

news

www.st-margarets-hospice.org.uk

AUTUMN/WINTER 2011

Mandalas and Mountains

Charity Trek 2012 12 - 21 October

Join us on a charity trek of a lifetime to the home of the Dalai Lama and through the outer foothills of the Himalayas.

This incredible challenge takes place between 12th and 21st October 2012 and involves walking 75km in the scenic outer foothills of the magnificent Himalayas, passing through remote tribal villages and stunning scenery.

This exciting but manageable trek will take you where few other tourists go, giving treasured memories, and a sense of personal achievement whilst raising money for your local hospice, St. Margaret's.

The trek will give you the opportunity to visit village houses and get to know the local culture and traditions. You will see the semi nomadic Gaddi shepherd tribe in the mountains with their flocks, their lifestyle largely unchanged for centuries and you will experience the spectacular scenery of the area.

So, if you are excited by what promises to be a wonderful and memorable experience, then take your first steps towards your trek today!

To obtain a trek registration form or to find out more please call the fundraising office on: **0845 345 9671**. Alternatively email: fundraising@st-margarets-hospice.org.uk or visit www.st-margarets-hospice.org.uk.



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Daredevil Dot Dives from Plane!

Plucky pensioner Dot Anderson, 71, completed a tandem skydive in Australia to raise funds for three good causes including St. Margaret's Hospice.

Dot from Burnham on Sea has been a fundraising volunteer for St. Margaret's for 6 years. Describing herself as "young at heart", she completed the feat with nephew Michael whilst on a trip visiting family in the country.

"Fortunately, I've got a good head for heights but I'd never done anything like that before. It was an experience to remember!" said Dot.

Courageous Dot raised a total of £3,000 from her antipodean sky dive, of which £1,000 came to St. Margaret's.



Did you know?

St Margaret's is one of the largest providers of Hospice care in the Country and is the largest in the South West!

Being a St. Margaret's Volunteer

Maureen Lawless - Ward Volunteer

Maureen Lawless from West Hatch is a volunteer on the In-patient Unit in Taunton. She first came across St. Margaret's when she accompanied her uncle to his Lymphoedema appointment.



Maureen said, "The first time I came to St. Margaret's I was so impressed by the welcome we received. We were offered tea and coffee while we waited and the lady behind the reception desk was just so lovely. When we realised she was a volunteer, my uncle joked that I could do that when I retired!"

"Sadly my uncle passed away shortly after and so my thoughts turned to becoming a Volunteer Receptionist at St. Margaret's, as he had suggested. I spoke to Sue Wilmott, the Volunteer Co-ordinator in Taunton, and she told me that there weren't any vacancies for Volunteer Receptionists at that particular time, so would I consider becoming a Ward Volunteer instead?"

"My role on the ward requires me to serve drinks to patients and check their water jugs are full, help serve lunch and support patients by passing them their drink or personal items. Sometimes I just have a chat with them, I find it hugely rewarding.

"I look forward to coming into St. Margaret's every Friday morning, I find it's a great leveller and it's so nice to be able to give something back. I go home feeling I have made a difference and that is a very special thing."



Stunning statistics for fabulous fundraiser!

Fundraiser Gillian Jones finally reached her target of raising £10,000 in 10 years for St. Margaret's Hospice.

Gillian Jones makes beautiful handmade cards and has become a familiar face selling them at fundraising events such as coffee mornings and fairs. In the ten years that Gillian has been

fundraising for the hospice, she has made nearly 9,000 cards, selling them at £1 or £2 each.

Well done Gillian on this tremendous achievement!

'Time of Your Life - Grease is the Word!' hit fundraiser

Six local girls affected by the work of St. Margaret's organised a big screen showing of the 70s film Grease, complete with party and entertainment raising £4,000.

The event, organised by the girls from the Yeovil area, attracted over 400 guests who donned their lycra and quiffs for the big screen showing of the original film! Local dancers and bands provided additional entertainment and raffles and auctions gave partygoers the chance to win some great prizes.

The previous year the event raised over £6,000 for the hospice and the money was used to refurbish the Patients' Lounge in the Yeovil hospice. The wonderful refurbishment included a new patient friendly dining room suite, dresser, settee, new curtains, lamps and tasteful accessories. Thoughtful recycling of the existing chairs created another private retreat greatly appreciated by patients and relatives.



St. Margaret's needs you this Hospice Care Week 8th – 12th October

Hospice Care, Be Surprised!

For some people facing the end of life it's the small things that can make the biggest difference – like having a cold beer with friends, a special family meal or seeing a beloved pet.

Others may have big goals that they would like to achieve – like travelling to a meaningful destination, marrying the love of their life or doing something challenging.

Whatever their wishes, our team takes them seriously and pulls out the stops to try to make it happen.

