



# ST DAVID'S HOSPICE

SPRING/SUMMER 2011

NEWSLETTER

'Helping Hands' Appeal Special Edition



*St David's Matron, Nia Rosser Hughes, explains what the exciting 'Helping Hands' Appeal plans will mean for the future of the charity...*

## What do the plans involve?

Currently, we have five single rooms, a four-bedded bay, and a two-bedded bay. The aim is to create single rooms for all patients, for their comfort and privacy, and also to include three extra beds to meet increasing patient need, making it a 14-bedded unit.

## What are the benefits of all single-bedroom facilities?

There are so many benefits! Following a patient survey and national research, we are being responsive to the needs and wishes of those in our care. Hospice care comes at a delicate time in a patient's journey, and to be able to offer this level of privacy for the patients and their families is priceless. This privacy allows them time to talk and discuss issues with the doctor in peace. Another good reason for the single rooms is infection control. Fortunately, there are minimal infection rates at St David's but if a patient does have an infection, for their own treatment, and the safety of others, they can be nursed in isolation. We have always maintained same-sex wards at St David's but this can mean waiting for an available bed or moving patients around, which is not ideal. We welcome the positive changes for both patients and staff in these plans.

## What will the enhanced educational/training facilities mean?

As a specialist unit the staff are aware of the importance in being continually updated in all aspects of palliative care. Doctors, nurses and other allied healthcare professionals in the team are required to prove evidence of this as part of their re-registration and it is stimulating and cost effective to share this knowledge with colleagues in the field across North Wales. To ensure that we give excellent, and safe, care, it is important that we have adequate training space for the professional development of all staff.

## Newsletter Appeal

In the last two editions I spoke about our plans to update the Hospice accommodation by replacing the open wards with single rooms whilst adding three extra bedrooms and thus providing the privacy so essential to our patients and families. We have had tremendous support and feedback from our patients and staff to encourage us to make this a reality and with the consent from our Board of Trustees we have now approved the plans to achieve this, and also improve our education facilities. We are delighted to be in a position to put forward some of the finance needed to start this big task ourselves and I would like to acknowledge the generosity of people no longer with us who through their kind legacies have enabled us to initially move forward with these plans.

In agreeing to this project we are building for the future and have launched our Helping Hands Appeal to enable us to complete the proposed development and to sustain the increased financial costs this will incur.

Our commitment is to continue to provide the excellent, dignified care we all would wish for in the latter stages of life. And I know how well you have supported us in achieving this in the last 11 years. It is with this in mind that I humbly ask that you will embrace our appeal that you will shortly be receiving and link hands with us to help us continue to provide this care in the surroundings that meet patients needs more effectively.

*Gladys Harrison* Chairman



## Message from our Honorary President William Roache (MBE)

"You will all be hearing from me in the near future, but I would like to take this opportunity to encourage you to support the excellent plans for this Helping Hands Appeal. I fully endorse the work of St David's Hospice and ask that you lend a hand to make the campaign a success."





## DID YOU KNOW?....

- All services at St David's Hospice are offered completely free of charge
- St David's Hospice admits patients aged 18 and upwards from across North West Wales – Anglesey, Gwynedd and Conwy
- We provide physical, emotional and spiritual support for the patients and their loved ones
- St David's Hospice cares for patients with many end of life illnesses, including cancer, end stage heart disease and motor neurone disease
- Our Day Care and Inpatient wards have approximately 200 admissions a year
- It currently costs £1.6 million a year to run the clinical services at St David's and over 75% of this is raised through community fundraising

# Stephen's Story

A DAY Care patient has sung the praises of St David's Hospice for the care given to both him and his wife.

Stephen Foster of Llandudno, has Multiple Sclerosis (MS) and attends Day Care every Friday.

He said: "I have been coming to the Hospice over the past three years."

"This includes sets of 8 weeks at Day Care and also a week of respite per year."

Stephen says the care extended to his wife Christina is hugely important to their family.

He explained: "My wife is my main carer and while I come to Day Care to relax and enjoy myself, she can also enjoy some free hours."

"Every year I spend a week in the Hospice respite bed, and Christina makes use of this by visiting our family for a short holiday."

"This wouldn't be possible without St David's."

St David's Hospice provides holistic care – physical, emotional and spiritual support for both the patient and their loved ones.

Stephen said: "There is often a stigma attached to Hospice care, which is a shame."

"It's been invaluable for me and my wife and benefits us both."

"It's easy to become absorbed by your illness, but the hospice understands the effects on the carer as well, which is why it is

a special place for both of us."

"I look forward to attending Day Care every week and during my breaks between slots, it gives me something to focus on. I don't become dependant on the Hospice and can live independently, but I know that I can return here for another 8 week slot and I can look forward to some nice, relaxing times ahead."

