4 September 2017

Vacancy – Community Fundraiser

Thank you very much for your interest in the above post. This new role is a pivotal one in the development of income generation within St Benedict’s Hospice, Sunderland Ltd and we are looking to employ someone who can bring flair and innovation to the role; someone who is an experienced Community Fundraiser and who can communicate with passion to the public about the work of the hospice movement and the difference that St Benedict’s makes to patients in the Sunderland and District area.

In this pack you will find:

- Some information about St Benedict’s Hospice (Registered Charity No 101410)
- A copy of the advert for the role
- Job Description
- Person Specification
- A copy of our latest charity newsletter

If you think this is the role for you and you have the necessary skills and experience then we would like to hear from you. The salary for this role will be in the region of £22,000 but will be negotiable around skills and experience.

To apply please send us your CV along with a covering letter and personal statement that should take into consideration the requirements for the post as per the Job Description and Person Specification.

Applications, marked Private & Confidential, should be sent to Catrina Flynn, Head of Fundraising Operations, St Benedict’s Hospice & Centre for Specialist Palliative Care, St Benedict’s Way, Ryhope, Sunderland SR2 0NY. Closing date for receipt of applications is 12 noon on Friday 22 September 2017. Only those applicants shortlisted for interview will be contacted.

Yours sincerely

Catrina Flynn
Head of Fundraising Operations
St Benedict's Hospice & Centre for Specialist Palliative Care – Who We Are, What We Do

St Benedict's Hospice & Centre for Palliative Care in Sunderland offers care, advice and support for patients, and their families, who have a life-limiting illness. St Benedict’s Hospice has a long history and our experienced and professional, clinical and volunteer teams are committed to providing the highest level of care in the future. The care at St Benedict's Hospice & Centre for Specialist Palliative Care is provided free of charge to patients and their carers through the NHS as part of South Tyneside NHS Foundation Trust but the work is supported, enhanced and improved by the support given through the charity, St Benedict’s Hospice, Sunderland Ltd (Registered Charity 1019410).

THE HISTORY

St Benedict’s Hospice began informally in 1980 at Havelock Hospital in Sunderland, following a lot of hard work and campaigning by Dr Roland Ramsay and his team and officially became a Hospice in 1984; it was the first Hospice in the North East of England. It was named after Benedict Biscop who founded a hospice (place of hospitality) and monastery on the banks of the River Wear in 674AD, where St Peter’s Church, Monkwearmouth now stands.

In 1993 the Hospice became a charity and in June 1994 the Hospice moved to much improved facilities at Monkwearmouth Hospital.

In 2004 we once again need to improve and expand our services. The estimated cost of this refurbishment was £1.5 million. As we had already raised £750,000, an appeal was launched to raise the remaining £750,000. With the support of North East Hospice Lottery, pubs, clubs and various other groups and individuals in the community, the work was completed in November 2005 and officially opened by our patron, the Duchess of Northumberland on 14th November 2005.

St Benedict’s Hospice & Centre for Specialist Palliative Care was relocated to its current site in Ryhope in 2013. This new facility has 14 single en-suite bedrooms which all have access to outside space. In June 2013 hundreds of people from across the region took the opportunity to visit the new Hospice during our open days,
enjoying guided tours of the facilities and learning about the services available to our patients.

**WHAT WE DO**

Palliative care aims to provide relief from suffering and improve the quality of life for both patients and their families. It takes an holistic approach, acknowledging that suffering is more than physical distress, and recognising that the patient requires a combination of physical, psychological, social and spiritual care.

Palliative care is delivered by two distinct categories of health and social care professionals:

1. The patient’s and family’s usual carers i.e. district nurse, GP, care home and hospital staff. This level of care can be described as general palliative care. It is a vital and integral part of everyday clinical practice.
2. Professional carers who specialise in palliative care. Specialist palliative care services are provided for patients and their families where there is a moderate to high complexity of need. The services provided at and from St Benedict’s Hospice and Centre for Specialist Palliative Care, fall into this category. The specialist palliative care team provide a service to the population of Sunderland and some bordering localities.

Patients may be referred to the service with a malignant disease (cancer) or with progressive illness where the prognosis is limited (e.g. chronic chest disease, renal disease, heart failure, neurological conditions) and the focus of care is on the quality of life. Referral will be with the full knowledge and agreement of the patient, doctor, and nurse in charge of the team undertaking the patients care and management.

**THE TEAM**

Our team is made up of a range of health and social care professionals working together to provide services to meet your individual needs. This includes Doctors, Nurses, Physiotherapists, Occupational Therapists, Chaplain, Pharmacist, Psychologist, Complementary Therapist, Art Therapist, Social Worker, Bereavement Counsellor and a Hairdresser. All the above are supported by the administration and ancillary teams, and volunteers.

