

**ST CATHERINE'S  
HOSPICE**

*Special* **NEW HOSPICE ISSUE**  
**SPRING 2024**

# Matters

**WE ARE IN  
THANKS TO YOU!**

A tour of our new hospice P4-5

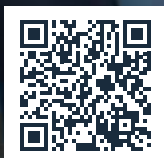
**MARRIED  
TO THE JOB**

Tim and Susie share what it's  
like to both be nurses at  
St Catherine's P12 - 13

**"I'M HONoured  
TO BE THE FIRST  
PERSON HERE"**

Reactions to our new home P3

**READ  
MATTERS  
ONLINE**



# CONTENTS

## AT THE HOSPICE

"It's an honour to be the first person here" 3

A tour of our new hospice – a picture gallery of our new home 4-5

## AT THE HOSPICE AND IN THE COMMUNITY

"I am totally amazed by the new hospice. It's mind-blowing" 6

## AT THE HOSPICE

Our new hospice allows us to provide more care - staff reactions to our new home 7

## SUPPORT US

"The land where the hospice stands is home" 8

## SUPPORT US

Our fantastic fundraisers 9

## VOLUNTEERING

"Even though I'm a volunteer I feel part of the team" 10

## IN THE COMMUNITY

"We want everyone to feel welcome here" 11

## AT THE HOSPICE AND IN THE COMMUNITY

"We get to know the person they were before they became a patient" 12-13

## SUPPORT US

Sign up for the Midnight Walk! 14

## SOMETHING FOR YOU

Crack our hard Sudoku 15

## SUPPORT US

Ways to support the hospice 15-16

Grace Holland Avenue, Pease Pottage,  
West Sussex, RH11 9SF

Telephone: 01293 447361

Email: fundraising@stch.org.uk

www.stch.org.uk

f St Catherine's Hospice, Crawley

X @StCHospice

@stcatherinescrawley



*"We are open! After 90 weeks of construction and £19.5 million raised from across our community of West Sussex and East Surrey, we are now successfully caring for people who need us from our new home on Grace Holland Avenue at Pease Pottage."*

I hope you enjoy reading this issue of Matters which is a celebration of our new hospice, a new building that would not be standing here today without the unwavering support of people like you.

Every inch of our impressive state-of-the-art facility has been made possible thanks to each and every donation we received to make it a reality.

On page 3, you can read how Peter, the first patient admitted onto our wards, felt arriving here and on page 6, you can hear what Bill, one of our first out-patients, who is enjoying regular classes in our new therapy gym, thinks of the space. Inside this issue you will also find a gallery of images (p4-5) to show you our astonishing new facilities, and staff give us their reactions too (p7 and p12).

It has been a 10-year rollercoaster journey, since the land for our new hospice was generously donated to us by the Bridges family. This kick-started our dream of a new improved building, fit for future generations. Page 8 captures how Billie Bridges feels about our new hospice.

Alongside our supporters, our incredible volunteers have been an important part of our journey, since we were founded. Read the reflections of our kitchen volunteer Jane, who tells us how she feels, helping in our new catering facilities on page 10.

It is not just the hospice we are proud of – we also have our fabulous Woodgate Hub right next door to the hospice where the local community can come together and enjoy a cuppa. Hub Manager Emma tells us more about it (p11) and encourages you to visit!

Our excellent new home is not the end of our story though as the physical environment is nothing without the important care effort itself. To make this a reality, every day we still need to raise around £20,000 to ensure that we can continue providing our vital palliative and end of life care. If you are looking for new ways to support us, we have lots of ideas for the coming months. Our flagship Midnight Walk is a firm favourite (p14), or why not sign up to our lottery (p16) and choose your lucky numbers?

Lastly let me just say a heartfelt thank you. Thank you for making this exciting new chapter a reality for St Catherine's. Most of all, thank you for continuing to support us as our future continues to rely on you.

My best,

*Giles, Chief Executive*





# "It's an honour to be the first person here"

It was an emotional day when we finally opened our doors to the first patient at Pease Pottage. It marked the last stage of our transition from Malthouse Road into our new home on Grace Holland Avenue.

The first person onto our state-of-the-art wards was Peter Griggs, who was warmly welcomed by St Catherine's Chief Executive, Giles Tomsett, Ward Manager, Shelley Goshawk, and members of our clinical team.

After settling into his room Peter said, "I was quite overcome when I arrived, it's an honour to be the first person here. The room is so lovely and spacious and I love being able to look out into the garden. It's really beautiful and very comfortable too."