"Hospice care is about the whole person, not just their clinical needs," said Ann Lee, Director of Nursing and Patient Services.

"Whatever means the most to someone – from weird and wonderful requests to simple wishes like being cared for in their own home – the team at St. Margaret's Hospice treats everyone as an individual and is here to help people live well until they die."

The most common request we get from patients is being able to go home and spend time in their own surroundings with their loved ones, even if it can only be for an hour. Our Physiotherapists tell us about a recent home visit they undertook:

"A 52 year old patient was diagnosed with an inoperable brain tumour and was referred to St. Margaret's for palliative care."

"The patient was married with 2 year old twins and had recently moved to the Somerset area to take up a new job."

"It was difficult for the patient to see his twins whilst he was an In-patient; the family did not have a car and the journey from home required 2 buses – quite challenging with twin 2 year olds in tow."

Our Physiotherapists are highly trained and work to help people either remain safe and mobile in their own homes or actively help in getting in-patients fit enough to go home. **Thanks to your support in 09/10 352 patients attended our outpatient clinics for Physiotherapy treatment and 103 patients were seen in their own homes.**

"On several occasions the patient expressed a wish to visit home but was insightful enough to realise that this would be difficult to achieve and he didn't want to cause any distress to either the twins or his wife."

"The St. Margaret's Physiotherapy team felt a trip home could be facilitated and they could deal with any potential physical problems. So the patient was taken home for an hour visit. He was so excited on arrival that he virtually ran through the front door to the lounge and launched himself onto the settee!"

"The patient had quality time with his wife and children who carried on playing with toys just like any ordinary afternoon. They would spontaneously climb up on their Dad's knee and hug him. The patient's face was that of pure peace and contentment."

"The patient and his wife mouthed the words 'I love you' to each other as we drove away."

"Every couple of miles between his home and St. Margaret's, the patient turned to me and said 'Thank you so much for taking me home.' He died a few weeks later."

This Hospice Care Week (8-14 October), we are working with other hospices across the UK to raise awareness of hospice care and address the misconceptions.

We're asking you to help us this Hospice Care Week by doing something wonderful for St. Margaret's. Whether you become a volunteer, donate £5, organise a



fundraising event, join our Weekly Prize Draw, or donate your unwanted items to one of our charity shops, there are many ways in which you can support us this Hospice Care Week.

Thank you

To send us a gift, please see the back page of this newsletter.

THE SKY'S THE LIMIT!

Twenty six brave people saw Taunton from a different angle as they abseiled down the Debenhams store in the town to raise funds for St. Margaret's Hospice.

The abseilers, aged between 12 and 74 and some in fancy dress, raised an astonishing £4,000 by making the daring descent.

Special thanks go to the event sponsors, Milsted Langdon Chartered Accountants, Debenhams and to all those who overcame their fear of heights to take the plunge for St. Margaret's.

Thank you

Dunster by candlelight celebrates its 25th year

The wonderful medieval village of Dunster has become a permanent symbol of Christmas in Somerset with thousands of visitors flocking to the village each December.

Since its inception, the event has supported St. Margaret's Hospice and has over the years raised over £100,000.

The atmosphere at Dunster by Candlelight, with its impressive backdrop of the floodlit Castle, really has to be experienced. This year's special anniversary event takes place on Friday 2nd and Saturday 3rd December 2011. To mark the beginning of the festival the Lantern Lighting Procession takes place. The procession of children and their families are accompanied by



colourful (and tall!) Stilt Walkers in fantastic costumes who put up the lanterns.

The main streets of the village are closed during the festival and most of Dunster's wide variety of shops are open throughout the two evenings for Christmas shopping and a range of restaurants and their street stalls offer a variety of foods.

A park and ride operates from Minehead, Timberscombe and Watchet and you can also arrive in style by taking a steam train along the West Somerset Railway – be sure to book early. The festival opens at 5pm on Friday and 4pm on Saturday and continues each evening until 9pm.

To find out more about this year's special festival visit www.dunsterbycandlelight.co.uk or call 01643 706355.



Wincanton Charity Race Day

Don't miss this exciting day's racing on Sunday 23rd October, complete with silent auction and fundraising activities in support of St. Margaret's Hospice and the Friends of Wincanton Community Hospital. Gates open from 11am.

If you fancy enjoying the racing in style why not attend the exclusive charity lunch? The ticket price of £75 includes free parking, a member's badge, reception with a glass of bubbly, 3 course lunch with wine, charity auction and afternoon tea. For further details visit www.st-margarets-hospice.org.uk or contact

Fundraising on: 0845 345 9671.



It's easy peasy!

The St. Margaret's Easy Christmas Card is perfect for work, school or any other group you may belong to.

