

Saint Catherine's Hospice

Charity Registration No.284701

NEWSLETTER

www.stcatherineshospice-nyorks.org

Midnight Walk creates a real buzz!



Photographs courtesy of Scarborough Evening News and David Chalmers Photography

“There was a real buzz around the Hospice and in the community, following our first midnight walk, and for me to see the elation on people’s faces as they completed the walk, and also the many emotions which drove everyone on, was very special!” said David Marshall- Director of Funding Development.

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Allan’s special story page 3



Getting crafty in the Day Hospice page 4



Pauline Richardson - Last but not least page 5



Santa Dash see back cover





Photo courtesy of David Chalmers Photography

Lee Barker - Chief Executive

Sitting in my office today writing this piece for the newsletter it is (for once) a lovely sunny day outside but autumn is coming and the leaves on the trees have already started to turn. Time never stands still and the same could be said for the hospice – we are always looking forward to the next fundraising event, the next group of volunteers to recruit or the next development in our services.

However, time is also a very precious commodity within the hospice. One of our key aims, in all the services we offer, is to give our patients and their friends and family time - time to care properly, time to listen and sometimes, importantly for carers, time out for themselves.

Time is also very precious given to us by over six hundred volunteers who work for us within the hospice and out in the community at Whitby Day Hospice or in one of our eleven shops. Without their gift of time we would not possibly be able to do what we do or have

enough money to do it. This autumn we will be presenting certificates to the hundreds of volunteers who have given their time in significant numbers be it over five, ten and in some cases twenty years. Time is also given by the numbers of support groups across the community and by all the other people who raise vital funds on our behalf. A fantastic contribution by all who give their time and we are eternally grateful.

It is also important that as a hospice we take time out from the every day to step back and look at what we have achieved, see where we can improve things and also importantly look at where we want to go in the future. This we have been doing and are now starting to look at how we might develop more services in the community along with the government's new End of Life Care Strategy.

No doubt there will be interesting times ahead for the hospice, yet again!

Where There's a Will

In the last financial year Saint Catherine's Hospice received over £1m through legacy income.

Legacies are vital factors in helping us lay foundations for our future. Any gift, whatever the size, enables us to plan ahead and continue our work and develop and expand the range of services we provide.

If you would like further information about leaving a gift in your will to Saint Catherine's please contact David Marshall, Director of Funding Development on **01723 378 406**

Dr Colin Campbell, Consultant in Palliative Medicine, talking about Motor Neurone Disease (MND)

Over the years, Saint Catherine's Hospice has cared for a significant number of people with motor neurone disease. This is a progressive and serious disease, and sometimes media attention has heightened people's fear of what motor neurone disease means.

This disease is not curable. However, there are important things which can be done to improve quality of life and return some sense of control to the patient.

Indeed, I think many people with the disease are surprised by how much we can help them feel better and how they can see a way forward in living with the illness. Equally, I am repeatedly surprised by how well ordinary people come to terms with their problems through humour - and courage.



Photo courtesy of David Chalmers Photography

Dr Colin Campbell

I know that one of the key things on which people comment, is that they feel they have been heard, and the way in which we try to get it right for each individual.

At Saint Catherine's, we are particularly fortunate to have experts with a broad range of skills, to help patients and their families cope better with this disease.

Data Protection Act

We are required under the Data Protection Act to affirm your continued support for all our charitable activities.

If you do not wish to continue your support for Saint Catherine's Hospice, please tick the box provided and return to us.

I do not wish to continue with my support for Saint Catherine's Hospice

Signed

Date

Address

.....

Postcode

How to contact us: Saint Catherine's Hospice,
Throxenby Lane, Scarborough, YO12 5RE
Tel: 01723 378 406

How Allan rises above his illness

Experiences of an MND sufferer

Holistic care at Saint Catherine's has helped turn total despair into a positive view of life for Allan Coulson. In June 2007 Allan was diagnosed with Motor Neurone Disease and admits the news left him in shock. "I was shocked, completely taken aback because it was unexpected," he said.