**Peter spent a few days on our Meadow Ward before successfully returning home, as planned. We caught up with Peter's daughter Rhoda, who reflected on the whole experience:**

"We felt so privileged that Dad was the first patient into the new hospice. We are a travelling funfair family and coming from our background we can be discriminated against. So, for Dad to be first was quite overwhelming.

"The minute you walk through those doors it's like massive arms wrapping around you. I knew that I was safe and Dad was safe.

"Everyone has time for you, you're not just a number, you are a person. Every day the staff not only looked after Dad, they also checked I was ok. People would come and talk to us. It's not just the nurses – it's the receptionists, the chefs, the cleaners, everyone. There's not one person who isn't lovely.

"Dad's still talking about the food – he was telling a friend the other day that the food was really beautiful. Dad is a bit of a funny eater, but the chef spoke to him and checked what he wanted to eat and if there was anything else he wanted.

"My mum died last March and since then Dad said he'd not been living, he'd been existing. But St Catherine's felt like a big, lovely family and they helped to get Dad back to how he used to be. He was smiling and laughing and being himself again.



Welcoming Peter.

*"The minute you walk through those doors it's like massive arms wrapping around you. I knew that I was safe and Dad was safe."*

"We were all worried when we found out Dad was going into the hospice – it felt like the final stage, but now we know there's nothing to be scared about. It's wonderful that Dad was well enough to come home again. Even though I can't give him 24-hour care like the hospice, the staff have reassured me and given me all the details for who to contact if I have any problems. They said just to ring if there is anything we need.

"Dad still can't get over it – he tells every person he speaks to that he was the first person to be cared for in the new hospice and he says,

"How lucky was I?". He keeps saying it's like a five-star hotel!"

Peter died peacefully at the hospice surrounded by his family in January 2024. We're very grateful to them for letting us share his story, and offer our sincere condolences to everyone that knew this remarkable man.

**To make a donation towards running our new hospice please visit: [www.stch.org.uk/matters2024](http://www.stch.org.uk/matters2024)**

# A tour of our new hospice!

Now we're in our new hospice, we wanted to share some of our new spaces with you, each designed to be as homely and comfortable as possible for all those we care for.



## 1. OUR NEW HOSPICE

We're situated in the heart of the Woodgate development, making it easy for everyone to access our hospice.



## 2. RECEPTION COFFEE LOUNGE

A comfortable, welcoming space when you first enter our hospice, complete with complimentary refreshments.



## 3. SPA BATHROOM

Equipped with a hoist so people can enjoy a relaxing spa bath during their time with us.



## 4. WARD ROOMS

Each with an en-suite bathroom and private garden space, some rooms also have family areas so relatives can stay close overnight.



## 5. NURSING STATIONS

Are situated on our Meadow and Woodland wards. This means staff are easily accessible to provide help and support at all times.





## 6. FAMILY LOUNGES

Communal spaces on our Meadow and Woodland wards means families and visitors can relax, make refreshments and meet other families.



## 7. WELLBEING CENTRE

A multi-purpose space where people can socialise with others, get advice and enjoy wellbeing activities and exercise classes.



## 8. THERAPY GYM

Our therapy team use the gym to run classes, outpatients' appointments and deliver tailored rehabilitation to people staying on our wards.



## 9. REFLECTIVE SPACE

A quiet and inclusive space for people of all faiths and none, overlooking our reflective courtyard.



## 10. REFLECTIVE COURTYARD

Recently planted, our courtyard will grow into a beautiful garden. Our Memory Tree from Malthouse Road will also be moved to our new courtyard shortly.

*Want to see more of our wonderful, new spaces? Take a look at our hospice tour video, designed to help reassure people before they visit us for the first time.*

**SCAN HERE TO  
WATCH OUR  
VIDEO ONLINE**



**To make a donation towards  
running our new hospice please  
visit: [www.stch.org.uk/matters2024](http://www.stch.org.uk/matters2024)**

# "I am totally amazed by the new hospice. It's mind-blowing"

Bill McCusker was one of the first people to attend an outpatient exercise class at our new hospice. He and his wife Muriel tell us how the classes have helped and he shares his reaction to our new facilities.

