughter will be selling Christmas decorations, door wreaths and plants. Our top fundraising tip is just to go for it - no matter how much you raise, it's worth a try."



Dave Amer shaved his hair and beard off after our nurses cared for his wife Yvonne at home. He raised over £1,000.

Dave said, "I haven't been without a beard for around 41 years so it's quite a change! When I started fundraising, I thought I'd be very happy if I could get to £500. I'm thrilled with my total and very, very happy to be able to help the hospice. It's important to me I support them and it's a wonderful way to remember my incredible wife."



Over 550 Midnight Walkers stepped out under the stars to support our hospice. Collectively, our Midnight Walkers are on target to raise £100,000. Amongst them was Elodie Chatel who took on her second 20-mile Midnight Walk.

"I'm walking in memory of my friend and other family members who've passed away with cancer" said Elodie.

If you're feeling inspired, we're ready to help with your fundraising!

Call our Fundraising team between 9am and 5pm Monday to Friday on 01293 447361, email: fundraising@stch.org.uk or visit: www.stch.org.uk/diy

"This marathon is for Dad"

Lucy is supporting our hospice by running the London Marathon this month. Here she shares why.

"This will be my sixth marathon. I knew that I'd got one marathon left in me and it's so important it's for my Dad Colin."

In my mind this is going to be my best marathon because every step I'll know I'm doing it for Dad and St Catherine's. This marathon is personal. It's to celebrate Dad and the journey we went on for the time that I was with him.

Dad was diagnosed with cancer in August 2018 and by March 2019 was admitted to St Catherine's for respite. When I found out Dad was going into the hospice I thought 'that's it.'

In the two weeks Dad was at St Catherine's the hospice made things feel normal

The first time I came to visit Dad he was in the garden in a chair. I remember watching the Grand National with Dad in the lounge too. And at about 4.30pm every afternoon we'd hear a 'clink, clink' from afar. The clink, clink, got louder and it was the jolly drinks trolley. We'd often sit and have a drink together.

Dad was scared so he spoke to the hospice's chaplain and did some meditation with them. He also loved having hand massages and petting the Pets as Therapy dog that came round the ward.

When Dad started to go downhill, the nurses made us feel like things were going to be fine

Knowing Dad was so well supported made things easier and the nurses always did everything they could to make him comfortable. They'd come in and although Dad couldn't speak at the end, they'd say, 'You alright Colin? You alright?' Yeah, yeah, lovely'.



Left to right: Lucy's sister Deena, Dad Colin, Lucy and her brother Michael at his 70th birthday

In the two nights before Dad died my sister and Dad's wife stayed in chairs by his bed, and they were really impressed by the care he received from night staff too.

On the day Dad died nurses gave us so much space to say our goodbyes

Even when I left Dad's room screaming because I couldn't deal with seeing him like that, nurses looked after me, the staff are phenomenal.

I'm doing the marathon for the people who helped Dad and who can help others

It's not really about running the marathon anymore. It's the realisation that if I can ease the pain for another family who are going to feel all the emotions I did, what better way to spend six hours? I often think how many people must have run a marathon and raised money for the hospice to help my Dad and family through what we went through and to keep the care staff where they are? The pain of losing Dad doesn't go away but if I can help others by doing the marathon I will."



Lucy with her virtual marathon medal in place of the London Marathon 2020

If you're ready to take on the London Marathon 2023 or another running challenge, please visit: www.stch.org.uk/run or call 01293 447361.

Other ways you can help St Catherine's

Your generosity has allowed us to continue to provide vital care and support through some of the most challenging times we've all faced. But there are more people who need our help. Please continue your support so that we can be here when it's needed most. Here are some other ways to help local families living with terminal illness today:



Trek the Jurassic Coast

Trek 26.2 miles, a marathon distance, along part of the stunning Jurassic Coast to raise money for our hospice. As you walk along the beautiful coastal path from Lulworth to Studland, undulating cliffs will provide stunning views over the sea and surrounding landscape.

Taking place between Friday 7 and Tuesday 11 July 2023
sign up online at: www.stch.org.uk/jurassic-coast-trek or
call 01293 447361. Various sponsorship options available.

Leave a gift in your will

We've partnered with Bequeathed, a free online will writing service, so it's even easier for you to make or update your will.

Please visit www.stch.org.uk/gifts-in-wills or call 01293 447361 for more information.

Gifts in wills are vital to our hospice and fund the care of one in four local people.

Your support, especially in such difficult times, is very much appreciated. If you've enjoyed this edition of *Matters* please consider passing it onto family, friends or colleagues so they can learn more about our work and our ambition to care for more people who need us.



I would like to make a donation:

I would like to give £ _____ (please specify your choice of donation)

My donation is in memory of: _____

My (e.g. mother, husband): _____

☐ **Tick here if they received care from St Catherine's Hospice**

Name: _____

Address: _____

_____ **Postcode:** _____

My payment details:

Please make your cheque payable to St Catherine's Hospice **OR** to give by debit/credit card please fill in your details below, thank you:

Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiry Date:

		/		
--	--	---	--	--

Please return this form to: St Catherine's Hospice, Malthouse Road, Crawley, West Sussex, RH10 6BH
OR donate by phone: 01293 447361 or online at: www.stch.org.uk/matters2022

St Catherine's Hospice will keep your details safe and secure. More information on how we use your data can be found in our privacy statement here: www.stch.org.uk/privacystatement. By returning this form, you confirm that you are aware of the privacy policy and accept how St Catherine's will handle your information. If you have any questions or if you would like to change how we contact you, please call our Supporter Services team on 01293 447361.