Day Care is open Tuesdays to Fridays, with bereavement counselling held on Mondays. Friday's Day Care admits younger patients and all the care provided is completely free of charge.

Stephen pointed out that St David's does not only care for cancer patients, as many people may think.

"MS is a neurological condition that affects my movement."

"The Hospice cares for patients with any life-limiting illness, including MS and it is important that people are made aware that they can access the services here, whether it's for a bath, to meet new people or to allow for their family to go out and about and enjoy some spare time."

**To learn more about referrals to St David's, speak to your GP or healthcare professional. For further information, contact the Hospice on (01492) 879058.**



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# Five MILLION pounds and counting...

Tom Williams (Lottery Co-ordinator)



It's a treat for an ex-Bank Manager to telephone people each Friday, not to ask them for money, but to tell them they have won £2000!

Little did I think, back in 1997, when I took early retirement after 37 years with Midland Bank, latterly HSBC, that a week after leaving I would embark on a second career with St David's Hospice.

Back then we could not have known how successful our lottery would be. The original decision was something of a leap in the dark by the Trustees which has paid off handsomely:

- Over 12,000 current membership, of whom over 95% play weekly
- 35% pay cash at the door, usually every four weeks
- 20% pay by post or via the Internet
- 45% pay by standing order: this is the most cost effective way
- Prize money since the first draw in November 1997: over £2 MILLION
- The Hospice lottery pays for one day in four of the Hospice clinical running costs.
- **Donated to the Hospice by the lottery since 1997: over £5 MILLION**

In 1997, the first task for my colleague Ian Dickson and me was to recruit a team of around 30 canvassers to pound the streets of North West Wales, and sign up as many new members as possible. Having achieved a reasonable level of members, many of the canvassers switched to the job of collecting. We are very lucky in our members - you are hugely loyal to the Hospice, and this is shown by the number of members who donate part or all of their prizes back to the

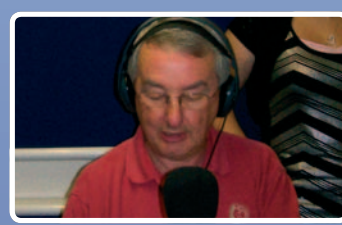
Hospice- 256 members have told us to keep ALL their prize money! Our players are very important and dear to us, and we want you to know how much your loyalty is appreciated.

Finding new members is always a challenge but we have two brilliant door-to-door canvassers, Brigid Hill and Sarah Thomas, who also go out in all weathers. Brigid told me not long ago that she had stopped checking the weather forecast, but preferred to take the weather as it comes! A year ago we invited all our members to take out a second or extra number and over 800 of our generous and loyal members did - a tremendous success!

Unlike our competitor Lotteries, St David's offers a cash collection option in many areas throughout North West Wales. Each week our collectors, many of whom have been with us for many years, go out in all weathers to make contact with their members. We are always thankful for their help and that of Hospice volunteers who keep the wheels turning, by sending our ever popular Dewi or Dewina bears and weekly prizes. They do a fantastic job.

Another of my very proud achievements, while working at the hospice, was last year's effort when I raised over £3000 by completing the British Three Peaks Challenge (Ben Nevis, Scafell Pike, and Snowdon) in 24 hours and 20 minutes.

My 65th birthday has just passed, and I have reduced my working week to three days, with Ian also working three days. I've enjoyed every minute of my time so far with St David's, and I am privileged to work with some terrific colleagues and Hospice volunteers. It has been a pleasure to help with this most valuable resource for all the people of North West Wales, and I am proud of the part the lottery has played in the success of our Hospice.



## How to join the lottery

In January 2011 we introduced a Rollover. Our prize pot is now as follows:

- First prize £2000 each week
- Second prize is the Rollover, which goes up in £200 per week increments until it reaches £5000, when it becomes a guaranteed prize.
- Third prize £100 each week
- 40 x £5 prizes each week

As all our players know, if you win we send you a cheque. Each week our winners can be found in your local newspaper, or on the Hospice website. Results are also broadcast on Tudno FM, the Llandudno community radio station - 107.8 fm at around 11.45am each Friday morning.

*If YOU would like to join the Hospice Lottery, just give us a ring on 0800 970 6242 (24 hours) or join on line at [www.stdavidshospice.org.uk](http://www.stdavidshospice.org.uk)*



# Shop Watch

Our network of shops continues to grow with the opening of our latest outlet on Anglesey at Church Street in Beaumaris. It's small, but beautifully formed and will sell bric-a-brac, accessories and a select range of clothing. Donations will be welcomed for sale there or at one of our other shops - and the premises will also house information for local people about the work we do, here at the Hospice.