*"My cancer came back to haunt me about 18 months ago. I developed a tumour on a nerve in my shoulder which made me paralysed in the arm. Initially I couldn't even open my hand or raise my hand above my head."*

*"I used to be a good golfer, but I had to give up playing which was murderous for me."*

**Initially Bill was referred to the hospice by his oncologist for pain relief. Bill's wife Muriel remembers his initial reaction:**

*"As soon as we walked out of the hospital appointment that day Bill turned to me and said, 'It's not for me, the hospice is not a place I want to be.' But after a few days he considered it because it was just for pain relief. He wasn't happy about it at first, but he came along and I've really seen how it's helped."*

**Now Bill attends regular exercise classes at the hospice and has seen dramatic improvements in his movement.**

*"My mobility has improved a lot thanks to the hospice. I am given exercises by the therapy team to do at home and I really enjoy the classes every Friday. I now have much more movement in my arm."*



Bill McCusker being interviewed.

*"After coming here I'm now able to hold a club again and play golf! I'm nowhere near as good as I used to be, but I'm getting back out there and I'm giving it a go and that's all down to St Catherine's. It's been 150 percent beneficial for me."*

*"I am totally amazed by the new hospice. It's mind-blowing compared to the hospice on Malthouse Road. The gym used to be an office with a few chairs and an exercise bike, but this is much, much bigger."*

*"The therapy team have the space and the equipment they need now - and they hope to have lots of people joining their classes and they'll have us running around in there!"*

*"I'd encourage anyone to come along and join the classes if they're given the chance. The hospice isn't a place of doom and gloom, everyone is friendly and I don't go in with blinkers on. I go in, look around and say hello."*

**Muriel has also seen the positive impact the classes have had on Bill:**

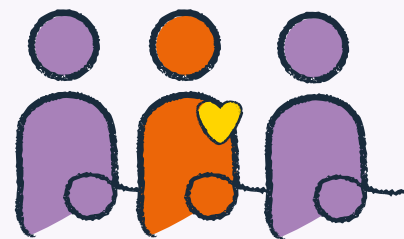
*"I've seen the difference in him. He looks forward to coming up on a Friday as he knows it's going to help him keep the arm moving. He's able to play golf again and sometimes even win a fiver! Without a shadow of a doubt, it's helped tremendously - he can do an awful lot more than ever before - and I just love getting him out the house!"*



Bill enjoying exercise classes at the hospice.



# Our new hospice allows us to provide more care



It is only thanks to your support that we have new facilities - knowing that makes them feel extra special. Here, our team share more about our new spaces.



Selena King, Spiritual Care Lead

"Our new Reflective Space is designed to be a place of peace, comfort and quiet for anyone wishing to pray, meditate or sit in quiet contemplation. We have a Wudu basin for foot washing in the entrance, which people from the Muslim faith can use before their pray and a Qibla Compass, which the Muslim community use to indicate the direction to perform prayers. There are also prayer mats, religious texts or sacred books like the Bible, Quran and Torah and artefacts from other faiths available for use."



Jenny Coombes,  
Interim Wellbeing Manager

"Our new Wellbeing Centre allows people newly referred to come into the hospice and meet the teams that will support them. We plan to increase our wellbeing sessions, and add therapeutic, educational and social sessions to our existing exercise and meditation classes. We also plan to recruit a complementary therapist and art, music or drama therapist which will help us offer more diverse support."



Jo Coltart,  
Senior Specialist Therapist

"The therapy team are delighted to have a larger therapy gym with a new treadmill, parallel bars, an exercise bike and weights. This means our team can assess each person and deliver tailored care to meet their goals and fitness levels so that they can stay mobile for as long as possible."

"Our new space will also allow us to start a drop-in gym session for patients so they can use gym equipment independently in a safe and supported environment."



Claire Treen,  
Healthcare Assistant

"One person transferred from hospital described the hospice as 'complete and utter calm.' Another gentleman didn't want to come, but after a couple of hours he changed his mind. He even came out of his room to ask for a tea and some biscuits. The homely touches, like lavender bags on the beds, make a difference too."



Judith Alfrey, Receptionist

"I love that there's a coffee lounge when people first come in and all our visitors love it too. I've always felt it's a privilege to work at St Catherine's and I like coming here - it's a lovely building."



Stephane Selvarajah, Housekeeping

"The new hospice is wonderful. I deep cleaned the ward before the hospice opened and it was exciting to do my bit. The whole team is friendly, and I really enjoy working here."

# "The land where the hospice stands is home"

Billie Bridges has an incredibly close connection to our new hospice. The land it stands on was once her family's farm. Her father generously gifted us the land to build our new home, which proudly stands on Grace Holland Avenue, named after her grandmother.

