

Autumn / Winter 2018



St. Benedict's Hospice
& Centre for Specialist
Palliative Care



Wellness Services – Celebrating 35 Years

When the words palliative or hospice care are first mentioned there can be hushed tones because everyone knows what that means don't they? Well we would like to take this opportunity to try and change this impression because hospice and palliative care services here at St Benedict's are about so much more than people first think. We want to talk about WELLNESS.

Talking about death and dying are important, as death and dying are part of living for everyone – we will all die. What is equally important is talking about wellness – making sure that the life that patients are living is the best possible given their circumstances, that they are enabled to live as well as possible for as long as possible and that they, and their families, can make informed choices about what is happening now and what will happen in the future.

End of life care, the thing that most people associate with hospices, is just a very small part of what we can offer and in many cases that end of life care is given to patients who have gone through a whole range of St Benedict's services before reaching that stage. End of life care may come several months or even years after that initial diagnosis of an illness for which there is no cure. So ensuring that physical, emotional and spiritual wellness is achieved is vital.

How do we do this? Well it is done in so many different ways and, like all care provided at the hospice, it is a whole team, holistic approach that encompasses not just the patient but also their family/carers. It is different for everyone, as no one size fits all. Wellness services can include:

- Occupational Therapy
- Physiotherapy
- Relaxation
- Group Therapy
- Complementary Therapy
- Psychotherapy
- Art Psychotherapy
- Spirituality
- Body image
- Nutrition and diet
- Bereavement support
- Family support

2019 will see St Benedict's Hospice celebrate 35 years since it opened its doors, making it the longest established hospice in the North East. Over the years services available have changed and adapted and the increase in the need for wellness continues. The majority of the wellness services provided through the hospice are not part of the NHS provision and are funded by the charity, so it is thanks to you, our donors, that it is all possible.

To commemorate 35 years of hospice care in Sunderland and district, 2019 will see us embarking on a number of fundraising initiatives to raise considerable funds to support our wellness services. Some of them are highlighted in this newsletter and as plans progress we will keep you informed on the website, in the local media and on our social media platforms.

Annual Remembrance Service

The Palliative Care Team would like to invite you to a Service of Remembrance at St Aidan's C of E Church, Ryhope Road, Grangetown, Sunderland on Sunday 20th January 2019 at 3.00pm. Refreshments will be served after the service.

Join us for an Evening of Elegance at the Sunflower Ball

Join us at Ramside Hall on Friday 20th June 2019 for our Sunflower Ball to celebrate 35 years of care at St Benedict's and raise funds for our wellness services.



We are planning an evening of elegance, fine food, surprises, dancing to the 80s sounds of The Breakfast Club, fundraising and, most of all, fun in the beautiful surroundings of the Ballroom at Ramside Hall.

This black tie event will be one not to be missed and offers excellent value at just £65 per ticket or £600 for a table to 10.

For more details or to book tickets contact Catrina Flynn on 0191 512 8435 or email catrina.flynn@stft.nhs.uk

Afternoon Tea with a Difference – Gin, Jam and a Calendar Girl

Come and join us on 28th February 2019 at the fabulous venue, The Looking Glass in Sunderland, for a Gin & Jam Afternoon Tea where our guest speaker will be original Calendar Girl, Tricia Stewart. For more information contact Anthony McDermott on anthony.mcdermott@stft.nhs.uk or 07710 092802 or 0191 512 8436.





Volunteers Sought

Volunteers are so valuable to St Benedict's Hospice Charity, without them we would not be able to provide so much of what we do for our patients and their families.

Volunteers are needed in several parts of the charity and details are below so if you think one of these roles may be for you then we would love to hear from you.

- **Patient Transport Service** We are looking for volunteer drivers and escorts for this service. The volunteer drivers drive our small fleet of accessible vehicles and carry out a variety of patient related transports duties. The escorts are a new volunteer role that we are introducing to provide support to the drivers and also company to the patients. To find out more contact our Transport Co-ordinator, Matthew Blackman on matthew.blackman@stft.nhs.uk or give him a call on 0191 512 8400.
- **Charity Shop Volunteers** We are always seeking volunteers for our small chain of charity shops which are based in Fulwell, Ryhope, Chester Road, Hetton le Hole, Houghton le Spring and our warehouse in Seaham. To find out more about roles in the shops just pop in to any of them when you are passing, speak to the store manager and pick up an application pack.
- **Bistro/Gift Shop Volunteers** We would love to extend the opening hours of our little Bistro/Gift Shop set within the reception area of the Hospice. We currently open until 4pm but to meet demand from visitors it would be great to open until 6pm Monday to Friday. So we are looking to recruit volunteers for a 4pm to 6pm shift on Monday to Friday. If you are interested give the fundraising office a call on 0191 512 8436 and we'll send you out an application pack.