Services within St Benedict’s Hospice & Centre for Specialist Palliative Care include:

- In-patient unit
- Day services including a range of therapies
- 24-hour advice line
- Specialist palliative care nursing service
- Lymphoedema service
- Out-patient clinics
- Medical community visits
- Out of Hours palliative care nursing service
- Education

THE CHARITY – ST BENEDICT’S HOSPICE, SUNDERLAND LTD
St Benedict’s Hospice & Centre for Specialist Palliative Care is funded and managed by the NHS and is supported by St Benedict's Hospice Charity who provide funding to enhance these services.

Examples of these services include:
- Complementary Therapy service
- Rehabilitation Assistant
- Bereavement Counsellor
- Education Lead
- Family Support Worker
- Art Therapist
- 2 part-time doctors
- Support of Occupational Therapy
- Patient Transport Service
- Equipment, furniture and other items that provide patient comfort, support and dignity
- Equipment and services to support children and young people through a bereavement

We also provide furniture and equipment such as specialist beds, ensuring patients have, for example, the correct mattress, to guarantee the best of care and comfort and items of decor that give a homely feel to the rooms so patients and their loved ones can relax in a tranquil environment.

The Hospice provides the very best of care to our patients when they need us most, ensuring that all patients can live their lives to the full in the unique and homely surroundings of St Benedict's Hospice.

The charity is made up of a small team led by a voluntary Board of Trustees. Day to day operation of the charity is led by the Head of Fundraising Operations who is supported by a hard-working team of 2 admin staff and volunteers.

OUR RETAIL DIVISION
St Benedict’s Hospice has several shops that raise money to support patient care and we welcome donations of excellent quality second-hand items and unused items that we can sell.
We have 3 traditional charity shops that are open 6 days a week. Jam packed with clothing, accessories, ornaments and many, many other items, they are the place to go to grab a bargain knowing that at the same time you will be helping the charity to support patients and families in the Hospice. You will find these shops at 54-56 Sea Road, Fulwell, Sunderland SR6 9BX, 137 Chester Road, Sunderland SR4 7HS and at 13 Front Street, Hettón le Hole, Tyne & Wear DH5 9PE. We also have a high quality used furniture and homewares store 92 Ryhope Street South, Ryhope, Sunderland SR2 0AB, where you can grab bargains for the whole home. There are a wide range of furnishings available along with bric a brac and other homewares.

OUR TRANSPORT SERVICE
The charity operates a Transport Service which, through its fleet of 3 vehicles, provides a flexible transport service across all hospice services. With three members of staff and a small but dedicated team of volunteers they offer transport to patients and their families 5 days per week.
COMMUNITY FUNDRAISER

We are looking for an enthusiastic and well-organised Community Fundraiser to join our small but busy team here at St Benedict’s Hospice, Sunderland.

You will be responsible for increasing income for the charity by assisting with third-party events, recruiting participants in externally organised sponsored events and our own internally organised events and encouraging schools, groups, SMEs to adopt the hospice as their chosen charity, working with them to maximise their fundraising potential. You will have responsibility for the development of current campaigns such as our Sunflower Appeal and Dedication Tree and will be expected to contribute to the development and implementation of future campaigns.

You should have experience in a similar role and have the confidence and personality to work with a wide range of supporters and potential supporters such as beneficiaries’ families, volunteers, schools, SME’s, community & social groups and event participants.

You must be able to multi-task, be a self-starter, have strong interpersonal and communication skills along with excellent admin, IT, database and Social Media skills and have strong empathy with the aims and objectives of the hospice movement.

This is a new role within the Charity and will give the post holder the opportunity to develop their talents and skills. A mix of office and home based, it is a full-time post but one which offers flexibility around working hours as it will require the post holder to plan their working week around the needs of the role. Salary will be negotiable depending on skills, knowledge and experience.

If you are interested in this post and believe you have the necessary skills and experience to hit the ground running then please contact us on 0191 512 8436 for an application pack or email catrina.flynn@stft.nhs.uk alternatively a pack can be downloaded from our website at www.stbenedicts.co.uk

Closing date for applications will 12 noon on Friday 22 September 2017

We are committed to equality of opportunities and welcome applications from all sections of the community. Registered Charity No 1019410.
Job title: Community Fundraiser

Reports to: Head of Fundraising Operations

Job Purpose/Summary
To build and develop fundraising relationships in the community, by providing excellent stewardship and support to our fundraising groups and volunteers, in order to increase income and awareness of the work of the hospice in the local community.