In November, Billie is taking on our 40-mile trek to Petra. She tells us why she's signed up for the challenge and how she's feeling about the new hospice.

"I was looking at how I could support St Catherine's and I have always wanted to go to Petra. I thought I could combine the trip with raising money and I don't have to organise it either!

"I've never done anything off road so the stony landscape will be a challenge. As you get older, you need to keep challenging yourself and keep fit. I'm not a sun lounger holiday person – I have to keep moving.

"I'm not a good flyer, so getting there will be tough, but doing it for St Catherine's will get me on the plane."

**A keen walker already, Billie is taking part with three friends and has recently attended a Petra training walk:**

"It was a great walk with lovely people. There was a volunteer who came along who we persuaded to sign up afterwards!

"I think walking brings out the best in people because you're out in the fresh air and it reminds you that phones and everything else don't matter. You are away from the mad world."

**Living in Pease Pottage, Billie hopes her fundraising will increase awareness of St Catherine's in the village:**

"I'm funding the trip myself and then raising as much as possible. We've already hosted an afternoon tea and a lunch, but it's not just

about Petra - I hope to run ongoing community events a few times a year and encourage more people to help on a regular basis. We've got a ladies group and a newly formed WI in Pease Pottage, so I'm keen to encourage them to get involved too.

"My family is so thrilled with the new hospice, and now that it's built, we need to make sure the fundraising continues. I want to take that mantle from my dad and get my siblings involved because it's precious to all of us.

"St Catherine's remembers the boy scout who gives £1 and the person that gives £1 million with equal sincerity. I just want to keep supporting it."

**Billie used to run car boot sales on the hospice land every Sunday and says that the location is very special.**

"For us, the piece of land where the hospice stands, is home. It's so special to us because our farm was here. My Dad has been in Pease Pottage for over 70 years, so the whole place is important to him.

"When my grandmother passed away, we witnessed that St Catherine's don't just take care of the patient, they take care of the whole family. It's special to know my family helped such an impressive facility to be here and if any of my family ever need the hospice in the future, it will be like coming home."



Left to right Sarah Toms, Kim Godwin and Billie Bridges are all trekking to Petra in November 2024.

**Tempted to take part in a fundraising event for us?** Just email: [events@stch.org.uk](mailto:events@stch.org.uk) or visit: [www.stch.org.uk/find-an-event](http://www.stch.org.uk/find-an-event)



# Our fantastic fundraisers

Thanks to the drive and dedication of incredible supporters like you, we can continue to deliver our vital end of life care. Here is just a little snapshot of some of the ways our wonderful fundraisers in the community have been helping us recently.



**Over 200 staff from Santander Consumer Finance generously volunteered their time to build a stunning garden and memory pathway at our new hospice in collaboration with Splash Projects.**

Dan Pooley, Splash Projects Designer said, "Before we began this project the site was 200 tonnes of mud! After lots of hard work, it's been a pleasure to create an area where families using the hospice can enjoy the beautiful surroundings, take in some fresh air and have a calm moment of respite and reflection."



**Mick Paget's wife Fran featured in our Christmas appeal that raised an incredible £100,000 – thank you to all who donated. Mick ran the Tilgate Park Run in memory of Fran with family and friends from his running club, The Horley Harriers. Park Run organisers dedicated the run to Fran and Mick proudly wore his orange St Catherine's running vest.**

Mick said, "I was extremely touched by the turnout of family and friends. I so appreciated all the effort people had gone through to be there to pay tribute to Fran! I want to thank everyone for their support and it is wonderful to know Fran made such an impact and helped to raise so much money for the hospice."



**Popular hairdressers in Horsham, Studio 2, selected St Catherine's as its charity of the year.**

Salon owner Mandy Masters said, "The team chose to support St Catherine's and collaborated with our lovely clients and our bank, Barclays. The whole team got behind a six-week raffle and we finished with a very successful quiz night with a mini raffle, bottle tombola and snack and cake stall. We were thrilled to raise a total of £2,729, including £1,000 match funded by Barclays. Studio 2 really believes in giving back and we were delighted to help raise money for a charity close to many of our hearts."



**Paul Teasdale is a long-term supporter of St Catherine's after close family members were cared for by the hospice. Every year since 2014 he has taken part in Run Gatwick for St Catherine's and in 2023 he also took on Run Reigate. In total, Paul has raised nearly £4,000 for us.**

Paul said, "It feels great to raise money for the hospice but I'm doing it for a reason. I've seen how well the hospice looks after people and makes them comfortable. Running for St Catherine's is something I strive to do every year now to raise as much as I can."