Thank You

So many people work so hard and do so many things to raise money for St Benedict's. This may be because they know someone who has benefited from our services or it may be that they have been aware of our services and just want to help. We are grateful to each and every person who does something for us and it would be impossible for us to feature them all but here are just a few examples of what has been going on:



- Nora Whitfield has raised thousands of pounds over the years for a variety of good causes both national and local and this year she decided to support St Benedict's with her fundraising event which was held at Ryhope Working Men's Club. Thank you Nora for the £2250 that was raised.



- Lucy McKelvey, owner of Lucy Locket Land in Dovedale Road Fulwell knows a lot about the difference hospice care makes as her Dad is Professor Tim Lovel, a retired palliative care consultant and a former member of the St Benedict's Trustee Board. Lucy hosted a whole day knit group, tombola and lunch to raise funds. It was a really popular day and raised a fabulous £485.



- Over a weekend in early summer a group of 40 brave souls took part in a Zip slide from the Tyne Bridge in Newcastle. The weather was kind to us over the two days and almost £9500 was raised – well done to all the Team Benedict zip sliders.



- Marc Jenkinson and James Jenner recently organised a fabulous event in memory of Marc's dad Gary who died at St Benedict's aged 51. Not content with organising a fundraising night in a pub or club, the two friends decided to organise a Pintathlon which involved 5 pubs across the Roker area. The day consisted of raffles, collections, head shave, music, food and of course PINTS. £12,000 was raised and split between St Benedict's, Macmillan Cancer Support and Cancer Research UK. Great work lads and here's looking forward to next year.



What a Hero

The kindness of people kept a fundraiser going on Stage 5 of his gruelling running challenge around the world.

Mark Allison, aka Run Geordie Run, returned on 1 August after running 808 miles in 48 days from Belgrade, Serbia, through Romania to Kiev, Ukraine, pulling an 18 stone buggy called Chappie.

Mark, from Bedlington, Northumberland, was joined at the end of Stage 5 in Kiev by his relieved wife, Donna, after his latest trip saw him running unsupported and sleeping alone in Chappie every night.

Chappie is made from carbon fibre and built courtesy of sponsor Chapman Ventilation. Mark dragged it behind him as he pounded the roads, by day using it for cooking and storage, by night, as a cheap and convenient bed.

Said Mark, who lost 2.5 stone on this trip: *"I soon realised that you don't get very far with Chappie without being asked a lot of questions and seeing kindness from people along the way. They would bring me food and water and it was very humbling. It made for a richer journey and a lot of the Serbians, Romanians and Ukrainians donated money to St Benedict's Hospice along the way."*

Physically, this challenge was exhausting and the hills were relentless, but I had the stamina from my workouts in the gym. One of the hardest things to deal with was the lack of sleep but even though I was running unsupported, I rarely felt alone because of all the kindness of people."

Mark, 47, started his world challenge – a circumnavigation of the planet covering 20,000 miles in 657 days – in 2007 to raise funds for charities. He hopes to finish in New Zealand in 2026.

Mark first started fundraising in 1994 following the death of his mother, Margery, from cancer. The team at St Benedict's cared for her and Mark said he was inspired by the treatment she received.

Over the years, Mark has raised £101,000 for the hospice and £295,000 overall for various local charities. This year, he set himself the target of raising £30,000 for the hospice and has exceeded this.

Mark's next challenge was to run the Great North Run, which he completed on 9th September before starting Stage 6 in 2021, running from Kiev to Astana, Kazakhstan – this time for a gruelling 2100 miles. He is also hosting a charity ball on 13th October at The Biscuit Factory in Newcastle.

His main sponsor for the event is copy, print, scan provider, SOS Group and Mark said others have also been keen to get on board.

