

Life

Autumn 2005

The Newsletter for St Raphael's Hospice

New minibus for Hospice

Thank you to **The Childwick Trust** for their donation of £15,000 towards the cost of the new St Raphael's minibus which is used to transport patients and volunteers to the Day Hospice



Pictured from left to right are: Tina Davies (Community Fundraising Manager); Helen Kedge (Childwick Trust); Gill Nunn (Volunteer Services Co-ordinator); Barbara Sealy (Day Care Manager); Del Hughes (Ward Manager); Tracy Hornbuckle (Nurse); Karen Groom (Childwick Trust) and Keith Witham (Director of Fundraising)

Hydro Active Women's 5k Challenge



The sun shone on Sunday 4th September and a team of ladies from the League of Friends took part in the annual 5k event, raising funds for St Raphael's Hospice and sporting our new T-shirts.

Pictured from left to right in Hyde Park are Peggy Talbot; Val Squires; Jessie Walden; Barbara Holland; Lilian Lacey; Kim Kybert; Carol Richardson and Anne Pascoe.

Thank you to all the ladies who took part



St Raphael's
HOSPICE

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Fundraising Office

St Raphael's Hospice
London Road
North Cheam

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Tel: 020 8335 4576

Fax: 020 8335 4573

fundraising@straphaels.org.uk

Lottery & Retail Office

698 London Road
North Cheam

Sutton, Surrey SM3 9BY

Tel: 020 8644 3857

Fax: 020 8641 9380

Registered Charity No.1068661

Sister Mary Declan

Everyone at the Hospice was very saddened at the unexpected death of Sister Mary Declan.

From the day St Raphael's Hospice opened its doors until the day of her death on 29th May 2005, Sister Mary Declan worked compassionately and lovingly in the Hospice as our Pastoral Care Sister.



• Sister Mary Declan

Sister was a very special person whose devotion and love shone through. With her caring and compassionate ways, she touched many people's lives. She had a knack of finding the right words when someone was troubled, sharing their burden, and helping to lighten it.

She is an immeasurable loss to the community and will be greatly missed

by her sisters in the congregation as well as the staff and volunteers at St Raphael's Hospice.

She was willing to do anything and everything to raise funds for St Raphael's Hospice from singing a song at a St Patrick's' night function to shaking a collecting box outside a local supermarket.

Everyone will have their own very special memory, but, for all of us, and especially for our patients and their families, whose hands she held while making that last and most difficult journey. She will not be forgotten.

Please leave a gift to St Raphael's in your Will

The hospice relies heavily on the generosity of supporters who leave a gift to the hospice in their will.

Please ring our Fundraising Office on **020 8335 4576** and ask for a copy of the Hospice Legacy Information leaflet.

Did you know?

Last year St Raphael's Hospice provided:

- care for 310 in-patients (3,479 days)
- 3,279 home visits
- 1,611 day hospice attendances

It cost **£3,163,000** to provide these services 24 hours a day; 7 days a week; 365 days a year (£8,665 per day)

Welcome to the new Fundraising Director

Since taking up my appointment as Director of Fundraising and Communications for St Raphael's Hospice at the end of June, I have been greatly impressed by the friendliness and high level of professional care shown by everyone involved with St Raphael's Hospice.

The Hospice needs over £3million a year to provide all its care services free of charge to the local community. Of this amount some 30% comes from the NHS, but over 70% has to be raised from charity fundraising, donations and legacies.

We also receive significant support from local people who give donations "In



Memory" of a family member or a friend. With that in mind, the hospice will soon be providing a new facility called "Tribute Funds" that can be set up in memory of an individual. There is information on page 3 about Tribute Funds which may be of interest to some readers.

Over the coming months there will be a number of initiatives to help ensure that the hospice raises the £2million + a year which is needed from charity fundraising.

As always, your help is invaluable. Without on-going public support the hospice simply could not provide the high quality services it does to so many people every year.

I look forward to meeting as many supporters as possible over the months ahead. With all good wishes for Christmas and the New Year.

• Keith Witham, Director of Fundraising and Communications

Mr Colm O’Kane

Colm O’Kane, former Deputy General Secretary of Unison, from Wallington, died at St Raphael’s in June 2005, aged 69. Mr O’Kane was a senior figure in the trade union and Labour movement, who played a key role in the UK’s first 3-way union merger bringing together COHSE, the National and Local Government Officers Association and the National Union of Public Employees to form “Unison”, bringing together staff from health, local government, education, water, transport and electricity industries, with more than 1.3 million members.