**If you're interested in fundraising for St Catherine's, just call our friendly fundraising team on: 01293 447361 or drop them a line at: [fundraising@stch.org.uk](mailto:fundraising@stch.org.uk)**

# "Even though I'm a volunteer I feel part of the team"

Jane has been volunteering with us for three years. She volunteers in our kitchen every weekend and is enjoying the new kitchen space. Here, she shares more about donating her time.

"Now we're settling into our new hospice, I'm finding my way around the new kitchen. It generally functions in the same way as Malthouse Road," says Jane, "although it's better for the cook and catering assistant as the storeroom is attached to the kitchen now."

"We've got a modern dishwasher and new, different coloured china mugs. We have pale blue ones for most people and yellow mugs for people with dementia. Those details are important."

**When Jane has taken water jugs onto our wards, she's been impressed by our other new facilities too.**

"Like the lovely, wide corridors so two beds can pass and the rooms and their lovely colour schemes. Since I've been involved with St Catherine's I've had three friends in the old hospice and when I was caring for my Dad at home, nurses called me to offer support. Even though I didn't need it, I knew their support was there. We're so lucky to have the hospice in our community."

**A busy kitchen means "there's always something to do" during her volunteering.**

"I load the dishwasher and clean up different kitchen equipment" shares Jane, "and generally keep things clean and tidy. Sometimes nurses or care assistants come in



Jane volunteering in the kitchen.

**If you would like to find out more about volunteering with our hospice contact our team at: [volunteering@stch.org.uk](mailto:volunteering@stch.org.uk)**

to speak to the kitchen team about a patient's needs. Last weekend a gentleman wanted an ice lolly so a care assistant came in to ask for one, and I got one from the freezer. He enjoyed it so much she came back for a second!"

**Providing people with high-quality, homecooked food is important to the team.**

"We have a board with the names of the people staying on the ward, together with any likes and dislikes," says Jane "and we cater for different religions and conditions. Sometimes if someone has diabetes, for example, we'll offer something different. Since I've volunteered at the hospice, I've shared in celebrations too. Once, at Malthouse Road, we made a birthday cake for someone we were caring for. We wheeled it

down on a trolley, sang Happy Birthday then left them the cake to enjoy."

**Jane believes volunteering "can make you a better person".**

"It's so rewarding," says Jane. "Even though I'm a volunteer I feel part of the team. The kitchen staff are friendly and welcoming and really appreciate all the volunteers."

"One of the best things about volunteering is mixing with people of all different backgrounds and helping the hospice serve the community as one brilliant team. I'm pleased I'm saving the hospice money and giving something back."

"So many people are too interested in themselves. They think they have worries but health is wealth. I would always encourage anyone who feels they can give a few hours to help St Catherine's to give it a try."



# "We want everyone to feel welcome here"

Situated next door to our Pease Pottage hospice, Woodgate Hub is a unique community space and café that helps fund our care. Here, Emma, our Woodgate Hub Manager, explains more.



Emma (second right) with her Woodgate Hub team.

Our Woodgate Hub seats more than 100 people in its café over two levels and outdoor seating overlooking the beautiful Woodgate green. The Hub also includes rooms for hire.

"We want everyone in our community to feel welcome here," says Emma. "Throughout the year we recognise different festivals and holidays. We recently marked Chinese New Year and then will welcome Spring, Easter and Eid!"

## Emma describes the Hub as "a gem" and word about this special space is spreading.

"People come in from the Woodgate development, Pease Pottage and surrounding towns. Many will stay for food and drink after the community classes that take place" shares Emma. "We have Hartbeeps baby and toddler sensory classes on Wednesdays, Over 50s Pilates on a Tuesday lunchtime, Yoga classes on Thursday evenings, Tappy Toes Toddler dance class on Fridays and Baby Ballet on Saturdays. It's a wonderful meeting place for local

groups, hospice fundraisers, and people meeting friends and family."

## Every visit to the Hub supports our hospice and all profits help fund our care.

"When people buy our homemade food or cakes, they're donating to the hospice, that's a feel-good reason to eat cake!" beams Emma. "The other day, a gentleman came to the hospice to collect his Mum's memory leaf. He brought a coffee and we explained how he was donating to St Catherine's by visiting us. He said he'll be back. Our team love talking to our customers about how important their visit is to the hospice."

