



St John's  
Hospice

Catch up  
with YOUR  
local hospice!

# Newsletter 2024

Stories - News - Events



**YOUR Local Hospice  
Care, Compassion and  
Charity since 1986**

Stay connected with St John's



01524 382538



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Registered with  
FUNDRAISING  
REGULATOR

St John's Hospice North Lancashire and South Lakes is a charitable incorporated organisation registered in England with charity number 1157030



# Sue's Welcome Message

Welcome to your annual newsletter from St John's Hospice



**This year has again seen times of challenge, and above all compassion and care. To be part of your lives during one of the most vulnerable times you face remains a privilege and source of quiet pride to every single person in the Hospice team.**

You'll understand that our work will increase as each year passes, especially as the latest national forecast suggests deaths will rise by 25% by the year 2040. Additional research reveals 74% of people say they would choose to die at home, which means our community Clinical Nurse Specialists, Hospice at Home, Respite and Night Sitting teams will become even busier.

This sits alongside another year of a drop in NHS funding. St John's uplift was 0.6% this year and 0% last year. Coupled with the rising costs you also face at home, this means that now only 25% of the care St John's provide is funded by the Integrated

Care Board, our NHS commissioners. Another challenge we face is that of national charities advertising for donations in this area, yet not providing the extensive range of services St John's does. For example, Clinical Nurse Specialists are often known as 'Macmillan nurses' – however in North Lancashire the Clinical Nurse Specialists are St John's Hospice staff; employed and paid for by your lovely local hospice and some by the NHS. Similarly, 'night sitters' are often called 'Marie Curie nurses' - in North Lancashire and parts of South Cumbria it is St John's Hospice who provides the palliative night sitting services.

As we come to the close of 2024 and look forward to 2025, we are planning to make our Hospice building fit for the future. The roof, which was made of second-hand slates 38 years ago (yes really!) is leaking in places, medical and nursing spaces are changing and we are keen to make our site as environmentally friendly as possible.

Finally, we want all the patients and families we support to have the excellent care they need and deserve. We can only provide this care because of your kindness, there isn't a day that goes by when we don't thank you, our wonderful community, for all your support.

You are the reason we can be there for such an important time in people's lives. Thank you.

Sue

# A year of care, compassion and charity at St John's Hospice



25% of our funding comes from the NHS, so we need to raise the remaining 75% through fundraising



We cared for 179 patients on our inpatient ward



Our Hospice at Home team made 2285 visits to patients who would prefer to be in their own homes



753 people and families received bereavement and family support

85,472

We provided 85,472 hours of face to face care across our community and ward services **alone!**



3,299 phone calls were made by our Clinical Nurse Specialists to patients, relatives and carers



Our respite team made 461 visits, helping families caring for their loved one at home, take a much-needed break



Our night sitters provided families with 688 good nights of sleep as they sat with their loved one from 9.45pm until 6.45am



321 people were supported by our Day Therapy Services team

**Thank you! Without you this care would not have been possible**

# Jean's Story

## Simply the Best



Jean Rush

**“When I think of St John’s, I think of Diane and Pippa coming to the rescue. Whether it was practical stuff or emotional reassurance, they were there. The support is massive and I needed it.**

When I think of Jean there’s thousands of memories swimming round – after 57 years of marriage, two children and two grandchildren there would be! We met at Junior School. Mr Waywell told me, “Sit next to Jean: you’ll thank me in later life.” he was right. Our first kiss was at Half Moon Bay, the rest is history.

Jean was a busy woman – looking after the family, working, joining clubs, dancing, helping the Brownies and Guides, and ‘fluffing’ flowers. She was always reasonably healthy. Then the cancer diagnosis came and 18 months later we knew it couldn’t be cured. Pippa, our St John’s Clinical Nurse Specialist helped us with the advance planning because Jean wanted it all sorted out. It was comforting to both of us that everything was in place.

Jean wanted to be at home, so I looked after Jean at home for 18 months. It’s really tiring and can feel lonely but it’s what we both

wanted. I couldn’t have managed without the family and St John’s. St John’s know how important it is to celebrate life events too. We wanted a family get-together for our 57th wedding anniversary. Diane bought a bottle of Prosecco to help everyone celebrate and there were hugs all round. That night I said to Jean, “Night, night, I love you”, Jean said, “I love you too” and as always, I held her hand as she went to sleep. Jean never woke up again.

There were lots of people at Jean’s funeral because she was loved by lots of people. We chose Tina Turner’s ‘Simply the Best’ because she was. To remember Jean, we had a collection for St John’s and planted six trees for her.

How am I getting on now? It just depends, one moment there’s a recollection and I laugh, another time there’s a memory and I cry. Talking to her photo helps. I still buy flowers every week, but I can’t ‘fluff’ them quite the way Jean did!