• Lord MacKenzie and Mr Colm O’Kane

He was a member of the Labour Party’s national executive committee from 1987 to 1994 and a key ally of the then Labour Leader, Neil Kinnock. Colm was a patient at St Raphael’s and in a House of Lords debate on palliative care on 7th July 2005, his close friend Lord (Hector) MacKenzie paid tribute to the hospice:

Lord MacKenzie of Culkein House of Lords 7th July 2005



“ I want to make special mention of St Raphael’s Hospice, a small hospice in Cheam, Surrey, for its support for the day centre for the regular and sometimes emergency admissions for its respite, and for its care and devotion in my friend’s final few weeks [Colm O’Kane]. It was significant that he always felt safe at St Raphael’s Hospice. As a nurse, I know good care when I see it and all the staff at this hospice deserve the highest praise”.

“I conclude by referring again to the work of St Raphael’s Hospice. As with all charitable hospices, it relieves a substantial part of the burden on the National Health Service. St Raphael’s provides education and training for GP’s and district nurses to ensure seamless provision of care and generally provide a partnership in palliative care with their NHS colleagues. That includes work on motor neurone disease.

Dr Marie Joseph, the medical director and consultant in palliative medicine at St Raphael’s and the staff there take great pride in striving for clinical excellence. However, like other hospices, they need more money from government and NHS sources if they are to maintain that work safely, never mind extend the provision.”

Colm’s wife Lila has asked if the first new St Raphael’s “Tribute Fund” can be set up in his memory – **The Colm O’Kane Tribute Fund** which we are delighted to do. We hope that other supporters and friends will consider this, the details of which are to the right.



TRIBUTE FUNDS

Remember and celebrate the life of a loved one

Many of our supporters have told us that giving a donation to St Raphael’s Hospice in memory – whether in lieu of flowers or on important dates throughout the year – is a meaningful way to remember someone special, because they know that in their name the hospice can continue to give care and support to other families in need.

We understand that these gifts in memory are incredibly special to everyone concerned. St Raphael’s Hospice is honoured that families and friends choose to support us in such an important and personal way, and we know that in many cases, people like to continue giving or fundraising in that person’s name.

To acknowledge this, we are setting up a very special programme called **Tribute Funds**, as a positive way of paying tribute to your loved one’s memory and at the same time, supporting St Raphael’s essential work on an on-going basis.

Each Tribute Fund bears the name of your loved one (for example, the James Smith Tribute Fund) and family, friends and colleagues can support the Fund in any way that is right for them.

The Tribute Funds are a really flexible way for friends and family to support in whichever way suits. Some people have decided to give monthly gifts, or to make single gifts into the Fund on special occasions. Others prefer to participate in sponsored events like bike rides or runs, or to raise funds by organising a dance, golf event party or quiz. It’s all up to you and what feels right.

We handle the administration and will provide you with regular updates on how it’s growing, as well as ideas to help you fundraise or inspire friends and family.

As well as being a very personal way to remember and celebrate the life of someone special, every penny given to the Tribute Fund will be used to help St Raphael’s to provide our very special care to those who need it.

For more information on how to set up a Tribute Fund or to find out more, please call Keith Witham on 020 8335 4572 or email him at keithwitham@straphaels.org.uk

St Raphael's on Video?

A producer and award-winning director from Sutton is appealing for local businesses to help finance film productions which showcase the work of charities.

Nicola Butler, who runs **Livingwords Productions**, is an independent film-maker who hopes the new charitable side of her work will attract companies in search of a professional production with an ethical dimension. For its first charitable project, Livingwords is working with St Raphael's Hospice to produce a promotional and educational video and DVD. Keith Witham, Director of Fundraising and Communications at the hospice, said a film which showed the work done by staff and volunteers would



• Keith Witham and Nicola Butler

be valuable in helping to secure funds. But sponsorship is needed to pay for the production costs, which Livingword and St Raphael's Hospice are currently seeking.

Any potential sponsors are invited to visit www.livingwords.net or call Nicola on 020 8296 9722 for more information.

PHOTO By kind permission of The Sutton Guardian



Housewife's helping hand for hospice

A celebratory lunch has been held to mark the achievements of a group of housewives who have collected more than £200,000 for St Raphael's Hospice after they started fundraising more than 19 years ago.