Andrew Skelton, a director at SOS Group, said: *"Everyone at SOS Group is extremely glad Mark's back safe and well. We're very proud to support his Run Around the World and to help raise funds for a charity we know is close to the hearts of many people."*

Mark's dedication is remarkable and we're thrilled that he's completed another stage successfully."



“ Mark has done phenomenally well to run more than 800 miles pulling 18 stone. We’ve followed his progress all the way and we’re so grateful that he’s raised so much for us. He’s an inspirational fundraiser. ”

Catrina Flynn, Head of Fundraising Operations, St. Benedict’s Hospice



Companies Making a Difference in Their Community

Supporting a local charity can really benefit businesses as it can aid team morale and build up their standing with their customers, setting them apart from their competitors.

A recent two year partnership with Sainsbury's in Silksworth was a profitable relationship for both the store and the hospice. We are in the middle of a two year relationship with TSB in Athenaeum Street and recently completed a very successful year with EE at Doxford Park.

These are just a few snapshots of some of our recent relationships and we are delighted to say that some new business connections have recently signed us up to be their Charity of the Year. Thank you to:

- Harrison and Brown
- AVA Property Solutions
- Tweet Locator
- The Gibbon Group
- City Centre Carpets
- Seaham Networking
- Club Zest

We look forward to working with you. If you want to know more about building a business relationship with St Benedict's Hospice email anthony.mcdermott@stft.nhs.uk



Remember a Loved One - Light up a Life

At Christmas our thoughts turn to those who are no longer with us and each year we offer people the opportunity to remember their loved ones by dedicating a light to them on our Light up a Life Christmas Tree which will be lit at our special service at the Hospice on Sunday 2nd December at 4.30pm.

A leaflet is enclosed with this newsletter which gives more details about how to dedicate a light in memory of someone you hold dear.



Trek the Great Wall of China for St Benedict's

We invite you to join us for the adventure of a lifetime – trekking the Great Wall of China! From 17th to 25th October 2019 we will be raising funds by taking on one of the Seven Wonders of the Modern World – The Great Wall of China.

Stretching 6000km in a dotted line across China, the Great Wall was begun in the 5th Century BC. As it snakes across the mountains it conjures up a sense of history which is difficult to grasp until you have had the opportunity to experience it.

Our trek is very varied, as we pass through woodland and terraced farmland, and follow the contours of the beautiful hills and mountains in remote areas north of Beijing. We follow old sections of the Great Wall, as well as restored sections with smooth flagstones and lots of steps!

This challenge is physically demanding and offers fabulous scenery and a fascinating insight into a rich culture and history.

This is the challenge of a lifetime and places are limited. To find out more contact Anthony McDermott on anthony.mcdermott@stft.nhs.uk, or call him on 07710092802.

Bridges Shopping Centre Supports the Dedication Tree

Our annual Dedication Tree will once again be in place in The Bridges Shopping Centre in the run up to Christmas. From 19th November to 16th December our giant 12ft tree will be in position near the entrance to Primark and will offer shoppers the chance, in return for a small donation, to hang a dedication to a loved one on the tree. We will also have a range of small seasonal gifts, our calendar and Christmas card range on sale.



Get Your Affairs in Order and Make a Difference to Hospice Care

November is Make a Will Month. If you have often thought you should get a Will sorted out then this is the perfect time to do it as a number of local participating solicitors will be happy to do this for you free of their charges in return for a donation to St Benedict's.

If you are interested please give us a call on 0191 512 8436 for more details.



One of the solicitors participating in Make a Will Month during November is Sweeney Miller Solicitors of Sunderland. Following on from his article highlighting the importance of making a Will in our last edition of this newsletter, David Smith Solicitor and Head of Private Client at Sweeney Miller Law in Sunderland discusses the importance of making a Lasting Power of Attorney.

What is a Lasting Power of Attorney?

In simple terms it is a legal document that allows you to appoint an Attorney who can then make decisions for you in relation to managing your financial affairs and dealing with your property (including selling your house). You can also make a Lasting Power of Attorney to appoint an Attorney to make decisions about your Health & Care if you cannot make these for yourself.

You mentioned 2 types of Lasting Power of Attorney what are they?