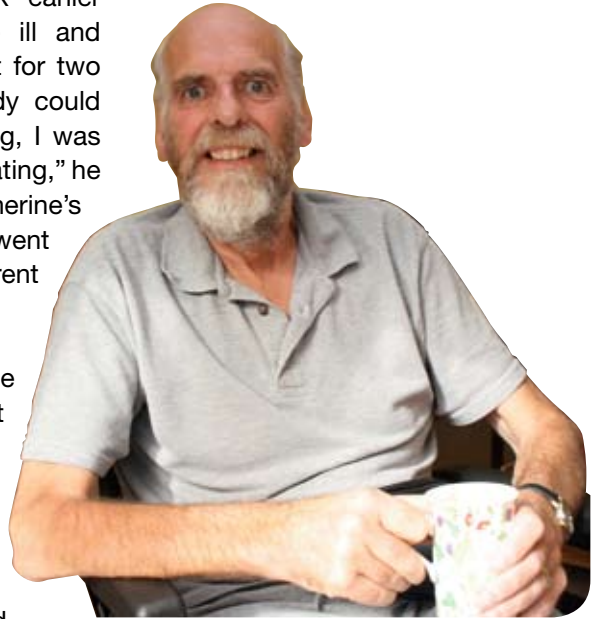
Allan had sought medical advice when he began to partially lose the use of his right leg. "I went to Hull Royal Infirmary and at that time people were talking about it possibly being a trapped nerve. To be told it was Motor Neurone Disease was not what I was expecting at all."

But the package of help he has received through Saint Catherine's has, he says, helped him to "rise above" that diagnosis. "What I have got from Saint Catherine's is the ability to come to terms with it all and deal with it and to start to realise that life can go on."

Following diagnosis, Allan was referred to the neurological nurse at Saint Catherine's and since then has been a regular day patient as well as receiving home support and respite care.

He also suffered a setback earlier this year when he became ill and was admitted as an inpatient for two weeks. "At the time nobody could understand what I was saying, I was getting confused and hallucinating," he said. "I came in to Saint Catherine's and everyone was fantastic. I went out two weeks later a different person."

Allan has benefited from the full range of care at Saint Catherine's – from medical to physiotherapy to massage. But he says the really beneficial treatment has been to his mental health. "It is easy to sink into despair and feel that all is lost but the help and the atmosphere on offer here is such that you do overcome that and feel more positive," he added. "To anyone who needs to come to Saint Catherine's I would say 'just do it' – they will turn your life around as they have mine. It is a happy, jovial place – when my grand-daughter Maisie came to visit she went home and said to her mum 'why is grandad in that nice hotel?'"



Allan's illness has been so aggressive that he is now in a wheelchair earlier than might have been expected. "Despite that, Saint Catherine's has helped me to feel positive about the future. I have been coming here for just a year but I feel as though everyone here has been a friend for much longer," he added.

Aside from the treatment he receives at Saint Catherine's, which included him having a week's stay during August as respite for wife Ann, Allan feels the benefits at home too. "Saint Catherine's has taken care of so much," he added. "Apart from coming in each Wednesday as a day patient they have fixed up for a carer to come each day and I get visits from the district nurse and a chiropodist. They take away all the hassle and at the same time I know that if there is anything that we need or any help we want we can always contact them and that is fantastic."

Allan's positive outlook is now such that he is also happy to help others by taking part in medical research into Motor Neurone Disease. "I am supporting Professor Pamela Shaw at Sheffield University by being a guinea pig for her research into Motor Neurone Disease," added Allan. "It won't help me but it might help others in the future."



The team helping Allan. From the left:

Kay Dunderdale In Patient Unit, Christine Herbert Social Services, Lucy Fettes Physiotherapy, Judith Barton Therapy Services, Lynne Symonds Day Hospice, Rebecca Haughey Neurology.

Crafty goings on in the Day Hospice!



Peter Walker Day Hospice patient studying his family history

Day Hospice Volunteer Denise Campbell has taken on the role of activities co-ordinator and has devised a programme of activities for patients. She has compiled a list of members of the public and Saint Catherine's volunteers who are willing to share their skills with our patients. This involves all kinds of arts and crafts, including card-making, painting, creative writing, poetry reading, flower arranging, computing and family history. Specific activities

for individual patients are also being arranged. Recently, Doug McLennan, Chairman of the Trustees, came to talk to two enthusiasts about the RAF in World War Two.