"As well as customer support and our wonderful staff we're very lucky to have great volunteers. They're passionate about giving back to St Catherine's and their community."

Offering seasonal dishes and cakes and scones made in the café's five-star hygiene rated kitchen, the Hub has something for everyone.

"As well as sandwiches and paninis we're also proud to offer delicious daily soup made fresh by our team of hospice chefs" explains Emma. "Our seasonal cakes are what we're best known for. My personal favourite is our Hummingbird Cake. It's a blend of pineapple, banana, coconut and pecans and is amazing! All of Petra's (our pastry chef) cakes are incredible but her traditional Apple Pie is pretty special too. Regular customers come in and ask us 'What's the cake of the day?'. Petra is so proud to produce inspired and nostalgic bakes, she often takes traditional recipes and adds her own twist and magical touch."

"There are drinks for everyone including babyccinos and puppuccinos as the Hub is dog friendly. "We can't leave our furry friends out," smiles Emma.

**Our Woodgate Hub is open seven days a week from 9am to 4pm.** For more information and to view our online menu visit: [www.woodgatehub.org](http://www.woodgatehub.org)



If you would like to find out more about joining our fantastic team at St Catherine's visit: [www.stch.org.uk/employment](http://www.stch.org.uk/employment)

Susie and Tim together in the hospice.

*"We get to know the person they were before they became a patient"*

Married couple Tim and Susie are both nurses at St Catherine's - Tim in the community team and Susie on the ward. We asked them how the new building has affected them and what it's like to both work at the hospice.

**How did you both come to work for St Catherine's?**

**Susie:** "It was a calling! After COVID we both felt that we needed a change from our NHS nursing roles. I had dealt with a lot of palliative patients at East Surrey Hospital so I was aware of St Catherine's."

**Tim:** "We had a chat about working at the hospice and that same week, I saw a job advert for St Catherine's community team and applied. Soon after that, Susie saw the role on the ward. We ended up starting a few weeks apart - but I took the plunge first!"

**What prompted you to work on the ward or in the community? Would you ever switch?**

**Tim:** "After 20 years working on a ward, I felt switching to community nursing would be a refreshing change and a different challenge for me. It's taken me by surprise how much I love it. I didn't even know there were jobs like this out there until I looked."

**Susie:** "I like having a team around me on the ward for the camaraderie. We're like a family and we all support each other. We know what each other's going through, especially on a hard day."

I also like to know where I'm going every day - I don't like the thought of driving around and trying to find parking!"

**Is it hard to both work as hospice nurses? Do you talk about it at home?**

**Susie:** "We don't often see each other at work as we work opposite days for childcare. But it helps to know what the other person is going through. If Tim's had a bad day, I can empathise and support him. It definitely helps having someone at home who understands."



**Tim:** "Talking at home helps us to process what has happened – the bad as well as the good. Susie understands the grief that people are going through, she gets it. Sometimes you wish there was more you could do for people."

### How are you both finding the new hospice?

**Tim:** "It's great – there is much more of a family community feeling now that we are all in one building. We are all one team. I see receptionists that I never saw before because we were not based in the hospice. I like that I am seeing lots of different people and we're all coming together. It's a great building to work in."

**Susie:** "It's an amazing building. It's a clinical setting but the way it has been designed doesn't look or feel anything like a hospital ward. The nurses are a lot more visible on the ward now, so relatives can easily find us and have a chat with us."

### How has the move improved things for people being cared for on the wards?

**Susie:** "The new hospice has state-of-the-art facilities, including built-in gantry hoists in the bedrooms that are tucked away in cupboards so that they are not visible. We also have piped oxygen directly into the wards and all the bedrooms are ensuite, which helps maintain a person's dignity."

There are more spaces for families to sit and relax too. When the summer comes it will be beautiful with every room having their own garden to enjoy."

### How does the new hospice impact the community team visiting people at home?

**Tim:** "The staff in the community and on the ward are all one team. If people in the community would like to come into the hospice, then we can refer them when we recognise a person's condition is deteriorating. You want people to relax if they come in, so to come here and have this lovely environment helps them to feel



Susie with a patient.

more comfortable, and that makes a massive difference."