I’m still flabbergasted at the amount of work St John’s do. I used to wonder why they were always fundraising, now I know why – so many different types of care and support that we all need, and it all needs paying for.”

David Rush



David Rush



# Your regular gift directly supports nursing care

A regular donation via Direct Debit is one of the easiest and quickest ways you can support St John's Hospice nurses.



**Remember!**  
We only receive 25% of our funding from the NHS, the rest comes from people like you in our community.

Here are some of the ways that your *monthly donations* could support our nursing care over the course of a *whole year*:



...a month could pay for a Hospice at Home nurse to travel and visit a patient and their family in their own home.



...a month could pay for 8 hours of compassionate and individualised nursing care on our inpatient ward.



...a month could fund over an hour of all St John's nursing and care services in our hospice and in patients' homes.

To arrange your monthly gift to St John's simply visit our website:

**[sjhospice.org.uk/regular-giving](https://sjhospice.org.uk/regular-giving)**

Or call our Supporter Care Team on: **01524 382538**

# A Year of Fundraising

## Looking back at some amazing fundraising!

What a year! Every event you attend, every penny of sponsorship you gather makes a huge positive difference to St John's Hospice. Thank you to everyone for their fundraising!

### Jump for St John's Skydives

Skydives are often on people's bucket lists – so why not Jump for St John's! Our sixth year diving saw two skydives with over 20 people take to the skies to experience the adrenaline rush of falling at 100pmh. Over £17,000 was raised in sponsorship.

### New Year's Day Dip

Who doesn't like a cold dip during the festive season?! New Years' Day 2024 saw hundreds of brave dippers and swimmers take to Morecambe Bay for a sponsored splash. This was our sixth year, and this event just gets bigger and bigger.

### Car Boot Sales

Something new to the fundraising calendar, the three car boot sales held this year have proved very popular with both sellers and buyers. It's a super easy way to fundraise for St John's! To date over £6,000 has been raised by these events.

### Kendal Colour Dash

In May the Kendal community came out in force for our annual colour dash where local businesses painted dashers in coloured paint! With great weather and a great turn out, it was a fun filled morning with a wonderful party feel all along the Kendal course.

### Year 6 'PJ Run'

Bolton-le-Sands Primary School have been supporting St John's for 10 years. What started with a Year 6 PJ run has grown in to quite a spectacle with some wonderful outfits in this year's event.





## Moonlight Walk

June saw the triumphant return of our reimagined Moonlight Walk. Walkers wore St John's green and for the first time stopped off at a green-lit Lancaster Castle for a poignant moment of remembrance and reflection where they added their loved ones' names to a mural. We are over the moon the event raised more than £100,000. Sign up for 2025 now!



## Golf Day

We held our 11th annual golf day at Windermere Golf Club, which saw lots of returning teams and new supporters. Everyone had a great day supporting the Hospice with some healthy competition thrown in.



## Charity Challenge

From April to June, 31 businesses took part in our 50-50-500 Charity Challenge and had a great time getting involved with fundraising at work for their local Hospice. The innovative and creative ideas supported patient and family care.



## Zip Line Adventure

David Aris, a 94 year old South Lakes supporter, alongside his friend Narelle, took on an exciting challenge to support us this year. After doing two skydives he decided to take on the fastest zip line in the world!



Whether you've taken part in our events or your own brilliant fundraising activities - thank you! We would like to give a special mention to all of our volunteers and business sponsors without whom we would not be able to hold our events.



There are always more events and challenges to get involved with! Visit our Events Calendar:

[sjhospice.org.uk/events](https://sjhospice.org.uk/events)

Fancy organising your own fundraising activity? We can help, go to:

[sjhospice.org.uk/fundraising-support](https://sjhospice.org.uk/fundraising-support)

St John's Hospice couldn't provide the care we do without your amazing fundraising efforts.

**Well Done!**



# Donation Boxes and Much Loved

## Two new ways to celebrate your loved ones

### Personalised Donation Boxes

Make a real difference at your next events by asking guests to support palliative care with one of our beautiful donation boxes.

Each donation box can be personalised with a special photo and loving message to make it a perfect addition to your event. The box also displays a QR code for online donations to make giving even easier! Your donation box can be delivered to you or collected from St John's Hospice.

All donations will help us to continue providing excellent care to patients and their families 24 hours a day, 365 days a year.



These are perfect for weddings, birthdays and memorial services, so why not order a personalised donation box to remember someone you love at your next event?

Order online at [sjhospice.org.uk/donationbox](https://sjhospice.org.uk/donationbox)

# much loved

We've partnered with Much Loved, a platform that allows our supporters to set up online tribute pages in memory of their loved ones. A tribute page offers a dedicated space to honour that special person by sharing photos, videos and memories with friends and family.