It's an attractive festive poster which allows you to display your greetings to everyone in one central place whilst making a donation to St. Margaret's in lieu of the cards you would otherwise have sent.

Our Easy Christmas Card, sponsored by Samson Office Supplies and Towergate Insurance, offers a solution to the common dilemma of who you include on

Have a Ball with Boas and Bow Ties

The annual St. Margaret's Hospice Christmas Ball will be taking place on Saturday 10th December at The George Albert Hotel, Evershot, just 8 miles from Yeovil.

What better way to start your Christmas celebrations than with fine food, wine and entertainment?

The evening, which is kindly sponsored by Milsted Langdon Chartered Accountants, begins at 7.00pm with a glass of bubbly



Join us to remember your loved ones

Christmas is a special time of year when many of us like to celebrate the lives of those we have loved and lost.

Light up a Life provides the opportunity to remember those special people whose light once shone brightly in our lives.

You are very welcome to come and join us in celebration at any of the very uplifting Light up a Life Services across the county, which you can find listed in the enclosed leaflet or in the events calendar on page 10.

your Christmas card list. So, have the pleasure of knowing that you will be helping St. Margaret's patients to have a Happy Christmas by ordering your Easy Christmas Card today.

Contact fundraising on **0845 345 9671** or email: fundraising@st-margarets-hospice.org.uk.

on arrival followed by a sumptuous 3 course meal and entertainment from the Steve Carpenter Roadshow and live band 'Alter Ego'.

Tickets are £48 and are available online at www.st-margarets-hospice.org.uk. Alternatively please contact fundraising on 0845 345 9671.

Did you know?

50% of the patients admitted to our in-patient units later went on to be discharged with 40% actually going home again.

The Great Somerset Walk

The Great Somerset Walk, the longest organised walk in Somerset, this year attracted a 'great' number with nearly 400 participants taking part. 21 brave individuals completed the full distance of 34 miles between the two hospices in Yeovil and Taunton.

Almost £23,000 was raised along the way so a big thank you to all those who took part and to the event sponsors Porter Dodson Solicitors.

The 2012 Great Somerset Walk will be on Sunday 13th May so dust off your walking boots and join us to experience the beauty of Somerset in spring.



Join our Santa Sprint through town!

Sunday 4th December in Wellington

Sunday 11th December in Yeovil

This is a truly fun, festive, family event with Santas of all ages invited to participate, you can even bring your family dog!

For more details or to register and claim your free Santa suit or hat contact fundraising on: 0845 345 9671 or email fundraising@st-margarets-hospice.org.uk.

This event is kindly sponsored by Milsted Langdon Chartered Accountants.

Get in the festive spirit early by joining the many Santas who will be taking part in our Santa Dashes this December:



Small Change

BIG difference

This autumn we are launching a fun and easy way to support St. Margaret's Hospice without even leaving home.

We are encouraging supporters to use an empty jam jar to collect loose change. To make it simple we are providing Small Change, Big Difference jam jar labels that can be fixed around the jar of your choice. It doesn't matter whether you prefer a large coffee jar or a small honey jar – any size will do. Just cut out the Small Change, Big Difference label in this newsletter below, fix it on your jam jar and start collecting your loose change for St. Margaret's!



Need more labels? Just visit www.st-margarets-hospice.org.uk to download a new one. When you are ready to empty your jar, either drop it off at our Hospice in Taunton or Yeovil, put a cheque in the post or count the change and pay it straight into the account on the label.

Your small change really can make a big difference to your local hospice, so get collecting today!

Our specialist nurses travel over 60,000 miles each year providing specialist end-of-life care without charge to people in their own homes throughout Somerset. By collecting £20 in this jar you will cover the cost of 2 days travel for one of our community nurses during which time 6 - 8 patients and their families will be visited.

UK Registered Charity No. 279473

St.Margaret's HOSPICE

small change BIG difference

Your support will help our specialist nurses make a big difference to those needing end-of-life care throughout Somerset.

When the jar is full

- Take the money to our hospice in either Taunton or Yeovil or to one of our 24 charity shops.
 - Or:**
 - Send a cheque / postal order payable to St. Margaret's Hospice. To: Fundraising, Little Tarrat Lane, Yeovil, BA20 2HU.
 - Or:**
 - Pay the money into our Barclays Bank account: a/c: 104289096, sort code: 20-85-26.
- Please make sure you let us have your name, address and telephone number or let us know when you've paid the money into our bank account.**

Thank you!

All Sorts of GOODIES!

Allsorts Arts and Crafts Group have donated more than 400 handmade items to the Fundraising Team.

A lot of time, skill and effort went into producing the items by the group, many of whom are disabled. The group, which is supported by the Society of Disabled Artists, meets every Thursday at Hope Corner Village Hall in Staplegrave.