DUTIES & RESPONSIBILITIES

Maintain and develop the Fundraising Group and Volunteer network
- Identify, research and form new fundraising groups in the community
- Provide excellent stewardship and on-going support and motivation to a network of fundraising groups
- Create and deliver an annual fundraising volunteer recruitment plan to grow numbers of volunteers in dedicated roles (i.e. volunteer helpers, volunteer collecting can collectors)
- Induct, train and manage fundraising volunteers

Build and maintain strong fundraising relationships
- Provide support to existing third party supporters, encouraging repeat or on-going activity
- Proactively seek new third party support in the local community
- Build relationships with local community groups and give talks where possible to encourage their support and adoption of St Benedict’s
- Represent the charity confidently in a range of formal and informal settings
- Support event participants to achieve their targets
- Provide excellent supporter service to members of the public, via phone, mail and in person, and encourage their support
- Promote fundraising activities to new supporters including workplaces, schools/universities and clubs
- Provide fundraising support to local branches of companies supporting St Benedict’s at a local level
- Build relationships with St Benedict’s shops staff and volunteers and support their initiatives
- Build relationships with the local media including press, radio and digital, to gain coverage for St Benedict’s
- Proactively use the fundraising database to develop and manage supporter relations
- Work with all hospice and charity staff to increase awareness of and support for fundraising activities.
- Maintain a good, up to date working knowledge of hospice service provision
Promote and organise key campaigns
- Manage all public collections and the collection tin campaign at a local level
- Manage the agreed community fundraising element of hospice campaigns such as Sunflower Campaign, Christmas Campaigns

Deliver the income target
- Contribute to and deliver against annual budgets, targets and plans
- Monitor on-going performance against agreed plans
- Provide timely updates on performance and produce a monthly fundraising report
- Contribute to the preparation of annual budgets and plans

Administration
- Working with the Database Officer and the Finance Officer ensure that accurate and up to date financial and supporter records are maintained
- Providing reports and information about activity, performance, supporters, volunteers etc as necessary and upon request
- Work within policies, procedures and adhere to legal frameworks

Research and Development
- Keep abreast of hospice related news and topical issues
- Keep abreast of changes in data protection issues and legal requirements
- Keep abreast of changes within the Sage package used and ensure their implementation where appropriate
- Continually look for ways to improve the quality of the service provided to supporters

Freedom to Act
- Work with minimum supervision, using their own initiative, Line Managed by the Head of Fundraising Operations

EFFORT & ENVIRONMENT

Physical
- Light to moderate physical effort

Mental
- Prolonged concentration is required
- Dealing with telephone enquiries, requests from trustees/volunteers/staff members and taking donations from visitors can require switching activity.

Emotional
- Exposure to distressing or emotional circumstances can happen on a regular basis

Working Conditions
- Rare exposure to unpleasant working conditions

Data Protection and Confidentiality
- All employees have a responsibility to maintain confidentiality and ensure the principles of the Data Protection Act 1998 are applied to patients, staff, volunteers and Hospice business information, including electronic information. Only information required to fulfil the duties of the role should be accessed by the post holder
• All employees have a responsibility to use electronic systems in a way that preserves the dignity and privacy of people, helps to ensure services of the highest quality, and is compliant with the law and Hospice policies and procedures.

**Health and Safety**
• All reasonably practical steps to ensure the health, safety and welfare of its employees while at work will be taken.

**Safeguarding**
• All employees have a responsibility for, and are committed to, safeguarding and promoting the welfare of children and vulnerable adults and ensure they are protected from harm.

**Infection Control**
• All employees have a responsibility to ensure the risk of infection to themselves, colleagues, patients, relatives and visitors is minimised by:
  ▪ Attending mandatory training and role specific infection prevention education and training
  ▪ Challenging poor infection prevention and control practices

**Equal Opportunities**
• We welcome all persons without regard to race, religion or belief, age, gender re-assignment, sex, sexual orientation, pregnancy or maternity, marriage or civil partnership, physical or mental disability
• We aim to provide services in a manner that enables all members of the community to access them
• Employees must behave in a non-judgemental manner that respects the differing needs and cultures of others

**Notes**
• This job description is not intended to be an exhaustive list of duties and responsibilities of the post and the post holder may be requested to carry out duties appropriate to the grade of the post
• The post may change over time to meet organisational/personal requirements, and this job description may be changed after consultation with the post holder
• Flexibility in the hours worked will be essential to meet the business needs of the charity
• No overtime will be paid in this post, however time of in lieu for hours worked over the contracted hours may be taken in line with current policies and procedures
• The post holder shall perform their duties at any other reasonable location to which they may be directed from time to time by the charity