Your page will stay open indefinitely and can be updated at any time, be that on a birthday, anniversary, or just when needed. Pages are free to set up and friends and family have the option to make donations to St John's Hospice and any other charity that you wish to support in your loved one's memory.

You can also use your Much Loved page to create an online funeral notice — this can be set up by yourself or by a funeral home on your behalf.

To set up your Much Loved page, visit [stjohnslancaster.muchloved.org/CreateMemorial](https://stjohnslancaster.muchloved.org/CreateMemorial)

If you have any questions about our donation boxes or Much Loved, please email [inmemory@sjhospice.org.uk](mailto:inmemory@sjhospice.org.uk)



LIGHT  
UP A  
*Life*  
2024

*Dedications like yours allow us  
to care for families like Rob's:*

*'The Hospice gave  
my Dad the respect  
and the care he  
deserved at the end  
of his life and I'm so  
grateful for all their  
work. I will always  
continue to support  
them, just like my  
Dad did every year.'*

*Rob*



Remember someone special and dedicate  
a light with us this Christmas

To make your dedications visit our website:

[sjhospice.org.uk/lightupalife](https://sjhospice.org.uk/lightupalife)

Or call our Supporter Care Team: **01524 382538**

Please join our free celebration  
& remembrance events

Friday 29<sup>th</sup> November - 6:30pm  
St Joseph's Church, Slyne Road, Lancaster, LA1 2HU  
Monday 2<sup>nd</sup> December - 6:30pm  
Kendal Parish Church, Kirkland, Kendal, LA9 5AF

NEW for 2024: Tree Ornaments

Beautiful wooden limited-  
edition Light Up a Life Tree  
Ornaments. Order to keep  
as a memento or to give  
as a thoughtful gift at this  
special time of year.

Order while making your  
dedications.





# Sustainability and St John's

Sustainability is one of our core priorities here at St John's Hospice — the way we care for our environment now is the legacy we leave our loved ones. We're planning new energy saving measures to help reduce both our carbon footprint and our energy bills, and plenty of green activity is already happening!



Our beautiful grounds provide home to rabbits, deer, woodpeckers, jays and more! We also have our own beehives to help protect the natural pollinators

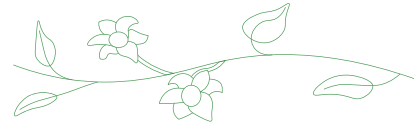
Our Arndale £1 shop saves around 64,000 items of clothing from landfill each year, as well as bric a brac and books — giving thousands of items a new lease of life in new homes

We're busy replacing our halogen and fluorescent lighting with LED lights, saving a significant amount of energy and reducing the need to produce dangerous chemicals

Six electric car charging points are available for staff in our car park, and two of the cars used by our community teams are hybrid vehicles



St John's gardening volunteers maintain an on-site kitchen garden, providing fresh food with zero food miles to be used in delicious meals for patients, staff and visitors in the Courtyard Café! Garden volunteers also reuse donated plant pots for their growing programme



As much of our refuse as possible is recycled, and we're always looking for more sustainable ways of disposing of single use items

We frequently review our Ethical Investment Policy to make sure the investments we make to support patient care reflect our values

We have increased our use of digital technology to help reduce paper usage

Our annual Christmas Tree Collections allowed 2,400 trees to be recycled last year alone! The trees we collect are mulched and turned into biofuel, wooden bases are sold as firewood, and anything left becomes compost for our gardens!



## St John's Hospice Christmas Tree Collections

**£10**  
suggested  
donation

**No mess, fuss or trip to the tip!**

**Collections available in these postcodes:  
LA1, LA2, LA3, LA4, LA5, LA6, LA7, LA8, LA9,  
LA10, LA22, LA23 & PR3 1**

**Book before 12 midnight Monday 6<sup>th</sup> Jan 2025  
Collections take place 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> Jan 2025**

**BOOK NOW:**  
**[sjhospice.org.uk/trees](https://sjhospice.org.uk/trees)**  
**or call: 01524 382538**



# Christine's Story

## Being cared for by St John's Inpatient Ward



**"In October 2023 my wife Christine asked her Oncology Consultant the question that no one would ever want to ask, I don't remember exactly the words she used, but I shall remember his answer forever, "You will not be alive at Christmas."**

Her disease was well advanced when diagnosed in May 2022, it being a variant of ovarian cancer and with over thirty years employment in a hospital she soon realised the stark reality that was ahead of her. The immediate Chemotherapy treatment reduced the cancer. As a young and vibrant sixty-year old she had so much to offer the world, as her lifetime soulmate I clung to the hope of a continuing improvement, but tragically it never came.

So, sixteen months later her end of life care was passed to St John's Hospice and as her condition rapidly deteriorated we first visited the Hospice. Its facilities and staff made it an oasis of calmness. We knew that with only 13 beds a bed could not be guaranteed.