Joy Hartshorne from the Allsorts Arts and Crafts Group said,

“So many of us have had relatives and friends that St. Margaret’s have helped, so we just wanted to help them in return.”



Visitors Book

Our dear friend spent a number of weeks at the hospice and the care she received was fantastic. We wanted the hospice to have our friend’s beautiful clothes as a way of saying thank you for all that you did for her. The hospice is a wonderful place for those who desperately need the care and compassion that it gives - thank you to you all. xxx

Long Sutton Charity Golf Day

The 18th Long Sutton Charity Golf Day was held on Friday 1st July and raised an incredible £22,000 for St. Margaret’s Hospice, well exceeding last year’s total of £19,500.

18 holes of golf were enjoyed by 64 teams with the top prize of a car being an incentive for any golfer managing to score a hole in one.

The committee for the Long Sutton Golf Day put in a huge amount of effort to make this event the success it is each year. Since they began holding the Golf Day for St. Margaret’s they have raised an incredible £250,000 for the hospice.



Did you know?

Somerset Cancer Care volunteers run a Headwear Service at Musgrove Park Hospital.

St. Margaret’s cancer support group comes highly recommended!

Joan Weeks was diagnosed with cancer in December 2007.

After a visit to her GP on the morning of Christmas Eve 2007, Joan was whisked into Musgrove Park Hospital, for numerous tests. Still feeling poorly, she went back into hospital just three days later and was diagnosed with cancer. She had an operation that very same day and within two months had started a course of chemotherapy at The Beacon Centre, Musgrove Park Hospital. It was here that Joan was given a leaflet about Somerset Cancer Care.

Joan started visiting our Wells C.A.F.E. (Cancer Aid For Everyone) support group in March 2008. The welcome was so good, she has been attending regularly ever since! Joan says, “The very best thing about the group is being able to share your experiences with others. Not everyone has the same experience but hearing about how other people affected by cancer have dealt with their diagnosis, treatments and anxieties is extremely helpful.”



Left to right: C.A.F.E Volunteer Therapist Carolyn Hardwick, with visitors Joan Weeks, Pauline Sandifer and Harry Huzzey.

The professionally trained volunteers who run C.A.F.E not only understand what the visitors need (a friendly, non-judgemental listening ear) but also offer free Complementary Therapies. Joan describes the mini therapy sessions as “Wonderful - immensely beneficial and so relaxing I could just go to sleep!”

Of course it’s a myth that visitors to C.A.F.E. just talk about cancer. Joan says, “We have loads of laughs and talk about everything and anything. I have made lots of friends and, in addition to the weekly meetings, our group lunch out together 3 or 4 times a year.”

She adds, “I would recommend C.A.F.E to anyone affected by cancer. Support is available for everyone, patient, family member or carer. I enjoy attending C.A.F.E, seeing friends and helping new visitors by continuing to share my experiences.”

For further information please contact us on 0845 070 8910.

Somerset Cancer Care is a department of St. Margaret’s Hospice and is run almost entirely by volunteers. **Thanks to your support we are able to provide CAFE support centres in five locations right across the county.**

Thank you

FOOT ANSTEY Annual Taunton Quiz 2011

Local law firm Foot Anstey recently handed over a cheque for £4,366 to St. Margaret's Hospice for the amount raised at their annual charity quiz held at the Somerset College of Art & Technology Conference Centre.

Lloyds TSB Commercial raised a further £1,500 in matched funding from their team's support at the quiz.



150 people from all areas of the local business community attended the event in a fierce battle of wits for the Foot Anstey trophy.

Natalie Dyson, commercial property lawyer at Foot Anstey, said:

"Milsted Langdon won the trophy but the real winners were St. Margaret's Hospice. The generosity of our guests far surpassed our expectations and it is a real demonstration of local business supporting local charities."

Did you know?

46% of the support our Hospice at Home service offered last year was to respite care to enabling carers to sleep or take a well deserved break.

Leaving a Legacy of Living

St. Margaret's Hospice is so much a part of the fabric of our community and held in such high esteem by all those who come in contact with it, that there is a real danger that the work we do, day in and day out, night and day is taken for granted; that people believe we will always be there.

St. Margaret's is a charity that listens to the people we serve. When those who need our help tell us they want to be cared for at home, with their friends and family present, that is what we do. If we are asked to come in at night and sit with someone so that their family can rest; that's what we do. We never charge or ask for money.

But the service is not free to run, and there is no-one else delivering this specialist care in this community.

We raise funds in all manner of ways in order to deliver the service in the way it is needed most.

Of these, the legacy - money left to St. Margaret's in a Will - is the one which produces the warmest sense of something shared by

the giver and the receiver: that sense of caring so much about others during your life that is carried forward.

How you can help

By including St. Margaret's among the beneficiaries mentioned in your Will, you can play a direct part in helping ensure our long-term survival and success.