The group, known as Housewives for Hospice, originally offered to raise £10,000 to help establish the hospice but embarked on a continuous fundraising drive after they reached their target in 12 months. The hospice's Sister Mary Damian praised the generosity, enthusiasm and initiative of the group at the lunch held at St Bede's conference centre. **Sister Mary Damian** is shown with the committee members, from left, **Margaret Leonard, Flo Bestley, Irene Bond, Rosemary Carter, Helena Daniels, Barbara Morley, and Wendy Wood.**

Sunflower Appeal

This year the sunflower appeal has raised over £23,000 just beating last years total and we are delighted with such a fantastic result. We would like to thank every one who helped us by collecting at the various venues or by having a collection in their office, church, school or place of work. Without this incredible support, we could never achieve such a good result.

Tea at Three

Several tea parties were held once again this year and people who held these events will agree that they were very enjoyable occasions. Why not think about having one in June 2006. It need not be a massive affair, you could just invite a couple of neighbours in for a 'cuppa and a chat'. Even a few pounds raised in this way really helps and we are grateful for all donations, both small and large. These donations added together enable us to continue running the Hospice.



• John Kempson's garden in Motpur Park

Open Gardens

Several people opened their gardens this summer to raise funds for St Raphael's hospice. You don't need to be a devoted gardener to be interested in visiting these gardens. It is simply a beautiful and relaxing way to spend an afternoon and see a garden lovingly planted and nurtured. Some people just attend for the delicious homemade teas often on offer!

Wandle Walk

We enjoyed the most fantastic weather this year for our annual walk along the River Wandle.

Because of the building works taking place at Merton Abbey Mills, we decided to walk along the river from Merton Abbey Mills to the Water Tower in Carshalton. In previous years, we have walked in the opposite direction and it was really interesting to see the river and the surrounding area from a different perspective.

The Wandle Trail working party have made enormous efforts in clearing up the river and it's environs, and although the trout fishing that the

Wandle offered in the latter part of the last century is no longer possible, the walk now takes you through gracious parklands, industrial wasteland, urban streets and garden suburbs and provides a fascinating view of modern life around the river. The walk raised over £9,000 in sponsorship.

Well done everyone!

The 2006 Wandle Walk will be on Sunday 14th May



How Cool are you? Sponsored Fire Walk 7th March 2006

Does the thought of walking over burning embers at a temperature of over 1200 degrees fahrenheit make you feel slightly overheated?

Not only is it possible, but we will help you to make it achievable and enjoyable! The walk is 20ft long and will be professionally managed. There is full support both before and on the day of the walk.

Open to all ages 16+
For more information contact
Ann Hudson 020 8335 4576

Summer Fete 2005



The Winners

Despite the relentless rain all day long we still barbecued our sausages and sold our cream teas!! Punch and Judy and several stalls had to be moved indoors and small tents were hastily erected in the grounds.

Despite the appalling weather, everyone just got on with things and really seemed to enjoy themselves and we raised over £5,000 – a tribute to the great British spirit. A very big thank you to all those who did turn out to support us on the day. The good humour and generosity of everyone present was overwhelming. A special thank you should go to the MG Owners Club of Epsom who set up the site on the Saturday, manned the stalls on the Sunday and cleared everything away before leaving at

the end of the day. This is the 5th year that they have been involved in the Fun day and WE COULDN'T DO IT WITHOUT THEM!!!

Four brave teams took part in the It's a Knockout – "The Fats" who limbered up with some lager; "S3" who wished they had brought some lager!, the "Feeley Flyers" huddled under the trees and the Cheam Sports & Social Club team who looked fit and impressive.

"The Fats" team won a narrow victory, with The Feeley Flyers'

coming a close 2nd. But a highlight was Sarah Feeley, St Anthony's Theatre Manager and Captain of the Hospital Team dressed as a chicken with a wet sponge between her legs! A BIG THANK YOU to everyone who took part.

Next year's date is set – Sunday 23rd July 2006. The organisers of the Knockout are Debbie Calver (Infection control nurse) and Dawn Wotton, Matron, St Anthony's Hospital



Chartered Institute of Building (CIOB)

The Chairman of the London branch of the **Chartered Institute of Building (CIOB), Gerry Lord**, paid a visit to St Raphael's Hospice recently to help boost the charity coffers. Mr Lord presented hospice staff with a cheque for £2,000, which was raised at the 49th annual dinner of the CIOB in June.



CIOB administrator **Norma Cook** said: "It was really worthwhile to see where the money is going. St Raphael's is a great place and they do lots of good work." Mr Lord is pictured handing a cheque to Sister Mary Damian.

Charity Golf day

G & T Business Services with the support of the Merton Chamber of Commerce held a fundraising Golf Day to support St Raphael's Hospice at Coombe Wood Golf Club on September 16th.