Her faith gave Christine the strength to accept death, but she said she needed reassurance that it could be managed without undue pain, I was floundering to cope emotionally, but the calmness and sheer professionalism of St John's medical, nursing and support staff provided reassurance to us both.

Christine was supported at home by the St John's Clinical Nurse Specialists and Hospice at Home team for weeks. It was her strong wish not to spend her last days at home, saying she did not want to leave me with the life-long memory of her passing at home, but her condition quickly deteriorated. By early November 2023 she once again found herself in hospital and realising her last days were near, she was transferred to St John's Hospice.

In her last few days I saw the undoubted empathetic professionalism of the caring staff, death came pain free with dignity, in reassuring surroundings for a lady whose courage and selflessness were evident to her dying breath."

*Michael Malley*

# Festive Lunches

Our traditional Christmas Lunch will be available on Wednesdays and Sundays



Join us for our special festive menu! Available daily from Sunday 1<sup>st</sup> December to Thursday 19<sup>th</sup>, plus 21<sup>st</sup> and 22<sup>nd</sup> too!

Booking highly recommended, call 01524 382538 or call in to secure your table!

December at  
**The Courtyard Café**

## Breakfast with Santa

Saturdays  
7<sup>th</sup>, 14<sup>th</sup>\* and 21<sup>st</sup>  
December  
9 – 10.30am  
\*SEND friendly session

Join us for a magical morning with Santa at The Courtyard Café at St John's Hospice!

Children £12 / Adults £8.50  
[sjhospice.org.uk/breakfastwithsanta](http://sjhospice.org.uk/breakfastwithsanta)







St John's  
Hospice

**LOTTERY**

**You could win up to**

**£5,000**

**For just £1 a week!**



Playing the St John's Hospice Lottery is one of the simplest and most important ways you can help care for local patients and families in your local community.

**Even if your numbers don't come up, you're still a winner for supporting patient care.**



Scan to play!



**Play today!**

Visit: [sjhospice.org.uk/lottery](https://sjhospice.org.uk/lottery)

or call: **01524 382538**



GambleAware

GAMBLING  
COMMISSION



Registered with  
FUNDRAISING  
REGULATOR

# Give a Gift this Christmas



## Buy a meaningful gift that makes a difference

This year, buy an alternative gift with a donation to support meaningful activities for local patients and their loved ones this Christmas.

## How your gift makes a difference



**£5**

could pay for a tippie of prosecco and a mince pie as a patient receives care in their home



**£10**

could pay for a delicious Christmas dinner for a patient to enjoy on our ward



**£15**

could pay for a book of letters for a patient to write cherished notes to loved ones



**£20**

could pay for an age appropriate gift for a child accessing bereavement support

Give a simple and memorable gift this Christmas

**Visit: [SJHOSPICE.ORG.UK/GIVEAGIFT](https://www.sjhospice.org.uk/giveagift)**



# Stuart & Tracey Care – their stories

## Stuart Care

**“This is the story of my time with St John’s. It’s something I want to write because I want people to know what Hospice care from St John’s is really like.**

This isn’t my first experience of St John’s - the Hospice was here for my Mum when she died here several years ago. I remember it as a place of safety and tranquillity. We would watch the squirrels and rabbits, enjoying the tranquillity and time with each other.

The commitment and attitude to patient care is second to none and their care extends to family too. Whether I have been cared for at home or at the Hospice, the St John’s team have looked after my family too. It’s a comfort to know the Forget Me Not Centre will be here for my wife Tracey and our daughters Ellie and Lauren too.

Staying here means I experience and see patient and family care. I see all the staff making a difference - whatever their job. The team are so supportive – it’s reassuring for me and my family to know I’m in the best hands. It’s relaxing here and the Hospice makes visitors welcome - even pets!

One of the many things I appreciate about St John’s care is that no-one forces you to do anything. I have chosen to be here and can leave if I want to go home because no-one is forcing me to do anything. Don’t be frightened of the ‘hospice’ word.”

*Stuart*

Stuart died peacefully at St John’s Hospice surrounded by his family.



## Tracey Care

**“Stuart was a ‘light up the room’ man. He was a man of his word with a strong spirit. He was never happier than when all the family were together, eating and laughing round a table. If he wasn’t working or hosting a family occasion, then he was listening to music, dancing or singing along!**

He had been ill years back and although he recovered, his illness was always at the back of our minds. When it came back, we knew he would not recover this time. On diagnosis, Stuart did what he always did – put me and the girls first. He made sure the house improvements and DIY jobs were finished so that I wouldn’t need to do anything after he died and made time for us to make new family memories.

The time we had at St John’s was precious: just being in the fresh air, sitting together as a family, holding hands and cherishing every moment. Stuart died at St John’s. I can’t describe how much I miss him, but I can describe how much the girls and I love him.