If you would like any more information about leaving a gift in your Will to St. Margaret's, please contact:

Pam Knight
Director of Fundraising
01823 365621
legacy@st-margarets-hospice.org.uk
www.st-margarets-hospice.org.uk



60th Birthday Challenge Turns Into Fundraising Success

St. Margaret's Physiotherapist, Mandy Campbell, set herself a challenge to celebrate her 60th birthday. Mandy said, "Rather than having a big party I wanted to do something physical to show that I still have some go in me!"

The challenge was to walk part of Wainwright's coast to coast path, a stretch of approximately 50 miles over 5 days.

Mandy continued, "Once I decided on what I was going to do, I made a pact to walk or cycle everywhere I possibly could. This meant cycling into work no matter what the weather!"

Mandy was cycling into work one morning when she was spotted by her first patient of the day, Ann Crouch. Ann was referred for Breathlessness advice after she had recently been very unwell in hospital.

Ann said, "My husband and I were early for my breathlessness appointment and while we were waiting, we saw Mandy cycling in."

"She told us that she was cycling because she was in training for her 60th birthday challenge. We thought it sounded like a wonderful idea and as a way of thanking St. Margaret's and Mandy for the wonderful support I was receiving we said we'd sponsor her for her efforts!"

Ann continues, "I really wanted to do it because the Breathlessness Service at St. Margaret's has helped me a lot."

"Before I was referred to the Breathlessness Service I had been unable to manage my symptoms and ended up in hospital on a life support machine. That really frightened me and I was so scared it would happen again."

"The breathing exercises have really helped me calm down. If I do ever get uptight I hear Mandy's calming voice and my husband says 'Think Mandy!'"

Ann and her husband raised £230 in support of Mandy's birthday trek. Ann said, "St. Margaret's Hospice has got such a fantastic reputation, we found that almost every person we asked wanted to give something."

Breathlessness Management is in growing demand as we spread our services beyond cancer treatment. Our Physiotherapists teach people how to calm their nerves which in turn allows them to breathe more deeply. The simple exercises taught can transform the quality of life of our patients.

Thank you

Going the extra mile...

St. Margaret's Hospice is far more than the two In-patient Unit buildings in Taunton and Yeovil, in fact we pride ourselves on being 'the Hospice Without Walls.' Read on to see why....

Central Referral Centre:

The Central Referral Centre first opened in August 2010 and was created to provide a better service to patients, families and professionals who all now benefit from an answer and helpful advice immediately upon calling St. Margaret's Hospice.

The number of referrals for St. Margaret's services continues to escalate and the Central Referral Centre plays a vital role in co-ordinating the services that patients and carers need. Since the Central Referral Centre first opened, the number of monthly referrals processed has increased from 101 in September 2010 to 264 in August 2011.

Out of Hours Advice Line:

The telephone advice and support line was set up in January 2011 to enable patients, their relatives and carers, and other Health Care Professionals in Somerset to access palliative care advice during evenings and at weekends. During the first month of the line being open 32 calls were received. This has since grown to over 160 a month, with approximately 50 calls taken on each Bank Holiday weekend, resulting in the prevention of 89 unnecessary admissions to hospital.

"Late one evening a call was received from a carer who was very worried about the condition of his wife who had been diagnosed with advanced cancer. He was caring for

her on his own at home and was concerned as she had become very drowsy and slept throughout the day; he wondered if her death was imminent. He had never seen anyone die before.

"What happens? How will I know? What should I do?"

"The nurse was able to answer his questions and give a gentle explanation. She also assessed the symptoms and confirmed the patient's wishes in terms of preferred place of care.

"The following day the carer rang again very anxious and concerned as his wife had been unable to tolerate some of her medication. He was very worried and unsure what to do for the best. The advice line nurse immediately contacted the duty clinician who, after discussion, was happy to recommend a course of action. The nurse called the carer back to inform him and noticed that he became rather emotional at the end of the call, fighting back tears. Concerned about his welfare, the nurse rang him again later, just to check that he was all right.

"This call was gratefully received. He sounded much more in control and was feeling stronger. His wife died the following day.

"The carer expressed great relief that he had been able to care for his wife at home; she had wanted to die in her own nightie, in her own bed, with her husband at her side. The Out of Hours Advice Line helped make this possible."

HOSPITAL CARE

by Hospice Staff

Based within the two acute hospitals in Taunton and Yeovil are two St. Margaret's nurses. Their role is to support patients with complex needs as well as making it possible for patients to be safely discharged home, or in some cases transferred into either of St. Margaret's In-Patient Units.

"A patient admitted to hospital had after many scans and blood tests been diagnosed with an advanced cancer.