**General**
In addition to the specific duties and responsibilities outlined in this job description, all charity employees should be aware of their specific responsibilities towards the following:
• The charity operates a no-smoking policy. The post holder should either be a non-smoker or be prepared not to smoke in any charity premises, grounds or vehicles or when on charity business outside the office.
• Adhere to all health and safety and fire regulations and to co-operate with the Charity in maintaining good standards of health and safety.
• Adhere to all charity policies and procedures at all times
• Uphold ethical and professional standards and not behave in a manner that is likely to bring the Charity into disrepute.
• Demonstrate a commitment to on-going registration requirements or any national professional or occupational standards associated with the role.
• Demonstrate a commitment to on-going learning and development and to participate in any training relevant to the role.
### Person Specification

**Job title: Community Fundraiser**

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<thead>
<tr>
<th>Criteria</th>
<th>Essential</th>
<th>Desirable</th>
<th>How assessed</th>
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<tr>
<td><strong>Skills / Abilities</strong></td>
<td>Able to provide good stewardship to supporters</td>
<td>Supervisory skills (e.g. volunteers)</td>
<td>CV / Interview</td>
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<td>Able to prioritise planning and organise own workload</td>
<td>Able to work to targets, plans and budgets</td>
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<td>Good verbal and written communication skills</td>
<td>Use of customer relationship/fundraising database</td>
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<td>High level of computer literacy</td>
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<td>Able to build and maintain good working relationships with people</td>
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<td>Ability to work on own initiative</td>
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<td><strong>Knowledge</strong></td>
<td>Knowledge of fundraising activities</td>
<td>Has conducted local event marketing/PR</td>
<td>CV / Interview</td>
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<td>Understanding of general office systems and procedures.</td>
<td>Good knowledge of the Sunderland &amp; district area</td>
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<td>Awareness of how to motivate and support people</td>
<td>Understanding of the Charity sector</td>
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<td>Knowledge of and empathy with the work of the hospice movement</td>
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<td><strong>Qualifications, training and education</strong></td>
<td>Five GCSE’s (grade C or above) or equivalent, including English and Mathematics OR</td>
<td>Educated to A level standard or equivalent</td>
<td>CV / Interview</td>
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<td>Demonstrable literacy and numeracy</td>
<td>Holds a relevant professional qualification or willing to work towards this</td>
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<td>Member of a relevant professional body</td>
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<td><strong>Experience</strong></td>
<td>Previous contact with the public (face to face or phone)</td>
<td>Experience of setting and working to budgets, targets and plans</td>
<td>CV / Interview</td>
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<td>Has raised funds in a community setting on a paid or voluntary basis or has worked in a related</td>
<td>Experience of recruiting and managing volunteers</td>
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<td>Discipline (e.g. PR, marketing, sales, project management etc.)</td>
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<td>Has worked as part of a team</td>
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<td>Has arranged or participated in some local fundraising activity</td>
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<td>Other requirements</td>
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<td>Full driving licence and use of car</td>
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<td>Need to work frequent evenings and weekends</td>
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Marathon Man

Inspirational grandfather, Richard Wilson, who had never run at all until his diagnosis for cancer, has set himself a challenge of running five consecutive marathons during April to raise funds for St Benedict’s, a cause close to his heart. Richard, 63, who is now a keen runner, is taking on the arduous back-to-back marathons he’s dubbed the ‘5alive’ challenge.
Richard, a member of the Sunderland Strollers running club, had never run before his diagnosis for Non-Hodgkins Lymphoma five years ago. Said Richard, of Barnes, Sunderland: “The diagnosis came as quite a shock and I thought I’m going to get as fit as possible because I knew I’d be having quite a few hospital appointments. I started off walking and went out a couple of times by myself on the track when someone suggested I come along to the Strollers. I thought I can’t do that, I’m not a runner. Then I stuck at it and I just kept on improving.”

Today no one can say Richard isn’t a runner. He’s completed several marathons and the gruelling Lakeland 50 ultra - and has lost two stone along the way. He’s currently on a ‘watch and wait’ list for his cancer and his consultant’s advice has consisted of: ‘carry on doing what you’re doing’. Now, to celebrate five years of good health since his diagnosis, Richard’s challenge will tackle the London Marathon on April 23 followed by four local consecutive marathons, over a five day period. In keeping with his five theme, he aims to raise £5555.55 for the hospice with wife, Denise, and their five children and five grandchildren cheering him on all the way.

“I’ve gone from a place of shock and fear to where I am today. I put it down to prayer, running and diet.” said Richard. “I wanted to do five challenges as it’s five years since my diagnosis and running this many marathons one after another is something I’ve never done before. It’s a big challenge. I’m excited but nervous too.”

The couple, who still help out at the family business, Wilsons Convenience Store, recently renewed their marriage vows after 28 years of marriage and asked for donations to be made to the hospice in lieu of gifts. The pair, who worship at Hope Church, in Sunderland, met after both being widowed and went on to adopt each other’s children.

