Sophie’s Star shines for St Michael’s Hospice

In July 2014, a veteran Emergency Medical Technician named Matthew O’Reilly presented a TED talk describing what he had experienced when a patient asks him: ‘Am I going to die?’

Matthew from Long Island, New York explained what he’d learned from his exchanges with dying patients. ‘People want to know they will be remembered in the hearts and thoughts of their loved ones or anyone else they have known. People need to believe that their life had meaning. It’s the littlest things and the littlest moments they brought into the world that brings peace in a person’s final moments.’

Every day, little acts of kindness and generosity are bestowed upon St Michael’s Hospice. Many of these gifts and donations are given in memory of someone who has died, and the big difference these little gestures make, can be seen in every aspect of the Hospice.

Donations often come with stories that illustrate how families and friends have been touched by the care given to their loved ones at St Michael’s. Sometimes these stories are so important that they draw people together to form a dedicated campaign.

‘Beth’s Wish’ was launched on 29th November 2012 in memory of Beth Davies, who died aged 20 at St Michael’s Hospice. With incredible support from the community, Beth’s mum Helen Davies and sister Gemma have raised over £123,000. The campaign is making a real difference to 18-25 year-olds receiving care at the Hospice.

Another story that inspired a family-led campaign is that of Sophie Watts. She was a happy-go-lucky 29-year-old who loved life and seldom returned from a shopping trip without a new pair of shoes. Early in 2013, Sophie began...
**Hospice staff say farewell to their visionary CEO**

After helping create a world-class Hospice for Herefordshire, Nicky West has decided now is the perfect time to step down from her role running one of Herefordshire’s most cherished institutions.

Jean Fisher, Head of Education at St Michael’s Hospice, said, ‘It’s virtually impossible to capture the spirit of Nicky. Her vision and motivational leadership have helped shape a Hospice that offers so much more than just nursing and medicine.’

Chairman of Hospice Trustees Alister Walshe stated, ‘Nicky is going to be deeply missed by staff, trustees and our supporters. Working alongside her on the Redevelopment has been one of the most challenging projects I have ever been involved with, but thanks to Nicky it has ultimately been one of the most rewarding. It’s been an honour to work alongside someone who is so determined and passionate about palliative care.’

Nicky West said, ‘I know how important St Michael’s Hospice is to the local community and my inspiration has always come from the thousands of people who have supported their Hospice in so many inspiring ways. I would like to thank everyone who has helped make St Michael’s Hospice a place of light and love and I know that with so many exceptional people involved, it will continue to care for local families for generations to come.’

The St Michael’s Hospice Board of Trustees has appointed Mike Keel as our new Chief Executive. Mike joins us from Keech Hospice Care in Luton, Bedfordshire and will take up his new post in October 2015.

On Wednesday 11th June 2014, Sophie took a turn for the worse and was admitted to St Michael’s Hospice. Her mum remembers the look of fear on Sophie’s face. ‘She was in so much pain in the ambulance: she said, ‘just stay strong, mum’ and that’s what we tried to do.’

Sophie spent 12 days at the Hospice. Jenny recalls, ‘Staff were so caring to Sophie and the family. Sophie was even able to have a bath for the first time in months. Jon and I took it in turns to be with her 24/7. With the help of staff and her family, we did all we could to make Sophie feel comfortable and loved.

‘Planning Sophie’s funeral was the worst thing I have ever had to do. I felt ripped apart by a great big black hole that nothing could fill.’

Sophie’s colleague, Sharon Thomas said, ‘When you arrived at work and read Sophie’s name on the duty board, you hoped your name was alongside. She was an amazing person to work with, and we all still keep her memory alive by talking about what a remarkable and beautiful person she was.’

Sophie’s Star campaign has inspired a host of fundraising initiatives. Sophie’s sister-in-law Ursula Martin took on the massive personal challenge of running the 2015 Virgin Money London Marathon. Ursula said, ‘I had a little think to myself at 23 miles, and something from inside gave me the push I needed to finish in time to get a medal.’

Sophie’s dad Bob Watts, her close friend Leanne Rodriguez and a young woman also called Sophie, who she never even met, braved the shave and raised money in Sophie’s name at Yates’s bar in Hereford this August.

The campaign auctions, charity galas and fundraisers have all raised much-needed money for St Michael’s Hospice and AMMF, the cholangiocarcinoma charity.