Thank you for supporting St John’s - when you raise money for the Hospice you are helping patients and families during and after one of the most difficult times they will face. Thank you for being there for us: you make a difficult time so much better.”

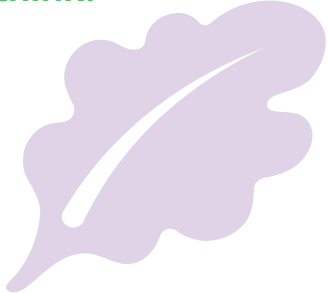
*Tracey*



# St John's Hospice Shops

## The journey of your donation

Have you ever wondered what happens to your generous donations once you've dropped them off at one of our wonderful St John's Hospice Shops? The answer is probably more than you think!



First you have to decide where you are going to donate your pre-loved items (thank you for choosing St John's!)



*We will ask you if you want to Gift Aid your donation – this means you can increase the value of your donation by 25% at no extra cost to you!*



Next the items get ready to go on sale – clothes are steamed, and furniture might be given a wipe or a polish.



Our shop staff and volunteers work hard to keep stock neatly displayed and make attractive displays to best promote your donations.

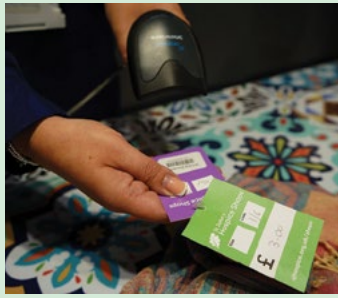
Now all there is to do is welcome the lovely customers who decide your donation is perfect for them!



They'll take their chosen item to the till and pay, and your donation starts its new lease of life!



See all of our shops and their opening times at [sjhospice.org.uk/shops](http://sjhospice.org.uk/shops)



If you have added Gift Aid to your donation, a unique barcode will be added to each item so we can claim the extra 25% value from the government when the item is sold.



Items are sent to the shop that we think they'll be most suitable for — each shop has its own distinctive personality! We sell some donations online via eBay and Depop.

Our volunteers check for damage and, where appropriate, safety labels. The donations are then sorted into categories.

## In Store

The items are then priced up. Our volunteers have guides that help them choose a fair price for your donations, and pick out items that might be more valuable or rare.



## Online

Maybe your donation has been chosen to be sold via our eBay or Depop page! In that case it will make its way to our e-commerce team who will research a fair price, photograph it and list it online.



People from all across the country buy items from our online stores – who knows where your donation could end up! Once a customer has bought an item, we'll pack it up carefully and send it to them.



It won't take long for the money from these sales to reach the Hospice, where they will contribute to funding our vital care across North Lancashire, the South Lakes and parts of North Yorkshire. Thank you to everyone who donates to our shops – you're making a real difference to patients and their families!

# Behind the Scenes Teams

In addition to the doctors and nurses, there are teams supporting clinical care – you just may not meet them! Here we meet some of the unsung heroes supporting St John's care.

## Housekeeping

Meet Angela and Jackie who are part of the Housekeeping team.

**Angela:** "I love everything about working here as I feel really supported by the whole Hospice. It's different here because we can spend time talking with the patients, the fact that's part of our job here makes my day. Everyone is so friendly and so kind. I never dread going to work and I have a real sense of achievement from my work. You look at something that's sparkling clean and think – I did that to make it lovely for the patients and families."

**Jackie:** "I love my job and I'm proud of what we do. The Hospice team, patients and their visitors say such wonderful things about our work – it's so rewarding. Some people who haven't been to St John's think it's a dreary place: it's not, because the care everyone takes leads to happy moments. When your work colleagues are so nice and you can spend time on what's important, it makes you want to come to work."



Angela (left) and Jackie (right)



David (centre) with volunteers Alan (left) and Steve (right)

## Facilities

Meet **David** who is the Facilities Co-ordinator for St John's Hospice.

"When I came here I knew I was working with volunteers, what I didn't appreciate was just how knowledgeable and skilled they are. They really know their stuff and working with them is definitely a highlight of my role. I love the team atmosphere in the Hospice: you feel as everyone is on your team. There's a great community feeling here – everyone is doing whatever they can to help people go through tough times and celebrating every moment of joy."



## Catering

Meet **Joanne** who is part of the Catering team, preparing delicious food for patients and visitors.

"I volunteered at St John's for a year and a real highlight was the annual volunteer get together: to see so many volunteers together was wonderful! I'm now part of the staff team and that feels good too! Everyone is so friendly and you feel part of one big patient support system.

Ultimately, like everyone I'm here to do what's best for the patients and their families. Whatever they fancy – we'll do it because food is important, it's part of St John's atmosphere and it can make people happy and relaxed. I've known people cared for by St John's – this is important work."