Richard’s connection with St Benedict’s Hospice goes way back to when his first wife, Susan, died in the hospice from breast cancer. Susan’s parents also worked for the hospice.

Catrina Flynn, Fundraising Manager said: “We’re really grateful to Richard for setting himself these marathon challenges to raise funds for us. He’s done fantastically well to keep himself so fit and well and to run these marathons back-to-back will be a great achievement.”

Go Dad Run

Staff and patients were excited to greet athlete Colin Jackson when he visited the hospice recently. Colin is the founder of Go Dad Run, a series of countrywide 5k and 10k runs designed for men and boys which raise money and awareness around male cancers. We were lucky enough to be chosen as the local charity partner for the Sunderland races in April and Colin very kindly came along to see us.
June is National Hospice Sunflower Month and like many hospices throughout the UK we will be celebrating hospice care and remembering loved ones with sunflower themed events, the sale of sunflower merchandise and dedicating sunflowers to the memory of those we have loved. Here is a taste of some of the things we will be up to and we hope you will take part or perhaps even organise some things yourselves:

Celebrate Happy Memories – Remember a loved one by dedicating one of our colourful sunflowers to them (details on leaflet enclosed). In return for a donation we will place the name of someone special to you on a special sunflower which will then be displayed throughout June in our Sunflower Planters in the Hospice gardens.

Sunflower Memories Afternoon Tea – We will be hosting our popular annual Sunflower Memories Afternoon Tea at the Hospice on Saturday 24th June between 1pm and 4pm. Join us for a wander around our range of stalls, meet some friends for a chat, enjoy a cuppa and a cake. If you have remembered a loved one by placing their name on a sunflower in the display, then it will be your opportunity to see it and take it away to plant in your own garden if you want to.

If you can’t make it to our Sunflower Afternoon Tea then why not host a Sunflower Afternoon Tea of your own sometime in June? Invite some friends round and ask them to bring some cakes with them then everyone donates for refreshments. Make it a colourful event by decorating around a sunflower theme on the day. It really is simple and you can do it at home; at school; in work or out in the community in your local church, community hall, social club or sports venue.

Sunflower Appeal Prize Draw – We introduced our Sunflower Appeal Prize Draw for the first time in 2016 and it proved to be very popular. So much so we are repeating it again this year with an opportunity to share in some cash prizes totalling £1,750. If you are receiving this newsletter through the mail you will have received two books of raffle tickets with it (unless you have asked us not send you raffle tickets). Each book contains ten tickets which are just 50p each and we would love you to take part in this draw by buying the tickets yourself or perhaps, if you are able, selling them to friends, family or colleagues.

The draw will be made at our Sunflower Memories Afternoon Tea on 24th June and all completed counterfoils need to be returned to us by 20th June so that we can enter them in the draw. If you have not received raffle tickets with your newsletter or would like some more books, then please give us a call on 0191 512 8436 and we can send them out to you or they can be picked up from the hospice or from any of our Hospice shops.

If you don’t want to take part in the Prize Draw then simply return the tickets to us by post in the envelope provided or hand them into the hospice or any of our shops. If you would like us to never send you raffle tickets in future newsletters then please let us know by popping a note of your name and address in with the returned tickets or give us a call on 0191 512 8436 or email fundraising@stbenedicts.co.uk and we will mark our records accordingly.
Bev Connolly was just 47 when she died at St Benedict’s in January 2016 following a very lengthy illness but just before she died Bev set a challenge to her good friends Paula Lydiatt and Marguerite Harvey – she wanted them to go out and raise money to pay for the new scanner at the hospice – a mere £14,000!

And so was born #TeamBev. A team who were so motivated to realise Bev’s wishes that they went out there and smashed that target – they raised over £23,500.

In only eight months, the team undertook 16 challenges, including the Kielder Night Marathon, London Marathon, children’s bike ride, the Junior Great North Run and adult Great North Run, cycling the Coast to Coast, walking the Pier to Pier and navigating the Three Peaks. The team also enjoyed several social events from race nights to afternoon tea. The teams fluctuated in size for each challenge with as many as 50 people joining the challenge at times.

Marguerite, of Houghton-le-Spring, said: “We’ve been really touched by all the support we’ve had and we’re so delighted we’ve raised more than enough for a scanner.”

“When Bev needed any investigative treatment she always had to leave the hospice and go to hospital and she hated that, so hopefully the scanner will mean more people can stay in the hospice instead of having to travel for treatment.

Bev was such a lovely person and there were more than 400 people at her funeral. We all wanted to do this for Bev, Paul and the boys and they’ve joined us along the way. It’s been a phenomenal team effort.”

The team was backed by Bev’s husband Paul, her stepson, Liam, and sons Jamie, and Oliver. They also had amazing support from Houghton Rugby Club where most of the social events took place.