"The patient had been told by the consultant that she had weeks to live. As the In-reach Discharge Nurse in the hospital I met the patient a few hours after she had received the devastating news. She told me how much she wanted to go home.

"I spoke to her family and between us we arranged for a discharge home the very next day. I arranged for the vital equipment required to be delivered to the patient's home and for carers to help the patient with her personal care and cover nights so the patient's husband could get some rest.

'The staff

Ken, 78, is a retired builder. He was referred to St. Margaret's Hospice for Breathlessness Management advice in February 2011.

Ken was initially visited at home by a St. Margaret's Physiotherapist who provided help and advice with his shortness of breath, something which his wife and son were especially appreciative of.

Since his initial introduction to St. Margaret's, he also now attends the





SUNFLOWER CENTRES – Day Care



“On the day of discharge there were complications when the patient developed nausea and sickness and complained of pain.

“The patient knew that her prognosis was poor and she had advised me that once she was at home she wanted to stay.

“The patient was discharged home that afternoon where she stayed for 48 hours before passing away peacefully.

“I received a call from the patient’s son informing me of his mother’s death. He thanked me for fulfilling his mother’s wish to be at home, enabling her to watch the soaps she loved on her own TV with her cat cuddled up next to her and husband sat alongside her in an arm chair.”

Kate Norris
In-Reach Discharge Nurse

Thank you

Thanks to you, last year our hospital based nurses were able to support 398 patients, many of whom were able to be discharged home.

Many of our patients are never admitted to our wards but choose to attend one of our Sunflower Centres as outpatients. **Thanks to your support 227 patients were able to attend and enjoy the benefits of our Sunflower Centres last year.**

Thank you

Our Sunflower Centres provide an innovative space where patients who are well enough to live at home can attend and take advantage of the specialist support that St. Margaret’s can provide.

“A gentleman who was struggling to accept his diagnosis recently attended the Sunflower Centre. He had purchased a motorised wheelchair but was nervous about using it outside his home and on seeing our garden decided that this would be the perfect place to practice.

“I contacted ambulance control and requested for him to be transported in

Did you know?
That our community nursing team made a total of 27,297 patient contacts last year!

his wheelchair, if possible. At 10.30am he rolled up with the ambulance crew, in an enormous customised machine; it had drop handle bars and resembled a three wheeler Harley Davidson motorbike!

“Our Physiotherapist was able to assist the gentleman in trying the wheelchair out in the hospice grounds and the day was a great success!”

Ruth Jolley
Sunflower Centre Lead



are like little angels’

Sunflower Centre on a weekly basis which gives his wife welcome respite from the 24/7 demands of being a carer.

Ken says, “The service I’ve received at St. Margaret’s is first rate. The staff are so friendly and pleasant, they are like little angels, I can’t speak highly enough of them! The building is wonderful, well laid out with plenty of space. I can’t fault anything.”

Ken first started attending the Sunflower Centre in April 2011, something which he enjoys. “I love being able to get on a scooter and go out into the

gardens. They are beautiful and a real credit to those that maintain them,” he said.

In July 2011 he also spent a week in our In-patient Unit in Yeovil to give his wife a week’s respite from her caring duties. Ken said, “That was a big help to my wife and we hope to be able to repeat that. I consider myself lucky to have the care of many friends at St. Margaret’s. I look forward to coming back when there is the opportunity to; I would come back tomorrow if I could!”





OCT	Date	Event	Time	Venue
	Sat 8th	Volunteer Recruitment Open Day	10.00am - 3.00pm	North Street Congregational Church, Taunton
	Sat 8th	Annual Autumn Fair	10.30am - 2.00pm	St. Andrew's Church Hall, Burnham on Sea
	Sat 8th	Off the Peg Fashion Show	7.30pm	Odcombe Village Hall, near Yeovil
	Tues 11th	Travelling Souk Fair	10.00am - 4.00pm	Kilver Court, Shepton Mallet
	Thurs 13th	Fashion Show	7.00pm	Wells Golf Club, Wells
	Sat 15th	Lift & Divide Plant Sale	10.30am - 1.00pm	Moor Plants, Ashcott, Nr Street
	Sun 16th	Sunday Lunch & Cabaret	12.00pm	Cricket St Thomas Hotel, Nr Chard
	Tues 18th	Wedding & Prom Fashion Show	7.30pm	Westland Leisure Complex, Yeovil
	Thurs 20th	Here Come the Girls Shopping & Pamper Event	7.00pm	Westland Leisure Complex, Yeovil
	Sun 23rd	Wincanton Race Day	11.00am	Wincanton Racecourse, Wincanton
	Thurs 27th	Ladies Indulgence Evening	7.00pm - 9.30pm	Mount Somerset Hotel, Taunton
	Sat 29th	Trumaan Fashion Show	7.30pm	The Museum of Somerset, Taunton
	Sun 30th	Halloween Pub Quiz	8.30pm	Lamb & Lark, Limington, Nr Ilchester