## The Courtyard Café

Meet **Eddie** who is part of the Courtyard Café team.

"I love meeting the customers and feel part of a tight team. The Courtyard Café involves smooth working across the café itself, the kitchen and reception – we're all here to give people great food and a great experience.

When customers come for the first time it's rewarding to see their reaction about it being open to the public, friendly, full of light and bursting with wonderful food. A daily highlight is when we see the day's takings - I look at the amount and get a warm glow knowing it's going straight to patient care. My late wife was cared for here and I want others to have that care."



Now you've met some of our amazing teams – how about joining them? Visit our website to see what brilliant opportunities we have, either as a member of staff or a volunteer.

[sjhospice.org.uk/jobs](https://sjhospice.org.uk/jobs)



# Volunteering is good for you!



Did you know volunteering has been shown to benefit your mental health, lower your cholesterol, help you lose weight and even make you live longer?!

As well as all the benefits to your health, volunteering is a great way to meet new people, get out of the house and learn new skills — and help your local hospice of course! Here's what some of our current volunteers have to say:



*"Volunteering has been enlightening in that I meet so many like-minded people with a common cause"*



*"I enjoy coming here and everyone makes you feel very welcome"*

*"I love the feel of FAMILY here. There is so much loving and giving"*



*"The atmosphere is so warm and friendly, and you really feel like an important part of the team"*



**Built by the people, for the people**



St John's Hospice Shops  
Reception • The Courtyard Café  
Market Garden • Events • Maintenance  
Forget Me Not Centre • Day Services  
Grounds • Kitchen • Fundraising • Bereavement  
Admin • Complementary Therapy and more!

Find out more and apply at [sjhospice.org.uk/volunteering](http://sjhospice.org.uk/volunteering)



# Well I didn't know that!

## Learning & Development at St John's



Dr Alison Bacon  
Medical Director



Heather Wiseman  
Advanced Nurse Practitioner



Harriet Davies  
Education Facilitator & Senior  
Staff Nurse



Alison Gardner  
Palliative Care Educator

**St John's Hospice provides a wide range of learning and development opportunities – to the Hospice team and to the wider community. We do this so more people can offer compassionate palliative and end of life care.**

Members of the St John's team provide learning and development sessions to:

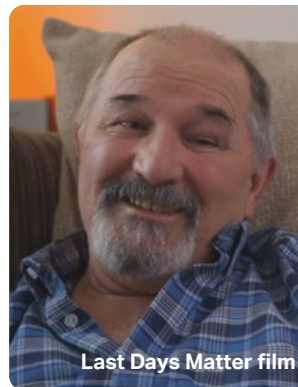
- GP practice staff
- District Nurses
- Care Homes
- Medical Students
- Nursing Students
- Social Workers
- Other Hospices

We also develop our own team too! The St John's team are trained in a huge range of clinical subjects from advanced safeguarding to symptom management, pain management, care of the dying patient, care planning, advanced communication skills and more.

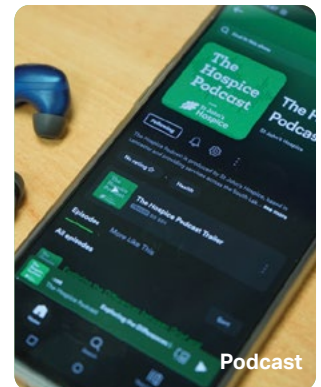
We also run specific courses for newly qualified nurses, nurses, health care assistants and our non-clinical team.

Team members often attend external courses so they are up to date with new developments and best practice in other areas.

Members of the public can also access free training by attending a Last Days Matter course, which is a stand-alone 3-hour course covering planning for the future, recognising the signs of dying and supporting someone pre and post bereavement. The Hospice Podcast also offers free training via your preferred podcast channel e.g. Spotify.



Last Days Matter film



Podcast

### Why?

It's important to us that your family and friends receive the very best care – it's what we would want for our own loved ones.

# Our Supporter Will Scheme

## Your questions answered

### *What difference does a Will make?*

Your Will lets you decide what happens to your money, property and possessions after your death. Having a Will means you can also make sure you do not pay more Inheritance Tax than you need to. As well as dealing with money, other assets and belongings, a Will can make provision for the guardianship of younger children and even pets. Why take a chance, when a relatively simple document can give you and your loved ones peace of mind?

### *Aren't Wills expensive and complicated?*

They don't need to be. The St John's Supporter Will Scheme is available all year round and partners with a number of valued local law firms who can help you write or change your Will.

These local solicitors provide their time and services and whilst there is no obligation to do so, we would hope that you would make a donation to the Hospice in lieu of the solicitors' charges. As a guide we would suggest £200 for a single basic Will or £350 for a pair of basic mirror Wills. Your donation is then passed to St John's for patient and family care.