Thank you to **Sara Thain; Wendy Grant** and **Diana Sterck**

Ladbrokes

Thank you to **Danielle Holloway** and staff at the Tooting High Street and Streatham Road Ladbrokes shops for raising £2,000 which was donated to St Raphael's through the **Ladbrokes in the Community Charitable Trust**.

New Corporate and Staff Support

Two national organisations have chosen to support their local Hospice as their charities for the coming year, **Royal Mail** and **ARGOS**.



We look forward to working with staff at Royal Mail and ARGOS sites in the coming months.

The Tom & Sheila Springer Charity

Thank you to the Trustees of the Tom & Sheila Springer Charity, who have agreed to support the position of Bereavement Support Co-ordinator for two years. More news about that in the next issue.

The Mayor of Merton's Charity 2004-05



Councillor Margaret Brierly handed over a cheque for nearly **£15,000** raised during her year of office as Mayor of Merton.

The money was raised during her mayoral year at several fundraising events. The Hospice benefited not only from the fundraising, but because with increased awareness in Merton area of the needs of the Hospice

and the service it provides for its residents. Although located in North Cheam, the Hospice takes care of the terminally ill from Merton as well as Sutton. People are not always aware of this fact. Thank you Margaret for making people more aware.

Christmas Draw

Third time lucky? After the success of our two previous draws, with your help we are aiming for this Christmas Draw to be an even bigger fundraiser for the hospice.

Christmas is a special time, but expensive, so the Christmas Draw jackpot prize of **£2,000**, with additional prizes of **£500** and **£150** could be welcome!

We need to sell as many tickets as possible and are enclosing one book of ten tickets-if you are able to sell more please contact **Susan Williams** at the Lottery office on **020 8644 3857**.

The draw will take place on the 16th December 2005 and all counterfoils and money to be returned by 9th December 2005.

Good luck and thank you for your support.

Reminiscences from Barbara Sealy

Barbara Sealy retired as Day Care Manager on 30th September, after 18 years working at St Raphael's Hospice. We wish her well in her retirement.

"In 1986 there was a fundraising appeal in the local paper to build a Hospice in Cheam. I wrote to Sister Mary Perpetua to enquire about staffing. The answer came "Watch the adverts in a years time".

I was delighted to be appointed and I started working at St Raphael's on April 6th 1987. The Hospice opened for patient care on April 21st. I was one of the 3 nurses on duty that first night with only one patient on the ward. It was a very special time.

My pathway to palliative care started as a 19-year-old student paediatric nurse in the early 60's, feeling very inadequate when nursing a 5-year-old boy and a teenage girl, both of whom had cancer, this was at a time when palliative care and pain control was less advanced. In the 70's and the 80's, I continued working in this field with children and very sick babies.

During my first 10 years at St Raphael's as a night nurse on the ward, I nursed dustman, maids, Lords, Ladies, friends and colleagues, Dying makes no choices.

My first role in Day Care was to set up the young people's day. This was a great challenge and a new initiative for St Raphael's and its value cannot be understated. It is held on a Thursday and has become an integral and important part of Day Care where the differing needs of younger patients and their families can be addressed.

During my time in Day Care I have become aware of the importance of this aspect of Hospice care. Supporting patients through the many treatments now available and being able to liaise with all the areas of care that our patients need and to give time and support to our patients and their families is a vital part of the role and purpose of Day Care.



• Barbara Sealy

Day Care is a positive and lively area, and amongst sadness; there is can be much joy, especially when patients achieve unexpected goals. A small boy waiting outside our Day Care room asked one day if there was a party going on there? No, it was just our usual happy lively day!

As well as nursing, I have enjoyed being involved with other aspects of Hospice life. Fundraising, joining in staff revues, singing carols at Christmas time on the wards and attending and acknowledging the importance to families and friends of the Thanksgiving service. A highlight, was dancing the can-can with other members of staff for a fundraising event at the age of 57!

It has been a privilege for me to have been involved with the care of so many patients and their families at a very difficult time in their lives. My 18 years at St Raphael's is filled with a wealth of stories and experiences from patients and relatives, they will always stay with me."