Volunteer, Derek Hardwick, has helped many patients to unravel their family history and has produced fantastic copies of family trees, complete with pictures and interesting tit-bits of information. Derek puts a lot of work into the charts which make a wonderful keep sake for patients and their families. One patient remarked on how much it meant to him, giving him a sense of continuity and something very special to pass on to his family.

We have been lucky to have Kate Evans facilitating creative writing sessions for us in Day Hospice as part of a residency funded by Hospital Arts for North East Yorkshire. At first the patients were quite resistant to the idea of poetry or creative writing – thinking they could not do it or it was

not for them. After seeing what went on at a session, most soon became keen to take part and often surprised themselves at what they produced. Comments have been that the writing has allowed them to express difficult emotions, has been an opportunity to share experiences and has made them feel both sad and happy. The poems and writing produced are amazing and powerful to read. At the end of the residency, Kate plans to produce a book of the poetry and writings to be kept in the Day Hospice.



Day Care sister Lynne Symonds (centre) with Jane Brigham (vol) & Denise Campbell (vol) with Day Hospice patients

Who, Where & How donations come to the Hospice!

Pauline Roberts is Saint Catherine's Hospice Finance Administrator. Every donation and payment that comes into the Hospice goes to her office. Money arrives in all shapes and forms and Monday mornings can be quite exciting! Donations come by mail, in person, from members of staff, Chefs Pantry, collection boxes, calendar boxes, support groups, education, reception, community events – in fact from every source available. Every penny has to be recorded and coded and allotted to its correct appeal, event or area.

At Christmas, things become particularly hectic when additionally money is arriving for Christmas cards, Light up a Life Appeal, Lottery raffle, Christmas raffle and Christmas badges. The Light up a Life Appeal last year raised over £52,000 for the Hospice and this alone represented approximately 3,500 payments of varying amounts,

all to be logged, thank-you cards despatched and recorded for the Books of Remembrance. Quite a work load!

Pauline is frequently reminding everyone of the importance of Gift Aid. It is her responsibility to record donations that are eligible for Gift Aid. It cannot be claimed without the address and post code of the donor – and it can only be claimed where a donation is from one person, ie: sponsorship forms need to be completed with individual information and amounts.

Pauline loves her job, having worked previously for a bank she finds the variety and unexpectedness of the role challenging and rewarding. She says 'I read wonderful letters from people who have been touched by the Hospice and meet amazing and

brave people. My colleagues and I laugh a lot and sometimes we cry. In the past few months I have counted money in a field at 7.30 am and, at the summer ball at 12 midnight with very sore feet. Most recently, during the Midnight Walk, I was in my office at 3.30 am recording and counting the donations!'



Pauline & the Monday morning mail!

Pauline's very special Midnight Walk

Pauline Richardson of Filey, had quite a few reasons for completing the Midnight Walk. It was a huge personal challenge because as well as suffering from cancer, she, and her husband, were involved in a

car crash in 2004 when both sustained multiple injuries. Pauline has metal rods in her feet, legs and arm! At one time she would have thought it impossible for her ever to do such a long and strenuous walk – but armed with slippers, crutches and masses of support from family and friends, she made it in 3 hours 58 minutes.



The Filey Midnight Walkers: from the left: Sarah Jenkinson, Lorraine Richardson, Violet Jenkinson, Pauline Richardson, Teresa Frame & Paul Frame.

Half way round the Marine Drive Pauline doubted she could continue but on arrival at the Harbour Bar exchanged her shoes for slippers and swapped her walking stick for crutches, making

things a bit easier. The main thing that really kept Pauline going was the support of her family. Son-in-law, Paul, never left her side and in her own words "I couldn't have done it without him". Husband, Stan, was also close by following in his car, just in case! Pauline and her family and colleagues from Filey have raised a fantastic £1,000, with more sponsorship money still coming in! Pauline says she will give the Santa Dash a miss but is already planning to do the Midnight Walk next year.

Midnight Walk raises £32,000 for patient care!



Chalks Away Northstead School Team

The first ever Midnight Walk in aid of Saint Catherine's Hospice took place on Saturday 6th September. Organiser, Penny Campbell, was thrilled to have over 482 participants whose pledges amounted to an unbelievable £32,202.