Bev had worked as a special needs teacher for Springboard and worked closely with Houghton Kepier School as well as other schools and colleges in the area. She was diagnosed with breast cancer in 2005 and following treatment did go into remission. She was later diagnosed with a brain tumour in January 2014.

One of her last wishes was for the team to raise £14,000 for a scanner for the hospice. The additional money the team raised will go towards training as well as support for other equipment in the Day Care and Inpatient Units.

Catrina Flynn, Fundraising Manager at St Benedict’s Hospice, said: “Bev was a truly beautiful person and is much missed by those who knew her. When she told me she was setting this challenge for her friends and family I was amazed but I never doubted for one minute they would do it. The love of all her friends and family shines through. We’re really grateful and proud that the team raised so much on her behalf. The new scanner is making a huge difference to so many people.”
A casual remark by a patient led to a visit from one of Santa’s helpers in the run up to Christmas and it certainly stopped everything in its tracks.

Derek Potts knew he was dying in late November 2016 but asked the Chaplain if he could “have a bit of Christmas before I die”. A table was placed at the bottom of his bed which displayed a small Christmas Tree with lights and decorations along with figures of Mary, Joseph and Jesus. There was an assortment of Christmas Carols to be played throughout the day and children from St Paul’s C of E Primary School in Ryhope came to sing for Derek, who was so overcome that the children had made a special effort just for him.

Staff and volunteers from the Day Care Service dressed up in an impromptu fashion as choristers and came along at lunchtime when the Christmas story was read and prayers were said.

Derek was delighted with everyone’s efforts and casually said in conversation how he would love to see all the lights lit up on the Christmas Tree outside and some reindeer in the gardens. One of the nurses, Diane Quin had a contact at Richardson’s Garden Centre in Cold Hesledon, who happen to have one of the country’s largest reindeer herds, and a few days later Derek woke from an afternoon nap to find a reindeer, not in the garden, but actually in his room. Pancake the reindeer had come in through the patio door to meet Derek personally.

Derek fed the reindeer and was amazed at its stature and the size of its antlers, he said it was a magnificent creature. Pancake’s visit stopped everyone in their tracks and when he had finished visiting Derek he took a walk around the grounds and in through the front door along to Day Care where even more patients were thrilled to meet him.

Thank you so much to St Paul’s School and Richardson’s Garden Centre who helped to make Derek’s final days most memorable for him, his family and all the Hospice community.
Challenge Yourself - Join Team Benedict

Team Benedict would love more members. Team Benedict is a team full of people just like you – people of all ages, shapes and sizes who take on a challenge. This challenge could be taking part in an event like the Great North Run or the London Marathon or it could be giving up smoking or losing weight or shaving your hair or jumping out a plane. Team Benedict is getting bigger all the time but it would love you to join it.

Here are a few ways that we can help you join Team Benedict but if you have an idea for something that is a challenge for you just give us a call to let us know and we can send you out sponsorship forms and anything else you need to help you with it.

• Run Sunderland Festival 7th May – The Siglion Sunderland City 10k and Half Marathon Events

We are delighted to be the official charity partner for these events for both 2017 and 2018 and it is an honour to be working with the team at Events of the North on events that are based here in our very own City of Sunderland. We would love to hear from you if you want to take up one of our charity places in either the 10k or Half Marathon events or if you have your own place already – let’s fill the streets of Sunderland with Team Benedict vests on Sunday 7th May. World Record breaking athlete Paula Radcliffe is taking part in this years’ half marathon so you may even see her as she runs past you.

• Simply Health Great North 10k – Gateshead 9th July

Join Team Benedict at this increasingly popular event which starts and finishes at Gateshead International Stadium and takes a riverside route along the banks of the Tyne. Organised by the team that put together the international Great Run events, it is the perfect event if you don’t feel you’re quite up to the half marathon or full marathon distance but still want to challenge yourself.
• **Junior Great North Run – 9th September**
  A perfect opportunity for younger people to join Team Benedict - The Junior Great North Run is for those aged 9 to 16 and is a 4k run for girls and boys that starts and finishes on Newcastle’s Quayside. Limited number of places available so be quick.

• **Simply Health Great North Run 2017 – Newcastle to South Shields – 10th September**
  Be part of Team Benedict at this, the world’s greatest half marathon. Join 57,000 other participants as they pound the streets for 13.1 miles. Help to get Team Benedict noticed in the mass of runners, you may even make it on to the BBC live coverage of this most exciting of events. We have a limited number of charity places available but would also love to hear from those who have their own place and would like to join Team Benedict.