### What is the most challenging thing about being a St Catherine's nurse?

**Tim:** "The raw emotion. I can deal with a medical emergency, but here you also have to cope with all the emotion that people experience when they, or their loved one, is dying or has been given a terminal or life-limiting diagnosis. Sometimes you are helping one person grieve whilst another family member is feeling a completely different emotion – they could be angry, sad or scared. Some family members take longer to accept what is happening and will be in a different phase of their grief. I never know what I'm going to face, every home visit is different."

**Susie:** "We can have very sad days and caring for younger people on the ward can be hard. We had a period at the end of last year when a large number of people staying on the ward were under 60 years old. But we also see couples coming in who have been married for 70 years, and all of a sudden they are going to be on their own. Sometimes I just want to take them home with me!"

### What is the best thing about your job?

**Tim:** "I love my job! I think this is the best job in the world and I mean that wholeheartedly. I love

coming to work. I know I'm making a difference for people. That sounds corny, but it is genuinely true. I make a difference, but it's not just me, it's the whole team, it is so worthwhile."

In this job we can make time for people. If they need me for 20 minutes, I give them 20 minutes. But if they need longer, I can give them more time. Ultimately, I chose to become a nurse to help people and I feel I am doing that."

**Susie:** "I agree, it's having time to be with people compared to working in a hospital. Here we get to know the person they were before they became a patient, rather than just seeing a snapshot of how they are now. We meet so many characters from all walks of life and they often have interesting stories to tell."

I also absolutely love the team. We're very supportive of each other. And it's knowing we've helped someone in their final days. We get so many thank yous from families and I think that just says it all."





**ST CATHERINE'S  
HOSPICE**

# Midnight Walk

**Join the Midnight Walk for an unforgettable night on Saturday 8 June.**

**2, 7, 13, or 20 mile routes available. Walk, celebrate and remember together at this fun filled and heartwarming event.**



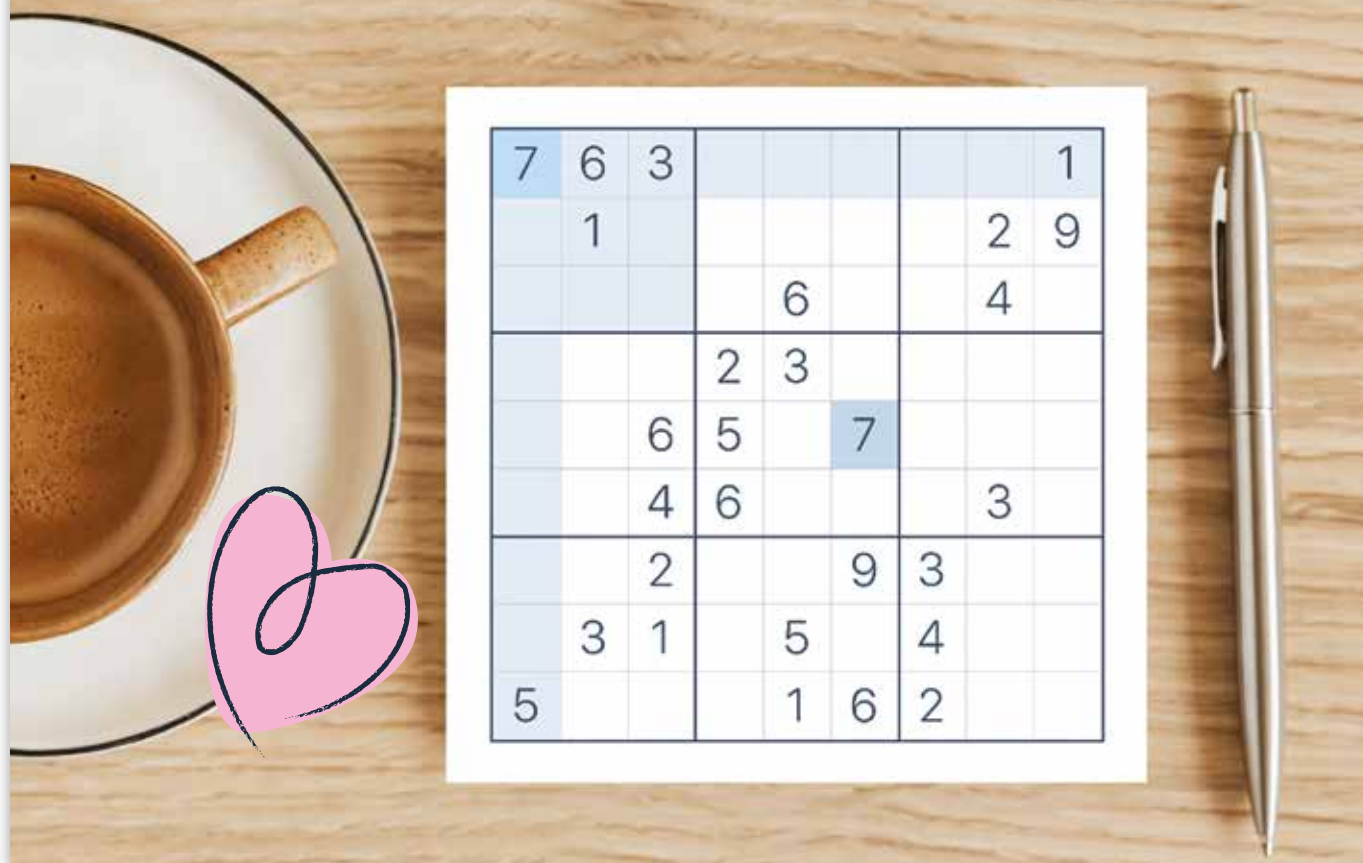
**Sign up online today!**  
**[www.stch.org.uk/midnightwalk](http://www.stch.org.uk/midnightwalk)**  
**01293 447361**  
**[events@stch.org.uk](mailto:events@stch.org.uk)**