The novelty of a sponsored walk at midnight attracted lots of people and many turned up in fancy dress and gave themselves creative and funny names.

Whatever else they were wearing they all had on the white t-shirt with a glowing band around their necks or on their heads!



Katie Symonds - walker number 1

Most walkers had a story to tell about how their lives had been touched by Saint Catherine's and among all the smiling faces there was an occasional tear.

The evening started off wet and miserable but by midnight the rain had stopped and a warm and balmy night followed. The Midnight Walk started at the Hospice, through Newby and Peasholm and onto the Marine Drive and Foreshore. Return to the Hospice was via Valley Road, past Falsgrave and onto Scalby Road, a distance of 6½ miles. The Harbour Bar on Foreshore provided the half way house with endless supplies of sausage sandwiches, hot drinks and ice cream and made a welcome refuelling break for the participants. Walkers were of all fitness levels and ages, from 8 to 78, and completed the walk in anything between 1½ to 4 hrs.

On arrival back at Saint Catherine's medals were awarded and more tea and coffee was on offer!



Harbour Bar Refreshing ice creams & warming drinks

Penny will be organising another Midnight Walk next year and expects it to attract an even bigger crowd! She would like to give special thanks to the Alonzi family at the Harbour Bar for all the wonderful refreshments they provided and thanks to our wonderful sponsors. Also to everyone who helped with the organisation and those who were marshals on the night.





Support Group members meeting with Lee and David

Representatives from the Hospice Support Groups had a meeting in September giving them an opportunity to chat with other groups and talk about some of the events they are planning or have had during the year.

We are very lucky to have such a wonderful set of (mainly) ladies who spend a substantial amount of their time working for us. Support Groups events this year have been many and varied with everything from Coffee Mornings and Whist Drives to Flower Shows and Racing Nights! Flamborough Support Group even cashed in on the occasional visits to the area of rare birds. These sightings attract 'twitchers' nationally and internationally, who arrive in Flamborough in droves once the word gets round the bird fanciers world! Twitchers are asked to pay to park and give happily when they realise the money is for a local Hospice! If only the birds would stay a bit longer!

Lottery News



Volunteer John Smith helps out

Courtesy of David Chalmers Photography

This has been a busy year in the Lottery department. The weekly draw continues to be well supported and there are 150 (yes 150) lucky winners every week! So if you would like to help support your local hospice and still have a chance at winning either the first prize of £2000 or one of the other 149 prizes contact the Lottery Office on 01723 356028. If you are already a member of the Lottery why not think about having another number

and double your chances of winning. Our Summer Draw was held in August and we had a lucky £5000 winner from Whitby. The winning number was 16325, there were also 23 assorted lucky winners all of whom were notified by post.

Are you looking for that 'what to buy someone who has everything' present. Why not buy them a gift membership and give a present to be proud of!

Volunteers always needed

Saint Catherine's Hospice is always having to replenish its volunteer workforce as people leave to go on to pastures new or sadly through ill health have to give up their volunteer role.

At the moment there are vacancies in two specific departments. Our kitchen is looking for volunteers who can assist them in making sandwiches and preparing vegetables for the many lunches that are needed every day.

Also we need people who are willing to drive our minibus to collect patients for our Day Hospice. These drivers will either need a MIDAS certificate or be willing to do the necessary training.

If you feel either of these roles would suit you then please give Helen Young, the Volunteer Services Manager a call on 01723 351421. Helen would also like to hear from anyone who would like to volunteer for one of the many other volunteer roles that are available.



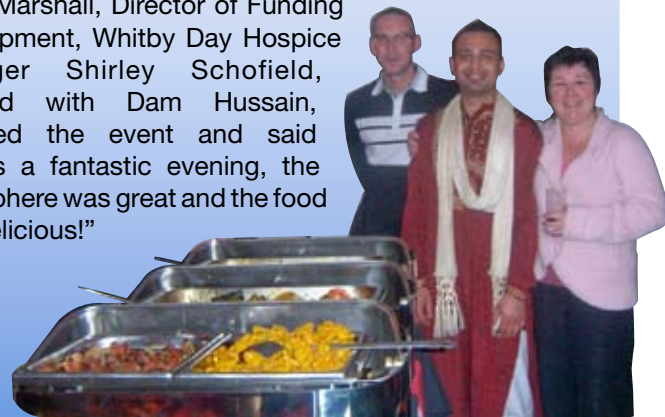
Ray Watson and Sue Taylor two of the Kitchen volunteers

Passage to India – in Whitby!!