• **Skydiving – Shotton Colliery – Flexible dates available**
  If you have a burning ambition to jump out of a plane at 10,000ft then we can help you do it. We can book dates to suit you, so perhaps you would like to celebrate a special birthday or anniversary or commemorate the life of a loved one by doing this – just get in touch we’ll sort it for you.

Membership of Team Benedict is not just about running or jumping, it can be about swimming, climbing, walking or anything at all really that is something that is a challenge for you. If you would like to know more about any of the things mentioned above or you have an idea of your own then give us a call on 0191 512 8436 or email us on fundraising@stbenedicts.co.uk and we will get you on the road to being part of TEAM BENEDICT.

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**Make a Will Month**

If you’ve thought to yourself at some point “I really need to get a Will sorted out”. Then June is the perfect time to do it, during our Make a Will Month Campaign. For a suggested donation to the Hospice of £75 for a single Will or £100 for a joint Will you could get one sorted out with one of the local participating solicitors. If you are interested please give Fundraising a call on 0191 512 8436 or email fundraising@stbenedicts.co.uk and we will give you more details.
Lymphoedema Service at St Benedict’s

In our last newsletter we spoke about the service provided by our Specialist Palliative Care Nursing Team. Another service that is housed within the hospice building is our Lymphoedema Clinic, which is located in the Outpatient Suite.

This is a very busy service which currently has over 1000 people on its books and the aim of the staff team within the clinic is to offer patients living with this condition individualised care whilst maintaining dignity, privacy and informed choice.

Dying Matters - What can you do?

The 2017 Dying Matters Awareness Campaign will be held from 8th to 14th May and the theme for this year is “What Can You Do?” This aims to expand on conversation about dying, death and bereavement and get people actively planning and helping those who may need extra support.

This year’s resources give practical advice on what you can do for yourself, for your family, for your friends and for your wider community in times of grief and bereavement.

To find out more about Dying Matters and their mission to help people talk more openly about dying, death and bereavement and to make plans for the end of life visit www.dyingmatters.org.

For yourself
- Make a will
- Plan your funeral
- Decide future care wishes
- Consider organ donation

For your family
- Encourage conversation
- Discuss once you/they have made plans
- Offer support
- Share digital legacy detail

For your friends
- Offer to help with shopping or household chores
- Offer a lift if needed/able
- Suggest meeting for a drink
- Remember it is okay to not know what to say

For your community
- Volunteer at a local hospice or charity
- Offer to help with daily tasks
- Start or get involved with support groups
What is Lymphoedema?

Lymphoedema is a long-term condition that causes swelling in the body’s tissues. It can affect any part of the body, but usually develops in the arms or legs. It develops when the lymphatic system doesn’t work properly. The lymphatic system is a network of channels and glands throughout the body that helps fight infection and remove excess fluid. The main symptom of lymphoedema is swelling in all or part of a limb or another part of the body. It can be difficult to fit into clothes, and jewellery and watches can feel tight. At first, the swelling may come and go. It may get worse during the day and go down overnight. Without treatment, it will usually become more severe and persistent.

Lymphoedema is caused by a problem with the lymphatic system, a network of vessels and glands spread throughout the body. The main functions of the lymphatic system are helping fight infection and draining excess fluid from tissues. Lymphoedema is thought to affect more than 200,000 people in the UK. There are two main types:

- **Primary lymphoedema**, which is rare, is caused by faulty genes that affect the development of the lymphatic system; it can develop at any age, but usually starts during infancy, adolescence or early adulthood.

- **Secondary lymphoedema**, is much more common and is caused by damage to the lymphatic system or problems with the movement and drainage of fluid in the lymphatic system; it can be the result of an infection, injury, cancer treatment, inflammation of the limb or a lack of limb movement.

How we help

At St Benedict’s our Lymphoedema Team offer a personalised service to patients at our clinic which is open 9am to 5pm Monday to Friday and treatments are delivered by specialist nurses.

An initial assessment visit can take up to two hours and during this time the team will take a full history from the patient to ensure they receive the most appropriate treatment for them. Once the assessment of the patient’s condition is completed the team will advise on the four elements that make up the treatment of the affected areas:

- **Skincare** – advice on skincare and how to protect from injury and infection
- **Massage** – to help move lymphatic fluid a form of self-massage will be taught
- **Exercise** – patients are shown basic exercises to follow at home to help keep joints supple and help to move fluid
- **Containment** – if appropriate patients may be fitted with a compression garment that needs to be worn every day

Other treatments include kinesio taping, manual lymphatic drainage and a specialist course of multi-layer lymphoedema bandaging.