**JOIN US!**  
**SATURDAY**  
**8 JUNE 2024**



## Love a number puzzle?

**Why not take time out to see how long it takes you to complete this sudoku puzzle?** We know how important it is to find moments of calm. So, grab a pen and go!



## Ways you can help St Catherine's

Thanks to you, we can continue providing vital palliative and end of life care to local people and their families. Below are a few different ways you can continue to support us, but if you need more inspiration, just visit: [stch.org.uk/support-us](http://stch.org.uk/support-us).

**Thank you so much!**

## Community events

Are you involved with a community event or festival? Our fundraising team are always looking for local events to work with us or choose us as their charity partner.

If you work, volunteer or even just attend an event that you think might be a good match for us, please drop our friendly fundraising team a line – they'd love to hear from you!

**Call the fundraising team on: 01293 447361  
or email: [fundraising@stch.org.uk](mailto:fundraising@stch.org.uk)**

## Put a Spring in your step for St Catherine's!

Take on a run, cycle, walk, abseil, skydive, or anything else you can think of, get sponsored and help us raise money to care for local people.

**We've got places in some new and exciting events, and there's something for everyone!**  
**Visit: [www.stch.org.uk/find-an-event](http://www.stch.org.uk/find-an-event)**

## Be a blooming hero for St Catherine's!

Your gardening hobby could help our hospice. Whether it's opening your garden, organising a sunflower growing sweepstake, or simply selling your plants and veg, we'd love you to support St Catherine's.

**Raise £100 to receive a free St Catherine's orange trowel!**

**Call the fundraising team on: 01293 447361  
or email: [fundraising@stch.org.uk](mailto:fundraising@stch.org.uk)**





## Join our lottery



You can play an important part in caring for your community by joining our weekly lottery. **For just £5 a month, you can be in with a chance of winning a cash prize of £1,000 or one of 40 runner-up prizes of £20.**

Our fantastic lottery has been running for 25 years and has raised over £15 million! You could be one of the lucky ones – sign up now! [www.stch.org.uk/play-lottery](http://www.stch.org.uk/play-lottery)



## Leave a gift in your will

Did you know that gifts in wills fund the care of one in four of the people we support? It's easy to include a gift to us in your will and all donations play an incredibly important role in ensuring we can continue providing the best end of life care, now and in the future.

**If you would like any help or guidance with your will please call: 01293 447361 or email: [giftsinwills@stch.org.uk](mailto:giftsinwills@stch.org.uk)**



### 1 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: \_\_\_\_\_

### 2 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:

Card Number:

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

Expiry Date:

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

### 3 Make your gift go further: *giftaid it*

**Turn every £1 you donate into £1.25, at no extra cost to you.**

☐ Tick here to Gift Aid your donation

Today's date: 

--	--

 / 

--	--

 / 

--	--

I want to Gift Aid my donation today 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.

**Please return this form to: St Catherine's Hospice, Grace Holland Avenue, Pease Pottage, West Sussex, RH11 9SF  
OR donate by phone: 01293 447361 or online at: [www.stch.org.uk/matters2024](http://www.stch.org.uk/matters2024)**

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/privacy-statement](http://www.stch.org.uk/privacy-statement). 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.