Yes there is one for financial decisions which is the most popular and if you have money in the bank, savings investments and/or own your own home then you should very seriously consider making one. You can also make a Lasting Power of Attorney for Health & Care decisions, whilst these are not as common as financial ones you



Are you thinking of making a Will or Lasting Power of Attorney?

Sweeney Miller's Private Client Team specialise in:

- Wills
- Lasting Power of Attorney
- Probate
- Estate Administration
- Deputyship & Court of Protection
- Financial Planning & Wealth Protection for the future

To find out how Sweeney Miller Solicitors can help you, contact us on:

0191 568 2050 - Sunderland

email: enquiries@sweeneymiller.co.uk

www.sweeneymiller.co.uk

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should always consider if it would be beneficial to make one of these to ensure that the person you wish to make decisions regarding your Health & Care is legally able to do this for you in the future.

What are the most important things to be aware of in relation to Lasting Powers of Attorney?

To be able to make a Lasting Power of Attorney you must be mentally capable so it is vitally important to set this up while you are fit and well. If someone loses mental capacity due to a long term illness such as dementia or a sudden event such as a stroke and they have not made a Lasting Power of Attorney then the family may face a difficult, expensive and stressful time as if access to finances is needed and if the house needs to be sold to pay for long term care then the family will have to make an application to the Court of Protection to be appointed Deputy. This situation is to be avoided as to appoint a Deputy is a lengthy process (taking 6 to 9 months on average) and expensive (roughly 4 to 5 times more costly than making Lasting Power of Attorney).

Right I've decided I need to speak to someone about making Lasting Power of Attorney what next?

The best person to speak to is an experienced qualified and regulated Solicitor and David Smith at Sweeney Miller Law in Sunderland has many years of experience as a Solicitor specialising in this area of law. David can be contacted at Sweeney Miller Law, Mowbray Villas, Mowbray Road Sunderland SR2 7EA and on 0191 568 2050 or by email to david@sweeinemiller.co.uk the office is open 9 am to 5 pm Monday to Friday and home visits can be arranged.

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Welcome to the Charity Team

We have welcomed two new faces to the charity team over the last few months.

Anthony McDermott has joined us as a fundraiser who will focus on Corporate Relationships and Challenge Events. This wide and varied remit will see Anthony working to build our relationships with local businesses of all sizes and he will also manage a portfolio of events for Team Benedict including The Great North Run, Sunderland 10k, Skydiving, Overseas and UK Challenge Events and other events of this type.

We also welcome to the charity's admin team Linda Thorpe who joins us to work across fundraising, retail and transport to offer flexibility to our admin support. Linda's hours mean that the charity team are available to deal with enquiries until 7pm on Tuesday, Wednesday and Thursday and until 3pm on a Saturday.

Both Anthony and Linda have close personal experience of the difference that hospice care makes to patients and families and are passionate to ensure that the charity can reach it's goals and objectives.

Bigger and Better Range of Christmas Cards for 2018



We are delighted to present our 2018 range of Christmas Cards and we have increased the range of designs available.

Our cards are great quality and for just £3.49 for a packet of 10 they offer value for money while at the same time raising considerable funds to help support patient care.

Our local scenes calendar at £3.50 and our slimline pocket diary at just £1.99 are also available. They are available at all of our charity shops, from the hospice Gift Shop, by mail order and online from our website shop at www.stbenedicts.co.uk.

If you have space in your workplace or you are a member of a group or organisation we would be happy to make you up a box of samples for you to take orders that we can get delivered out to you.

Keeping You Informed

We hope you enjoy reading our newsletter and find it informative. You can keep updated on a regular basis with all our news and activities by following us on Facebook or Twitter too. However we never want to bother you unnecessarily, so if you no longer wish to receive our newsletter then please let us know by emailing fundraising@stbenedicts.co.uk or give us a call on 0191 512 8436 and we will update your communication preferences on our database. You should be assured that we never share your details with any other organisation. Any information we hold on our databases about

you is used purely for our financial, statistical and marketing purposes. You have the right, at any time to request a copy of the information held about you on our databases and if you would like this please contact Catrina Flynn, Head of Fundraising Operations, St Benedict's Hospice, St Benedict's Way, Ryhope, Sunderland SR2 0NY.



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