In Colwyn Bay our February & March Madness sale has been a big hit, this year, with clothing selling at only £1 per item, which attracted larger numbers of bargain hunters into the shop, increasing turnover not only on clothes but on ornaments and other items, as well.

Keen eyed Hospice supporters may have noticed a few changes to the windows of our larger shops, which now stock a limited range of "new" gift merchandise. We hope to roll out the experiment to all of the shops in the coming months to help attract new customers across the threshold, ready to buy!

Without our loyal volunteers, we would not be able to open our shops and raise vital funds for the Hospice. We are always on the look out for extra volunteers to help in the shops - If you have some spare time, like meeting people and enjoy working in a friendly and hardworking team, call in to your nearest shop and ask about lending a hand. You'll be glad you did!

We are always in need of good quality donations to keep the tills ringing across our network of shops. **Don't dump it, donate it!**

## Talks

Holding talks in the community about the Hospice is an important way of spreading the message about what we do, so that as many people as possible are able to access our services and support the charity.

Through presentations, lessons and discussions with schools, workplaces and community groups, across North West Wales, I have been able to meet our supporters. This is a great way to thank them for all they have done so far. But they are also useful in reaching new supporters, dispelling some myths about hospice care and educating the community about what end of life care is available to them.

From WI groups to youth clubs, if you would like to book a speaker from St David's to talk about the Hospice, from fundraising and volunteering to clinical issues, contact me on (01492) 879058 ext 263 or email [rachel.o@stdavidshospice.org.uk](mailto:rachel.o@stdavidshospice.org.uk).

Communications Officer, Rachel Owen



## BOLLYWOOD BALL



In aid of  
**St David's Hospice**

Venue Cymru, Llandudno • Friday 24th June, 2011  
Contact 01492 873665  
for further details



## Fundraising Calendar 2011

### ■ Sunday, May 15th ... Spring Plant Fair in the grounds of the Hospice ... 10am until 4pm

Lots of plants, second hand gardening books, tools, garden furniture, traditional crafts, and a cake stall. Café Dewi will be open too! There will also be activities for children organised by the RSPB and the owls from Bodafon Farm are putting in a guest appearance. Admission £1 (children free).

### ■ Friday, June 24th ... The Bollywood Ball at Venue Cymru, Llandudno

A summer ball with a difference! Don't miss out on what promises to be an exciting, dazzling and exotic night of dancing and delicious food! Tickets for this spectacular event will generally be sold in blocks of 10 (£60 a ticket), so get your friends together and book a table! We will take smaller bookings. The main thing is to get in early....

### ■ Saturday, July 23rd ... The Summer Fair in the grounds of the Hospice

Always popular and lots of fun for the whole family, with all the usual stalls, a town band and bouncy castle. Admission £1 (50p for children)

### ■ Sunday, August 14th ... The Dawn Walk ... 9 miles along the Conwy Estuary and West Shore

Not so much up with the lark as up with the oyster catchers. This women-only walk has already raised £60,000 for patient care. Please help us reach £80,000 or more! Entry: £15 registration fee + sponsorship. Registration forms need to be in by Monday, July 25th.

### ■ Saturday, August 20th ... Conwy River Festival Duck Race

Hundreds of little yellow ducks bobbing along the river and the winner may have your number. If so, you win £100. This event has become an integral part of the Conwy River Festival. Ducks available a month in advance from the Hospice, or on the quay on the day. £1 a duck.

### ■ Saturday, September 10th ... Skydiving Challenge Day at Whitchurch, Shropshire

Your chance to hurtle through thin air at 120 mph (strapped to a professional). Then 'Whoosh' your parachute opens and you drift earthwards with a huge grin! No previous experience necessary, but jumpers are expected to raise a minimum sponsorship of approximately £400 to make the jump for free. In our experience nobody has found this a problem, although your friends may think you are having a mid-life crisis!

### ■ Sunday, September 17th ... The Autumn Fair in the grounds of the Hospice

Run along similar lines to the Spring Fair and very likely to be a bit of a harvest celebration. Once again we are hoping for huge community involvement.

### ■ Sunday, September 26th ... The Great Orme Walk

This 6 mile sponsored walk always starts and ends at the Hospice. Every year we have a fancy dress theme and every year we see lots of the same faces. Oh, how you lot love to dress up, and how we love you for it!

### ■ 14th & 15th October: The Giddy Goat Comedy Festival – in aid of St David's Hospice

A brand new fundraising initiative, in association with Venue Cymru in Llandudno, with some very big names from the world of comedy and entertainment appearing in a number of events over one great weekend. Names and details nearer the time!