Jenny is proud of her daughter’s legacy. ‘We all wanted to help St Michael’s Hospice and AMMF. Hopefully, we can continue doing our little bit. Nothing can bring Sophie back, but launching Sophie’s Star felt like the right thing. Doing little things like planting a tree at Canon Pyon church, where Sophie planned to marry, helps keep her memory alive. It’s our way of showing that Sophie’s life had meaning to her family, friends and even the people she never had the chance to meet. Visiting the new Inpatient Unit, and seeing the work currently going on to refurbish the original Hospice, brings us all a lot of comfort. Knowing that a little part of it has been made possible because of Sophie is something that helps keep her star burning bright.’

The legacy of the many thousands of acts of kindness bestowed on St Michael’s has crystallised into every aspect of Hospice life. All our staff feel privileged to work in a place that has so much meaning for our local community.

On behalf of everyone at St Michael’s Hospice, we would like to say a very big thank you to Sophie’s family and our community for every ‘little and big thing’ they have done to support their Hospice and make St Michael’s a very special place.

If you would like to find out more about Sophie’s Star, please call Paddy Nugent at St Michael’s Hospice on 01432 851000

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**Friends and family brave the shave for Sophie**

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The Greatest Day of Our Lives

Prestige Events en route to raise £136,000

Business partners Martha Summerfield and Jo Smith are well on their way to raising £136,000 for St Michael’s Hospice. With over £70,000 already banked, the Prestige Events team have made a big difference by helping equip and furnish the new Inpatient Unit and landscape the Hospice gardens.

Jo and Martha launched the appeal to say thank you for the care that Martha’s mum, Barbara Powell, received at the Hospice in 2000, and for Jo’s friend, Lucille Wheadon, who died at St Michael’s in 2009 at the age of 31.

Over the last two years, the dynamic duo have organised a host of fundraising events including two Vintage Summer Parties, An Evening with Bobby Davro and a Wild West Hoedown. In March, they even persuaded superstar Gary Barlow to come and meet Hospice patients and staff.

Jo said, ‘It’s been hard work but it’s given us something amazing in return. Seeing the look on Annie Carritt’s face when she realised her daughter Rhyanne Nixon, an inpatient at the Hospice was talking to Gary Barlow is something I will remember for the rest of my life.’ For Martha’s dad, Gary’s visit was the first time he had been back to St Michael’s since his wife died 15 years ago. Martha said, ‘Dad was so thrilled that Gary’s visit was in memory of mum. For me, knowing that mum’s name will live on in the new Hospice makes everything we have done so worthwhile and proves magic can happen.’

Prestige Events have had help from some amazing people: filmmaker Karen Messer and a cast of over 500 that made the video encouraging Gary’s visit; and Clive and Charmaine Brooks who hosted the Bobby Davro evening in July.

Jo commented, ‘We would like to thank everyone who has helped organise the events and donated amazing auction prizes: we can’t thank you enough.’

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Martha said, ‘The campaign has helped bond together the Prestige Events team. Everyone knows they are doing something that has meaning and is worthwhile and is helping our local community.’

One of the many businesses supporting St Michael’s Hospice is APC Hereford. As their fleet of delivery vans has grown to 25 so has their commitment to their local Hospice.

APC Hereford’s Managing Director Kirsty Orr said, ‘Back in October 2011, we came up with the idea of delivering Hospice Christmas cards as a way of supporting St Michael’s.’

Since then, APC Hereford has hand-delivered 3,252 parcels free of charge, from Christmas cards to Venus Packs containing all-important information and t-shirts.

Kirsty has also had a chance to see first-hand how important the Hospice is to the community after her aunt, Cynthia Legg, was admitted in October 2013. ‘The care she received was first rate: I felt proud that we supported and continue to support St Michael’s in a truly meaningful way.’

St Michael’s Hospice is very grateful to APC Hereford: their practical support makes a real difference and helps us focus our resources on caring for patients and their families.

If you think your business may be able to support your Hospice, please contact Ruth Denison on 01432 851000 or rdenison@st-michaels-hospice.org.uk

www.st-michaels-hospice.org.uk
Freya’s holiday bargain hunt

Challenged with finding an activity to keep his daughter entertained on the first day of her summer holidays, our photographer persuaded 10-year-old Freya to join him while he visited seven Hospice shops. How much fun could she have with just £10 to spend?

Freya said, ‘I hated the idea at first, and thought there was no chance of buying anything I wanted. I changed my mind when we got to the Holme Lacy Road shop. I have been collecting ‘Tatty Teddy’ toys which are expensive to buy new, and they had lots to choose from. I also found a small trampoline which is perfect for practising my cheerleading routines.

‘It’s exciting rummaging through the shelves. I have asked mum and dad to take me to more Hospice shops and I’m looking forward to seeing what other wonderful treasures I can find.’