St Raphael's Charity Shops



Retail Office and North Cheam Shop

698-700 London Road
North Cheam
Sutton SM3 9BY
Tel: 020 8644 3857
(for donations to be collected)
Retail Manager: Mrs Jan Cunningham

Banstead Road Shop

81 Banstead Road
Carshalton SM5 3NP
Tel: 020 8770 3677

Carshalton Shop

46 High Street
Carshalton SM5 3AP
Tel: 020 8669 5535

Cheam Shop

3 High Street
Cheam Village SM3 8RQ
Tel: 020 8643 9326

Mitcham Shop

4 Langdale Parade
Upper Green East
Mitcham CR4 2PS
Tel: 020 8646 5321

Raynes Park Shop

10 Lambton Road
Raynes Park
SW20 0LR
Tel: 020 8644 9673

Rosehill Shop

38 The Market
Wrythe Lane
Rosehill
SM5 1AG
Tel: 020 8644 9673

Stonecot Hill Shop

2/4 Tudor Drive
Stonecot Hill
Sutton
SM4 4PE
Tel: 020 8330 0086

Forthcoming Events

2005

Thursday 20th October

Bridge Tea

2pm at St Christopher's Church
Cheam Village

£7.50
Contact: Hilda Gill 020 8644 1711

Saturday 29th October

Organ (Electone) Concert

7pm at Church of Holy Trinity & St Peter
The Broadway, Wimbledon

£5.00 *Yamaha International Artist*
Chiho Sunamoto with Ikuko Yokoyama
musicjapan@hotmail.com

Curry Night and Disco

8pm at St Elpheges Social Centre
Stafford Road, Wallington

£10
Contact: Lila O'Kane 020 8688 0996

Thursday 3rd November

Christmas Card Sale

Kings College School, Wimbledon
2.30 to 4.30pm

Contact: Patricia Fraser 020 8946 3709

Saturday 5th November

St Raphael's Hospice Christmas Fair 2005

St Bede's Conference Centre,
10am until 2pm

admission £1 for adults
Contact: Tina Davies Fundraising
Department 020 8335 4576

Thursday 23rd November

Music Quiz

St Bede's Centre
£7 to include Ploughman's Supper
Contact: St Raphael's League of Friends
Val Squires 020 8642 7532
or Will Talbot 020 8543 8212

Sunday 27th November

Lunch

Spaghetti Tree Restaurant
Walton on the Hill
Details to be arranged
Contact: Mr Dermot Graham
c/o Keith Witham 020 8335 4572

Tuesday 6th December

Turning on of the Wimbledon Christmas Tree Lights

7pm War Memorial
Wimbledon Common
Contact: Tina Davies Fundraising
Department 020 8335 4576

Sunday 11th December

Light Up a Life Service and turning on of the Christmas Lights at St Raphael's Hospice

4pm / Mulled Wine from 3pm
Contact: Tina Davies, Fundraising
Department 020 8335 4576

Friday 16th December

St Raphael's Hospice Lottery Grand Christmas Draw*

Tickets £1
FIRST PRIZE: £2,000
Contact: Sue Williams 020 8644 3857
*Closing date for entries is Friday 9th December

2006

Sunday 1st January

Dog Walk

Wimbledon Common
12 noon
£10 to take part, or why not get
your dog sponsored?
Contact: Tina Davies, Fundraising
Department 020 8335 4576

Tuesday 7th March

Fire Walk

St Bede's Conference Centre
Ages 16+
Contact: Ann Hudson, Fundraising
Department 020 8335 4576

Saturday 22nd April

The Wimbledon Ball

The Great Hall
King's College School
Wimbledon
Contact: Tina Davies Fundraising
Department 020 8335 4576

Christmas Cards

Could you sell our Christmas Cards in your office, church or at home. We can supply the cards, deliver and collect. We make over 100% on every card that is sold.

Please leave a gift to St Raphael's in your Will

The hospice relies heavily on the generosity of supporters who leave a gift to the hospice in their will.

Please ring our Fundraising Office on **020 8335 4576** and ask for a copy of the Hospice Legacy Information leaflet.



I would like to help St Raphael's Hospice



Please tick the appropriate boxes:

Please send me details on how to join the Lottery

Please send me information on becoming a volunteer

Please tell me more about legacies

I do not require an acknowledgement of my donation thus maximising the value of my gift

I would like to make a donation of:

£10 £25 £50 £100 Other

Signature

Date

 / /

I enclose a cheque/postal order/CAF voucher payable to St Raphael's Hospice

My Credit Card details are as follows:

Credit Card number

Expiry Date

 -

Signature

Name:

Address:

Telephone:

Email address:

We would like to keep you up to date on our activities but if you would prefer not to receive any further correspondence from us, please tick the box

GIFT AID DECLARATION

St Raphael's Hospice

giftaid it

Using Gift Aid means that for every pound you give, we get an extra 28 pence from the Inland Revenue, helping your donation go further.

If you want your donation to go further, Gift Aid it. Just tick the box, it's that simple.

You must pay an amount of income and/or capital gains tax at least equal to the tax that the charity reclaims on your donation in the tax year (currently 28p for every pound you give).