### *Do I have to be wealthy to leave a gift to St John's Hospice in my Will?*

Not at all. Many of our nurses are funded from a gift someone has left in their Will, or a number of smaller gifts, that people leave in their Will. But gifts in Wills also pay for lots of other things too – bedding for our In-Patient Unit, nurses' uniforms, syringe drivers and nutritious meals for patients. So, whatever the size of your gift – large or small – you can be sure we will use it to wisely to fund our local community care.

### *What is the difference between a 'Will' and a 'Legacy'?*

A Will is a legal document detailing what you want to happen to your money, property and possessions after your death. A gift in a Will e.g. to a charity is often known as a 'legacy' as you are leaving a legacy for the future and sowing the seed for something so much bigger and longer lasting than ourselves and our everyday lives.

### *Your next steps...*

Your first priority is your loved ones e.g. partners, family and friends. We hope you also consider leaving a gift in your Will to St John's, although there is no obligation to do so. Just as our patients are made up of people from all walks of life and of all ages, so too are the people who include a gift in their Will to help us care for people in the Hospice and in patients' homes. Small or large – it makes a positive difference. Thank you.

**Make this important step by contacting Liz Edmondson, our Head of Supporter Engagement at the Hospice on 01524 382538 or at [liz.edmondson@sjhospice.org.uk](mailto:liz.edmondson@sjhospice.org.uk)**







(pictured left to right, Sam, Sue and Ollie)

# I'll always remember...

... Aunt Sue and St John's Hospice. My Aunt Sue was, and still is, my Super Hero. She had endless enthusiasm for life and wouldn't let her decreasing mobility, illness or anything get in her way.

Whether it was abseiling, zipwire experiences, riding her trike at 5.30am, or her medical work, she seized life. When my Dad died, she called my Mum every day - so thoughtful and kind. Sue was also a St John's bereavement volunteer.

Sue loved St John's. During the pandemic, she raised over £4,000 by trike cycling the Land's End to John O'Groats distance in local routes - it took her months and she did it. Sue's fundraising was the first of her legacies to the Hospice.

As a family, we will always remember her relationship with St John's Hospice and support them to this day.

- **Owen** (Dad of Sam and Ollie, pictured above)

**These are the kind of stories we hear every day.**

Since we opened our doors in 1986, we've known that our job is to do more than provide first class compassionate care. It's to create memories that will last a lifetime.

It's memories like these that are the cornerstone of the communities we serve. It's memories like these that are our legacy. You can be part of that legacy too.

By remembering St John's Hospice in your Will, you'll help us give the gift of

memories to more patients and families.

Speak to our Head of Supporter Engagement, Liz, by calling 01524 382 538 or go online to [sjhospice.org.uk/wills](http://sjhospice.org.uk/wills) to find out how to leave a gift in your Will.

Entrusting a gift in your Will to us is quick, easy and makes a big difference.

It doesn't need to be big either, because every penny helps. From supporting our Hospice at Home Service, to the Forget Me Not Centre, Respite and Day Therapies, and inpatient care, by remembering us, you'll be remembered for generations to come.

**Thank you. We'll always remember your kindness.**

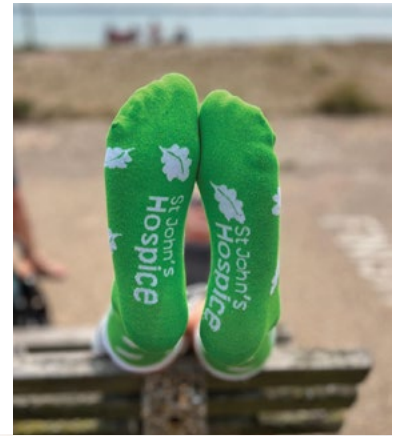


# Get Fit with our Digital Challenges

Hundreds of people have joined us on our five Facebook challenges so far, raising an incredible £75,000!

From 100km in September, to Run 31 Miles in January, and our most recent STEP-tember, almost 600 people have challenged themselves to increase their fitness and raise money over the last two years!

Our challenges allow people from all over the world to take part and complete at their own pace, in their own time. Each challenge has a dedicated Facebook group where participants can motivate and encourage each other. They are all free to sign up to, and every participant receives an exclusive freebie, such as a St John's sport t-shirt or some snazzy socks!



To everyone who has taken part so far!



Our next challenge will be in January 2025 — why not take part?!  
Email [facebookchallenges@sjhospice.org.uk](mailto:facebookchallenges@sjhospice.org.uk) to register your interest and we'll be in touch!



# Dawn's Story

## Hospice Day Therapy Services



Dawn was referred to St John's Day Therapy Services from the Hospital respiratory team. Having benefited from many of the Hospice services, Dawn is happy to share her experiences to help others!

"I have Chronic Obstructive Pulmonary Disease (COPD), it got so bad I had to retire from my job and then I found myself ill and alone in hospital during the pandemic.