Follow up appointments will then be made to ensure that the treatments being used are making a difference and enabling patients to cope with their condition.
Thank you - Some of the ways you have made a difference in the last few months

The donations we receive are always used to support direct care to patients and families who use the different services within St Benedict’s Hospice & Centre for Specialist Palliative Care. At the charity, we are asked to fund so many different things so here are a few examples of the way your donations have been used over the last few months:

- Purchase of many different pieces of specialist equipment for use by Day Services, In-patient unit and staff working in the community that will improve and enhance patient care. Some of these items cost just a few hundred pounds, others many thousands of pounds but each and every one is a piece of equipment funded by our supporters and would not have been available without this kindness.

- Employment of services of part-time Roman Catholic Chaplain to enhance the spiritual support our chaplaincy team is able to give to patients and their families when required.

- Purchase of toys and equipment to support bereaved children who are working with our staff and counsellors.

- Contract for landscaping work for our extensive garden grounds which give a lot of peace and pleasure to patients, families, visitors and staff. We look forward to working in the coming months with Shaw Trust in Seaham who were awarded the contract as this will also help to provide employment opportunities for people with disabilities.

- Hair and beauty equipment and sundries to enable staff to help patients maintain personal care and feel better about their self-esteem and body image.

These, along with so much more, would not be possible without all of you, our donors. So, on behalf of all staff, volunteers, families and patients THANK YOU! You have made a difference and we hope you will continue to support us long into the future.

Keeping in Touch with You - We Hope You Like Hearing from Us

We do hope that you enjoy receiving our newsletter and find its contents of interest. At the moment, we only produce our newsletter twice per year and currently have no plans to increase the frequency.

With that in mind we would like to assure you that we never sell or pass on our database details to third parties, we purely use the details we hold about you for our statistical, financial and marketing purposes and you can be confident that we hold all information securely and in accordance with the Data Protection Act 1998.

If you no longer wish to receive newsletter mailings from us, then please let us know by calling the Fundraising Team on 0191 512 8436 or email us on fundraising@stbenedicts.co.uk and we will update our records accordingly.
New Charity of the Year Relationship

We are looking forward to working with the EE Call Centre in Doxford Park over the next year as they have chosen St Benedict’s as their Charity Partner for this coming year. The partnership will involve lots of fundraising activities as the workforce aim to reach their target of £12,000 but it will also offer lots of opportunities for volunteering as the Company encourages staff to do volunteering days within the community. Thank you so much to all the staff at EE for voting for us.

Please Join One Wish Hospice Lottery to Support Four Hospices in the North East

One Wish Lottery supports four hospices in the North East – St Benedict’s, Sunderland; St Teresa’s, Darlington; St Cuthbert’s, Durham and the Butterwick Hospice in Bishop Auckland. For just £1 per ticket you could share in the weekly prize fund of £1725 secure in the knowledge that you will be helping to support patient care here in the North East. To find out more call 01325 288484 or visit www.onewish.net.

Volunteers Needed - Could You Spare a Few Hours Each Week?

We are looking to increase our volunteer capacity within our retail shops, our Bistro/Gift Shop and also in our Patient Transport Service. If you are interested in knowing more please give us a call on 0191 512 8436 to request a Charity Volunteer Application Pack.
Thank You

There are so many people out in the community working hard to support St Benedict’s. Here are just a few of things that have happened over the last few months. Thank you to each and every person who helped and supported in whichever way they could.

• Family and friends of the late Tracey Brew organised a great evening recently at The Roker Hotel, called Wish you Were Here. Fundraising in her memory, they worked hard to support St Benedict’s and The Bobby Robson Foundation and we have received in excess of £5,000 so far with fundraising continuing as the team aim to make Wish You Were Here an annual event.

• Dave and Amanda Ellis are continuing to be well on target to raise their hoped for £10,000. Following on from Dave’s Austrian Iron Man Challenge just over £3,000 was raised from a recent fundraising evening and plans are in place for friends running the Great North Run and jumping out of aeroplanes.

• Well done to the drivers from Stagecoach Buses, Sunderland Depot. They organised their annual Fancy Dress Christmas Fundraising event and raised a total of £2,700 which was split between St Benedict’s Hospice, The Alzheimer’s Society and the For Will Fund at Muscular Dystrophy UK.

• The beautiful Jayne Woodhouse is always in the memory of those who knew and loved her and the Smiles4Jayne Appeal along with Sunderland City Juniors Football Club made a wonderful donation of £7,000 in honour of Jayne.

• Thank you to everyone who visited our Dedication Tree at The Bridges in the run up to Christmas – we raised just short of £10,000 and our thanks go to The Bridges for letting us be in the Centre once again.

Keeping You Informed

We hope that you have enjoyed our newsletter and found it to be informative. If you would no longer like to receive a copy of our newsletter please let us know by emailing fundraising@stbenedicts.co.uk or give us a call on 0191 512 8436 and we will remove your details from our mailing list. Please be assured that we never sell or pass your details onto other organisations.