Freya’s £10 shopping haul

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tr>
<td>Pro Fitness trampette</td>
<td>£4</td>
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<tr>
<td>Tatty Teddy limited edition teddy bear</td>
<td>£2</td>
</tr>
<tr>
<td>Minnie Mouse mug</td>
<td>50p</td>
</tr>
<tr>
<td>Bath bombs</td>
<td>50p</td>
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<tr>
<td>Teddy bear key ring</td>
<td>50p</td>
</tr>
<tr>
<td>Lighthouse ornament</td>
<td>£1</td>
</tr>
<tr>
<td>Small Hedgehog</td>
<td>50p</td>
</tr>
<tr>
<td>Wooden vase (present for mum)</td>
<td>£1</td>
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<tr>
<td><strong>Total spend</strong></td>
<td><strong>£10</strong></td>
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This summer, more Hospice supporters than ever have been serving up gallons of refreshing tea and some very tasty cakes to help fundraise for us.

Many local businesses including RBS, Wye Learns, Lanyon Bowdler, Denco Lubrication, Kidwells House, Hereford Toyota and St Michael’s Hospice shops, all got involved. The Big Tea is all about making it easy to support your Hospice.

Every penny you and your guests raise goes straight towards caring for all the local families that benefit from St Michael’s services. Putting the kettle on and enjoying time with friends has never been so worthwhile.

If you’d like to hold a Big Tea event in 2016, all you need to do is contact the St Michael’s Hospice Community Fundraising Team to register for your Big Tea pack.

Our biggest ever Big Tea

Call us to arrange free collection of your larger, unwanted, saleable items. We always need volunteers in our shops: can YOU help?

Hereford: 45 Eign Gate
01432 343495

Ledbury: The Homend
01531 634070

Presteigne: Radnor Buildings
01544 267287

Kington: 6 High Street
01544 231454

Hay-on-Wye: 16 Castle Street
01497 820767
Hospice retail ‘family’ wins national award

A team of over 800 local volunteers has helped St Michael’s Hospice win a prestigious national 2015 Charity Retail Award.

The ‘Most Profitable Charity Retail Operation for 11-20 Shops’ was awarded to St Michael’s Hospice in recognition of the outstanding performance and profitability of their 17 Shops and Home and Living Stores. In the past year, these vital local venues have contributed over £1.2 million, making it possible to continue funding the provision of care to local families.

Mary Brown, Volunteer Manager at Eign Gate Shop in Hereford, said, ‘Volunteering for St Michael’s feels like having a second family. It has given me the chance to give something back to the Hospice movement in return for the unparalleled care given to my partner. It’s the best therapy I could have had. I wouldn’t give it up for all the tea in China. Many of the people I work with have experienced similar situations, and winning this award as a team is very special to all of us.’

Nicola Wood, Head of Retail at St Michael’s, said, ‘I’m very proud of everyone involved in this achievement. Over the last 15 years, St Michael’s has needed to provide more and more services to local families. ‘Because of the volunteers, staff and the thousands of people who have donated quality goods, the Hospice can provide more families with the care they need.’

If you would like to join the winning team of Hospice retail volunteers, call Nicola Wood on 01432 851000 for more details.
Providing care for the whole family has always been at the heart of the Family Support Team’s work, and they support around 2,000 people every year.

A life-limiting illness can affect the whole family: for children, it can feel like a shockwave has crashed into their world.

St Michael’s Hospice has a team of trained social workers ready to provide children with the support they need at a critical time in their lives. Losing a loved one can have consequences for the rest of a person’s life. With the right emotional support young people can cope with their loss and dramatically improve the way they can deal with grief in later life.

Hospice Social Worker Emma Speedy said, ‘Children pick up on lots of things in many different ways. They have vivid imaginations. Not being told about what is happening in a measured and age-appropriate way means they may hear bits of information, leaving them with a blurred picture of reality.’

To help, the Family Support Team has set up three groups for children and young adults aged between 5 and 11, 12 and 16 and 17 to 25. Children can move from one group to another and each group meets once a month. Combined with one-to-one support, the project allows children to explore their feelings and find the strategies they need to cope.’

Hospice staff also know how important it is for children to have fun. At a time when family holidays and days out are put on hold, the Hospice organises a programme of activity days. The trips run during school holidays and are an enjoyable way of spending time with others in a similar situation. The days also provide respite for parents and guardians, or if they are bereaved, gives them much-needed time to themselves.