Hundreds of individuals from Whitby and the surrounding area gathered on the evening of the 1st of October for a charity fundraiser at the Passage to India Restaurant in Whitby. Kam Hussain, the restaurant's owner organised the event to celebrate the restaurant's eight year anniversary and it was designed to give something back to the local community which had supported the family business so well.

The restaurant put on a splendid spread of authentic Indian food and guests were asked to make a donation. These equalled a fantastic £1743, £500 of which was presented to Saint Catherine's Day Hospice in Whitby and the rest was donated to the Ullah Foundation an orphanage charity in Bangladesh set up by the Passage to India Hussain family, which provides 14 children with accommodation, food, clothing and education.

David Marshall, Director of Funding Development, Whitby Day Hospice Manager Shirley Schofield, pictured with Kam Hussain, attended the event and said "It was a fantastic evening, the atmosphere was great and the food was delicious!"





Boyes Stores help with the promotion of the New Family Organiser

The Family Organiser is very different from the Hospices' regular calendar and has been designed to help busy families, and busy people generally, co-ordinate their lives!

The main characters, Cathy and Doc, have been created especially for Saint Catherine's by Scarborough artist, illustrator and cartoonist, Neil Pearson. As well as his architectural & interior perspectives, Neil is renowned for his cartoon characterisation, he also has a wicked flair for caricature.

David Marshall, Director of Funding

Development says, 'I think this is a great addition to our calendar range. As a family man having two daughters, we have always used a family organiser to keep up with their hectic schedules, swimming, riding, football, school commitments, and also looking for the free date my wife and I could spend some time together!'

This is a colourful, fun and most importantly useful calendar and is available from Boyes Stores in Scarborough, Whitby, Bridlington, Driffield and Malton, Saint Catherine's Hospice Shops and of course the Hospice itself. It is £6.50 or £7.50 if mail order is required.

The front cover of our traditional calendar this year shows a view of Scarborough Castle taken from the Esplanade. This was taken by Kate Buchan, a photographer, who sells the calendar in her shop in the Market Vaults

in Scarborough.

As with the 2008 calendar we are hoping it will raise about £20,000 for Hospice Care. The calendars are available from many outlets throughout the area, as well as our website and you can phone the Fundraising Centre on 01723 378406 for mail order details for both the calendar and Family Organiser.



The Marshall Family

A potted history of Saint Catherine's Shops!

We had a reminder this year of how far our shops have come as Margaret Dennis (MBE) sadly passed away in July this year. Margaret was one of the pioneers who started our first shop in Castle Road Scarborough on the 23rd May 1986, just one year after the opening of the Hospice. In the first 2 years the shop raised £100,000 for patient care.

Margaret then opened the Falsgrave Road Shop on the 6th December 1989 and continued as Volunteer Manager there until her recent illness. Margaret experienced for herself the care provided by the hospice and remarked on the wonderful care she received. She was hugely admired by everyone at Saint Catherine's and was a great ambassador for the hospice and her energy and support is missed by everyone who came into contact with her.

After Castle Road, came the shop in Whitby which opened in 1987 followed by

Bridlington and Driffield in 1990. There are now 11 Hospice Shops, including three which sell furniture, throughout Saint Catherine's 1,600 square miles.

In September this year the shops came together for their annual Collectors Fair, which for the first time was held at Saint Catherine's Hospice. Ten of the eleven shops brought antiques, linens, silverware, bric-a-brac, books and all kinds of china and cut glass and some furniture into the hospice making a marvellous display. As well as attracting over 250 collectors into the hospice it was an opportunity for the Shop Managers and their volunteers to get together to compare notes, and in many cases to buy from each other!