For further information about any of these events contact The Fundraising Office on 01492 873665 or visit [www.stdavidshospice.org.uk](http://www.stdavidshospice.org.uk)



## Meet Wendy...

Wendy Clark is the newest member of the Hospice fundraising team.

"I'm really excited in my new role, joining Beth and Marie in the Fundraising Team. My aim is to organise more events in Gwynedd and Anglesey and raise awareness of the charity in these areas. Since starting, I have been working on events in Conwy, and organised two new fundraising events on April 10th, the Prom-Push and Jail Et Bail. I am also looking to increase our support groups across Anglesey and Gwynedd and to work closely with community groups and gain more corporate sponsorship for our larger events. Hopefully I can run with fundraising ideas and events that will appeal to everyone. My background is in Marketing, Events and I have also worked as a Police Constable for North Wales Police – so I enjoy a challenge!"

To contact the fundraising team about any events or for a Community Fundraising pack, call (01492) 879058.

## Legacies

A little change can make a big difference.

It is relatively easy to change your Will to remember a charity (after your family is provided for) by adding a codicil. A **codicil** can take the form of a letter and is kept with the original document. As with all legal matters you should be sure and clear about what you're doing, to avoid unnecessary complications when the Will is read.

We can provide advice, as can any solicitor or it is available online via independent advice website [www.remembercharity.org.uk](http://www.remembercharity.org.uk).

It's not just the rich and famous who leave money to charity – and legacy income is vital for our work to continue.



## TRUSTEE – DOREEN ATKINSON

*In this Newsletter edition, we catch up with Doreen Atkinson, a long-serving volunteer and Trustee at the Hospice.*

"In 1989, after moving to Llandudno, I joined the local Business and Professional Women's Club who meet at the Imperial Hotel and met a lady who was wanting to start a volunteer fundraising group in Colwyn Bay to help support Phyllis Ford, the first fundraiser for a hospice in Llandudno. We did quite a few events to raise funds to help towards financing the building.

Since that time I have always been involved in some way or another. On taking early retirement in 1996 I became more involved with the fundraising department when it was in Madoc Street, Llandudno, by delivering cans to various locations and assisting with events. I was also involved with the first shop in Craig-y-Don.

I was absolutely delighted when it was possible to build the Hospice and open the door to patients. At that time I volunteered to do the reception desk fortnightly, which I still do. Having been involved with most departments I was asked to join the Board by Dr Galpin in October 2003. This I was delighted to do as I felt I could give a view of being a volunteer. I have served on the Finance Committee and the Income Generation Committee, only giving these up recently due to health reasons. I have also recently had treatment for cancer and benefited from the excellent nursing and support the Day Care unit give.

It is very rewarding being involved as a Trustee and volunteer at the Hospice and working with all the staff and the very many volunteers. It is a very welcoming and friendly place and I would recommend anyone to be involved."

*Doreen was born in Watford and moved to Blackpool with her parents in 1961 where she joined the Halifax Building Society. In 1970 she moved to London and then the Midlands. She moved to Llandudno in March 1988 as Manager of the Llandudno branch of the Halifax and the start of a long-lasting and loyal relationship with St David's.*

## Dine at Mine



A brand new way to raise money for St David's Hospice by holding a dinner party.

Staying in is the new going out, so look no further than your dining room table for an entertaining night of great company and homemade food.

Dine at Mine is a great way of raising money for St David's, while socialising with your family and friends.

### What to do

Invite your friends over for a party or a sit down meal with you and kindly ask them to make a donation (*based on what they'd pay to eat out*) to the hospice. If cooking is a real challenge, you could always ask your loved ones to sponsor you!

You can be as creative or as formal as you wish. From pizza parties to fancy dress murder mysteries, the possibilities are endless!

We can help you with:

- Invite templates
- Dinner party tips
- Place cards
- Sponsor forms
- Fundraising tips

**Please contact us for more information or to discuss your Community Fundraising ideas by calling (01492) 873674 or (01492) 873664**

## How to support St David's ...

- \* Hold a community fundraising event
- \* Donate online at [www.stdavidshospice.org.uk](http://www.stdavidshospice.org.uk), by cheque or cash.
- \* Join the weekly Hospice lottery, call Freephone 0800 9706242
- \* Support our network of Hospice shops
- \* Drop some coins in our collection boxes found in venues across North West Wales
- \* Make St David's your group or businesses 'charity of the year' or add the charity to your payroll giving
- \* Consider leaving a legacy to St David's in your Will
- \* Help us to spread the word about the charity



Visit our website  
[www.stdavidshospice.org.uk](http://www.stdavidshospice.org.uk)  
for all the latest news.

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