After the pandemic my breathing had worsened so when St John's Day Therapy Services were suggested I thought, "I've nothing to lose". I knew I'd be safe and cared for because they nursed someone in my family who'd passed away on the ward and my Dad has fantastic care from the Hospice at Home team.

I have attended the "FAB" programme for my fatigue, anxiety and breathlessness, which has made such a difference. It was



then time to take stock of my mental health; it had got worse through living with this life limiting COPD. So, I signed up to the Positive Living Group in the hope of improving my wellbeing, confidence and developing future plans. It's worked – I have found myself exploring activities and new hobbies that I enjoy! We can all laugh at crafts and things but they give you a focus, you actually make something and they can distract me from my pain.

If I'm honest, it can be hard to summon up the courage to walk into a place where you don't know anyone. I don't know why I was so worried because everyone is so friendly. There's always a brew, biscuits, advice and support. Plus, you get to meet other people, you make friends – this place has an amazing feel to it!

The St John's Day Therapy team always know how you are feeling – it's like they can sense it. They're genuinely interested in their patients: such amazing people.

I was a right mess when I first came here and I'm in a different place now. My physical and mental health has improved and I've found my self confidence that I'd thought I'd lost forever."

*DAWN*  
Day Therapy Patient

# Bereavement and Spirituality

## Learn about our spiritual care



Spiritual care is a vital component of hospice care. Here at St John's Hospice we do our best to support patient and families' spiritual needs, but what does that look and feel like?

Spirituality is a hard word to define as it is deeply personal and unique to every one of us. For some 'spirituality' means religion, for others it's nature, or a reaction to art or music. Essentially it's about your outlook on life. How do you seek meaning and purpose? What do you value? Where do you find hope? Spirituality can be a faith, a connection to the environment, or the community around you, or your relationship with yourself.

**To sum it up, spirituality is what's important to you.**

Our focus for spiritual care is always our patients. We're here to be with them, and to listen to them as they recount life stories, experiences and memories, or express difficult emotions. We encourage patients to let us know what support they would like to provide comfort at a difficult time.

Specialist support is provided by our team at the Forget Me Not Centre; all our staff aim to support our patients and families.

We can arrange for representatives of faith communities to visit patients if requested, help them to observe religious practices, and listen to patients and families express any struggles with their faith.

For people who are comforted by rituals and regular practices, we can also support with deep breathing, meditation and more. Many are comforted by their pets, so you'll often see family pets, or therapy dogs visiting. The Hospice chefs also love to make a patient's favourite meal for them!

A connection to nature is often important at the end of life, so our beautiful grounds are perfect for patients who love to be in touch with nature, with frequent fluffy and feathered visitors.

As spirituality is about what's important to our patients, our staff can help them to create 'memory boxes' for their family, containing special items such as a favourite book, photos, letters or a signature scent. We are also able to help patients to prepare for their loved ones' futures by getting things 'sorted', such as writing a Will.

Everyone is different – it's what's important to you.



# The Courtyard Gift Shop

at St John's Hospice

Monday to Friday

8.30am to 7.30pm

Weekends & Bank Holidays

9.30am to 7.30pm

Open 365 days a year!

(Including Christmas Day)

**FREE PARKING**



Visit the Courtyard Gift Shop at St John's Hospice and you'll find a lovely selection of gifts for men, women and children.

**Our meticulously curated range includes:**

Whistlefish greetings cards,  
Quintessential silk scarves,  
East of India ceramics,  
David Jones handbags,  
Cheryl Morgan sterling silver jewellery, POM jewellery,  
Mr Heron Socks, Bare Village Soaps & much more.

**Come in for a browse, find the perfect gift and support YOUR local hospice! 100% of the profits go to St John's Hospice.**

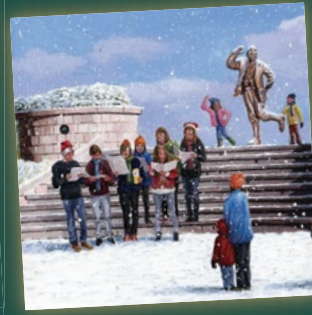




*Thank You*

for all your continued support,  
from all the team at St John's Hospice

Have you got  
your **Christmas Cards** sorted?



St John's Hospice Christmas Cards are on sale now!  
Available online at [sjhospice.org.uk/christmas](https://sjhospice.org.uk/christmas)  
and in our shops!

 St John's  
Hospice

## Christmas Superdraw 2024

**Remember to buy  
your Superdraw  
tickets!**

Get your tickets online at  
[sjhospice.org.uk/superdraw](https://sjhospice.org.uk/superdraw)  
or in one of our St John's  
Hospice Shops for just £1!

**1st prize  
£5,000!**

Always gamble responsibly