NOV	Date	Event	Time	Venue
	Sat 5th	Christmas Card Sale	10.00am - 12.30pm	St. Mary's Church, Wedmore
	Weds 9th	Coffee Morning & Christmas Card sale	10.00am - 12.00pm	Mark Church Hall, Mark
	Sat 12th	Annual Charity Bingo Night	7.30pm	Rockwell Green Village Hall, Nr Wellington
	Weds 16th	Luxury Pamper & Christmas Shopping Evening	From 6.00pm	The Maypole Inn, Thurloxton
	Friday 18th	Bingo Evening	7.30pm	North Petherton Community Centre, North Petherton
	Sat 19th	Therapy Day	All day	The Terrace, Taunton
	Sun 27th	Dolls House & Miniatures Fair	10.00am - 3.00pm	Digby Hall, Sherborne
	Sun 27th	West Somerset Railway Walk	10.00am	West Somerset Railway, Williton
	Sun 27th	Light up a Life	6.30pm	St. John's Church, Yeovil

DEC	Date	Event	Time	Venue
	Fri 2nd & Sat 3rd	Dunster by Candlelight	Fri 5.00pm - 9.00pm Sat 4.00pm - 9.00pm	Dunster, Nr Minehead
	Sat 3rd	Santa Dash	11.00am	Wellington
	Sat 3rd	Mendip Voices In Concert	7.00pm	The Stalls, Tilham Farm, Baltonsborough
	Sun 4th	Christmas Lights Switch On	6.00pm	7 Wilde Close, Burnham on Sea
	Sun 4th	Light up a Life	6.30pm	St. John the Baptist, Wellington
	Sun 4th	Light up a Life	6.30pm	St. Mary's Church, Bridgwater
	Tues 6th	Light up a Life	6.30pm	St. Mary Magdalene Church, Taunton
	Tues 6th	Light up a Life	7.00pm	St. Mary's Church, Glastonbury
	Weds 7th	Christmas Fair	9.30am - 3.30pm	The Town Hall, Wells
	Thurs 8th	Light up a Life	6.30pm	St. Andrew's Church, Minehead
	Thurs 8th	Christmas Carol Service	7.00pm	St. Mary's Church, Huish Episcopi
	Sat 10th	Boas & Bow Tie Christmas Ball	7.00pm	George Albert Hotel, Evershot, Nr Yeovil
	Sun 11th	Santa Dash	10.00am	Yeovil Country Park, Yeovil
	Sun 11th	Light up a Life	9.30am	St. Leonard's Church, Butleigh
	Sun 11th	Light up a Life	3.00pm	St. Mary Magdalene Church, Ditcheat
	Sun 11th	Christmas Quiz Night	8.30pm	Lamb & Lark, Limington, Nr Ilchester
	Mon 12th	Light up a Life	6.00pm	United Reformed Church, Street
	Tues 13th	Light up a Life	7.00pm	St. Andrew's Church, Burnham on Sea

2012	Date	Event	Time	Venue
	Sun 29th Jan	Candlemas	3.00pm	St. Bartholomew's Church, Crewkerne
	Sun 5th Feb	Service of Thanksgiving & Remembering	3.00pm	St. Mary's Church, Chard
	Sat 25th Feb	'Dinner with Bond' Charity Ball	7.00pm - 12.00am	Digby Hall, Sherborne
	Sun 13th May	Great Somerset Walk	7.00am - 7.00pm	Yeovil, Taunton, Bridgwater

These are some of the events held in support of St. Margaret's Hospice.
 Please see the Fundraising Diary of Events on our website www.st-margarets-hospice.org.uk for current information.
 For more information ring Fundraising on: 0845 345 9671.



have a Bumper Christmas!

Our Christmas Bumper Prize Draw takes place on 21st December – just in time to celebrate Christmas! Last year our Christmas Draw raised over £28,000 and we hope, with your continued support, we can once again achieve (or beat!) that marvellous result. Of course, the more money we raise, the more the Weekly Prize Draw can contribute to the care that St. Margaret's provides. If you are a lottery member, you should have already received your raffle tickets in the post. If you aren't a lottery member and you wish to purchase raffle tickets for the Christmas Bumper Prize Draw, please contact the Lottery Office on 01823 365620 or visit www.st-margarets-hospice.org.uk and fill out the online form. We'd be delighted to post some out to you.

If you are looking for the perfect Christmas gift – save yourself the hassle and order one of our Weekly Prize Draw Gift Vouchers. Starting at just £10, each subscription comes in a festive gift wallet. £10 gives your recipient ten weekly chances to win one of 27 guaranteed prizes up to £1,000 plus the chance to win our rollover prize up to a maximum of £10,000! Visit our website to download an application form, order online, or call the Lottery Office. It really is a gift that carries on giving.