Retail Manager Debbie Jewison with the ladies from the Ramshill Road Shop

Hospice Shops

Scarborough

85 FALS GRAVE ROAD
Sue Garson **01723 379336**

28C RAMSHILL ROAD
Yvonne Hall **01723 507203**

Furniture Shop including Electricals
30A NORTH MARINE RD
Jo Major **01723 501601**

Pickering

4-9 BIRDGATE
Winston Peel **01751 477767**

Whitby

11 SKINNER STREET
Joanne Bowman **01947 603585**

Hunmanby

23 BRIDLINGTON STREET
Pauline Clayton **01723 890698**

Filey

22 JOHN STREET
Tricia Mainprize **01723 514380**

Malton

18 WHEELGATE
Jane Broadbridge **01653 696363**

Furniture Shop
43 WHEELGATE

Janet Dale **01653 691924**

Bridlington - inc Furniture

1 CROSS STREET
Sharon Machin **01262 606894**

Driffield

48 MARKET PLACE
Clare Welburn **01377 255925**



Cool Yule Runnings!

On your marks, get set, Ho! Ho! Ho! Saint Catherine's Hospice will be holding its very first 'Santa Dash' around the Marine Drive at 11.00 am on Sunday 14th December.

This sponsored fun-run with a difference will certainly paint the town red, as in exchange for the registration fee of just £10 for adults and £5 for children, all the dashers will receive a Santa suit to wear on the day.

The 'Santa Dash' will suit all ages and all levels of fitness as it can be completed at a run or at a walk, in fact whatever pace 'Santa' prefers. It should create quite a spectacle on the sea front!

All Santa's must register and forms are available by contacting the Fundraising Department on 01723 378406 or email louise.leah@st-catherinehospice.org.uk



Christmas Cards

This year the Christmas cards are selling very fast. There are 12 cards to choose from including a children's' mini pack, which proved so popular last year. Share-a-Card is also available again this year. It is very popular in businesses and schools, enabling supporters to wish their colleagues a Happy Christmas and help the hospice at the same time.

An Evening of Christmas Music
 with the
Staxton Singers
Tuesday 16th December 2008
 7.00pm for 7.30pm
 at
Burton Agnes Hall
Mulled Wine & Mince Pies

Tickets £12.50
 for tickets call the Fundraising Centre on 01723 378406
 or contact the Bridlington Support Group on 01262 679606

Events on our calendar

November

Saturday 22nd November
Christmas Fair
 at the Hospice. 10am-1pm

Friday 28th November
Ryedale Christmas Fair
 at the Old Lodge, Malton. 4pm-6pm

Saturday 29th November
Snowball
 at the Royal Hotel, Scarborough

December
Sunday 14th December
Santa Dash
 11 am start

Tuesday 16th December
Christmas Music
 at Burton Agnes Hall

January
Friday 23rd January 2009
Burns Supper
 Forest & Vale Hotel, Pickering

Call the Fundraising Centre on 01723 378406 for further details on all of these events!



Light up a Life Services

Tuesday 2nd December	6pm	Memorial Gardens, Murray St., Filey
Tuesday 2nd December	6pm	Malton Railway Station
Wednesday 3rd December	6pm	Driffild Railway Station
Wednesday 3rd December	6pm	Whitby Hospital
Wednesday 3rd December	6pm	Helmsley Market Square
Thursday 4th December	6pm	Town Hall Gardens, Scarborough
Sunday 7th December	3pm	Bridlington Railway Station

PLEASE PRINT CLEARLY

Name

Address

Postcode

Telephone

I wish to dedicate _____ Lights (no minimum donation)

My special light(s) will shine for

1.

2.

3.

4.

5.

METHODS OF PAYMENT

Either
 I enclose cash / cheque / postal order for £

or
 I wish to pay by VISA MASTERCARD (for donations over £20 only)

Payments can also be made via the website: www.stcatherineshospice-nyorks.org

Card number Card expiry date Issue No.

Name of Cardholder

Gift Aid it! just tick here

Increase the value of your regular gift or donation through Gift Aid.
 I want Saint Catherine's Hospice to reclaim the tax on my donation. I confirm that I pay income tax or capital gains tax at least equal to the amount to be reclaimed.

Please make cheques payable to: Saint Catherine's Hospice and return to: Saint Catherine's Hospice Fundraising Department, Throxenby Lane, Scarborough, North Yorkshire, YO12 5RE. Tel: 01723 378406.