Emma continued, ‘During a trip to the Small Breeds Farm and Owl Centre in Kington, children got to stroke owls and their eyes lit up in awe when they were given small animals to hold. It’s thanks to the support of local organisations like the Small Breeds Farm and Owl Centre that we can provide a wide range of activities for young people.’

Emma also gets young people involved with Hospice events. ‘At The Paint Runner in June, we invited all the age groups to take part and it was wonderful to see them supporting each other. Older members were running with the youngsters and encouraging them all the way. Children sometimes feel guilty that they are enjoying themselves. Being with others in the same situation and hearing that it is OK to be happy is important. Having an underlying connection where nothing needs to be said is a wonderful thing. Seeing that it is OK to be happy and sad and that others have experienced similar things and have gone on to leave the groups and continue their lives makes the job so worth while.’

To find out more about Family Support, or if you would like to volunteer, please call Emma Speedy on 01432 851000.

Visit to the Small Breeds Farm and Owl Centre in Kington

Family Support: It’s OK to laugh and cry
**Karl’s story**

Karl Schmidt was born in Saxony, Romania. Aged 25, he was conscripted into Ceauescu’s Romanian Army. For three hard years he faced the frontline of the Hungarian Revolution: his service ended after the coldest six months of his life in the frozen wastes of Siberia.

In 1959, and after three and a half years of paper-pushing, the British Red Cross consulate liberated Karl from his servitude. ‘I was a Sergeant, and they called me to the front. I asked what had I done; they said I had papers to go to England. I couldn’t believe it. Within three days, I was reunited with my family here. Dad had remained living in England after working the land as a prisoner of war at Foxley Manor.’ Karl’s father Danni worked as a tailor, and together with his mother and two sisters the family lived in Bartestree Court near to the location of the current Hospice.

Before the army, Karl had trained for nine years as a mechanical engineer and built lorries for the Russian Army. In England, he got a job working for British Aero Parts, and later his skills helped to shape the fortunes of Special Metals Wiggins Limited. In 1967, Karl started a new chapter of his life by opening his garage in Bastion Mews. ‘I used to tune all kinds of sports cars, Astin Martins, E-Types, Lamborghinis and Ferraris. Once I even fitted a towbar to a Rolls Royce. Classic motorcycles are also one of my passions, and I worked part-time for Mead and Tompkins.’

Karl had a gift for tuning engines, and his love of petrol power led him into motor racing. ‘I won a Rolex watch for finishing first in a Formula Ford race in Snetterton.’ Karl became a local celebrity when on the 10th December 1968 a photo of him crossing the line at Snetterton racetrack filled the front page of the Evening News. The accompanying story focused on how close Karl was to fulfilling his dream of becoming a Formula One racing driver.

Karl said, ‘I lived a hard life in Romania, but I have no regrets. I know I can never race again, but talking about it is the next best thing. I value life more each day because my friends and the Hospice staff have given me the courage and strength to make every moment worth living.

‘I always wanted to be a pilot. I think the Romanian Army feared I would fly off in one of their jets. Driving the world’s fastest cars and motorbikes was the next best thing. The feeling of being at one with a living engine and the satisfaction of passing the finish line first is something that has stayed with me all my life. Speed is in my blood.’

‘I don’t know what else to say, words are just not enough. They need something more than just a thank you; in Germany we would say großes Dankeschön.’

During a Complementary Therapy session with Antony Hall, Karl talked about his life story and his love of cars and motorbikes. Karl’s story inspired Hospice motorcycle enthusiasts to bring their bikes to work and park them outside Karl’s room.

Karl said, ‘My life story is a joint venture between Shrewsbury publishing house A Way With Media Ltd and Herefordshire book seller Hey Everyone!’

**Time spent reliving moments that brought joy and meaning to a life can bring joy and meaning to the end of a life.**

Karl Schmidt died on 28th August 2015. We would like to pass on our condolences to his family and friends.

**Book to capture spirit of St Michael’s**

A new book that will capture the life-affirming spirit of St Michael’s Hospice will be published in 2016. The book, provisionally called 20 Beds, will feature contributions from patients, staff, relatives and friends.

It will be launched in spring 2016 and £4 from the sale of each book will go direct to the Hospice.

The title is a joint venture between Shrewsbury publishing house A Way With Media Ltd and Herefordshire book seller Hey Everyone!
Walking (running & cycling) on sunshine...

We are passionate about making our fundraising events a wonderful experience for all who take part. The excitement and emotion of people joined in a common purpose is an awesome sight. It’s inspiring to meet all the supporters who take on a personal challenge to raise funds for their Hospice.