The Weekly Prize Draw raises around £250,000 each year for St. Margaret's Hospice and is a vital source of income. Each week there are prizes of £1,000, £500 and £10 to be won as well as the £250 rollover prize which increases by £250 each week if not won, up to a maximum of £10,000 – at which point it becomes a guaranteed win for one lucky member.

To be in with a chance to win one of our great weekly cash prizes, simply complete the form on the reverse of the letter that came with this newsletter and send it to us.



Single Donation Form

ADDRESS:

Name

Address

Postcode D.O.B

Telephone Mob.....

Email

I would like to help St. Margaret's Hospice to help others.

I wish to make a single donation (to make a regular donation please complete the reverse of this form)

I enclose a cheque for £ made payable to *St. Margaret's Hospice*

Please debit my Switch / Visa / Mastercard / Delta (*circle one*) for the amount of £ (*£10 minimum*)

Card No. ____ / ____ / ____ / ____

Name on card

Start Date __ / __ Expiry Date __ / __

Issue No (*Switch only*) __ / __

Security Code: ____

Please note you can also donate online by visiting www.st-margarets-hospice.org.uk.

Please tick here to Gift Aid your donation.



St. Margaret's Hospice can claim an extra 25p in every £1 from HM Revenue & Customs, at no extra cost to you. This will apply to all donations made in the past 4 years and all future gifts. To qualify for Gift Aid, what you pay in income tax or capital gains must be at least equal to the amount we will claim on your donation in the tax year.

Data protection – The information you have provided will be used by St. Margaret's Hospice to fulfil your request. Your details may also be used to keep you informed about the Charity. Please call 01823 365615 if you do not wish us to contact you.

If you would like to receive our email/SMS updates please tick here.

Please tick this box if you no longer wish to receive our newsletter

Please return to: **Fundraising Office, FREEPOST RRAG-GYXT-HSYX, St. Margaret's Somerset Hospice, Little Tarrat Lane, YEOVIL, BA20 2HU.**

St. Margaret's
HOSPICE

TAUNTON
Heron Drive, Bishops Hull,
Taunton TA1 5HA
Tel: 01823 259394

Email: admin@st-margarets-hospice.org.uk
Website: www.st-margarets-hospice.org.uk
Registered Charity No: 279473

YEOVIL
Little Tarrat Lane, Yeovil,
BA20 2HU
Tel: 01935 709480

Regular Donation Form

I would like to become a Sunflower Supporter by making a regular donation.

Name

Address

Postcode D.O.B

Telephone Mob.....

Email

I would like to give by Direct Debit.

I authorise and request the payment from my account of:

£4 £6 £8 Other £ _____

On the 1st or the 15th of each month

St. Margaret's Somerset Hospice

Instruction to your Bank or Building Society to pay by Direct Debit



Please fill in the form and send to: St. Margaret's Somerset Hospice, Fundraising Office, Freeport RRAG-GYXT-HSYX, Little Tarrat Lane, Yeovil, BA20 2HU

Service User Number **4 3 6 1 8 5**

Name and full address of your bank or building society

To the Manager: _____ Bank / Building Society: _____

Address: _____

Postcode: _____

Name(s) of Account Holder(s)

Branch Sort Code _____ Reference (to be completed by the charity) _____

Bank / Building Society Account Number

Instruction to your Bank or Building Society

Please pay St. Margaret's Somerset Hospice Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with St. Margaret's Somerset Hospice and if so, details will be passed electronically to my Bank / Building Society.

Signature(s) _____

Date _____

Bank and Building Societies may not accept Direct Debit instructions for some types of account.

Data protection – The information you have provided will be used by St. Margaret's Hospice to fulfil your request. Your details may also be used to keep you informed about the Charity. Please call 01823 365615 if you do not wish us to contact you.

If you would like to receive our email/SMS updates please tick here.

Please tick this box if you no longer wish to receive our newsletter.

Please tick here to Gift Aid your donation. *giftaid it*

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Time for Wine



Celebrate life

Raise your glass for your local hospice!

If your choice of beverage comes in white, red or rose and you like entertaining your friends and family, we're asking you to hold a celebratory dinner or drinks party this festive season to raise funds for St. Margaret's Hospice.

You can be as formal or as fun as you like, all we ask is that you do it for St. Margaret's!

To obtain your fundraising pack for Time for Wine simply complete the registration form and return to:

Fundraising Office
St. Margaret's Hospice
Little Tarrat Lane
Yeovil
BA20 2HU

Register online at:

www.st-margarets-hospice.org.uk

Tel: 0845 345 9671

Email: fundraising@st-margarets-hospice.org.uk