In spring, dogs and their owners took part in Wags & Wellies, enjoying the Herefordshire countryside and the antics supplied by Paws for Thought Dog Display Team. We had lots of great feedback on Facebook. Rachel Pearson wrote, ‘I really enjoyed it. Met some lovely people and beautiful dogs.’

In May, almost 1,000 superheroes challenged themselves by taking part in the Hereford Half Marathon, 10K and 5K runs. BBC Radio 5 Live presenter Eleanor Oldroyd and one of her best friends, Midlands Today star Mary Rhodes, ran in memory of Eleanor’s dad Colin. Eleanor said, ‘The quality of time we spent with dad at St Michael’s was so special. When we learned about the humanity behind the charitable donations that help fund the Hospice, we wanted to do our bit.’

In June, over 100 marshalls gave up their Saturday morning to bombard 1,500 participants with over one tonne of coloured paints during The Paint Runner, Hereford’s happiest 5K. Natalia Silver from Dinedor, an event marshall, said, ‘It was an amazing sight; everyone was smiling and the plumes of colour looked quite extraordinary.’

We also took the rainbow over the border. The first-ever Paint Runner Wales at the Builth Wells Showground welcomed 700 fun-seekers including Katy Cherrington from Brecon. ‘I had lots of fun throwing paint over my kids and husband. It was very moving seeing so many people supporting such a good cause; a very special day.’

July saw over 900 cyclists turn up for the Wheelie Big Cycle. Hereford’s Trinity Primary School entered one of the largest teams. Head Teacher Ann Pritchard said, ‘We wanted to do something that would inspire the children and encourage everyone at the school to get fit. We also have staff and families at the school who have been touched by the amazing care St Michael’s provides.’

In September, 1,000 wonderful women took part in the Venus Glow Midnight Walk. Julie Morris said, ‘This is the third time I have taken part and the new Glow Zone at the Victoria Bridge was something I never expected. Seeing the dedications glowing in the ultraviolet lights was very poignant.’

We would like to thank everyone who took part in our events, their sponsors and the countless other community fundraisers who put on events to support us this year. Because of you... we can care for all the families who need our support.

If you want to have the time of your life, visit our website to find out more about our upcoming events.

For full details about these and many other Hospice events, please visit www.st-michaels-hospice.org.uk or call the Events Team on 01432 851000.
The Paint Runner and Paint Runner Wales (supported by Fastershire)

excellent levels of hygiene.

and staff while maintaining healthy meals for patients

The Team continued to provide grounds.

temporary accommodation on the edge of the Hospice

continued to provide all of the new Inpatient Unit, the Team

to the St Michael’s Hospice for 2015 has been awarded Kramer Teamwork Award

The inaugural Dr Jeffrey Kramer Teamwork Award for 2015 has been awarded to the St Michael’s Hospice Catering Team.

During the building of the new Inpatient Unit, the Team continued to provide all of the Hospice catering out of temporary accommodation on the edge of the Hospice grounds.

The Team continued to provide healthy meals for patients and staff while maintaining excellent levels of hygiene.

Dr Jeffrey Kramer Teamwork Award

Dr Jeffrey Kramer, an original Hospice founder and current Chairman of the Hospice Patient Care Committee, was delighted to personally present members of the Catering Team with their award at the last Hospice AGM.

Dr Kramer commented, ‘The whole Hospice runs on teamwork, and the Catering Team worked especially hard under difficult circumstances to keep up their high standards. I offer them my hearty congratulations.’

New qualifications

Staff training and education ensures we can always provide the best possible care for patients and their families.

Congratulations to the following staff members for their achievements:

Natasha Thomas
Masters in Health and Social Care

Debbie Smithers
MSC Cancer & Palliative Care

Elaine Pawley
Practice Educator Award

Sue Bywater
Level 3 Diploma Health and Social Care

Health Care Assistants awarded QCF qualifications in End of life Care: Jayne Bryant

Emma Duggan, Fiona Llewelyn, Lorna Llewelyn-Davies, Tina Macklin, Julie Rosser, Mel Woodhouse

Inreach Manager Nickatie DiMarco has become a registered UK instructor of the Bowen Technique.

Bequest helps us provide more care for our local community

The extensive refurbishment of the original building and surrounds is well underway. Transformation of this space will create therapeutic and supportive environments in areas such as a new café, chapel, meeting rooms and a quiet space.

This redevelopment will enable the Hospice to significantly increase day services including additional clinics for patients with renal, cardiac, respiratory and neurological conditions. We will also have the space to provide more Living Well and Day Hospice care and a breadth of support groups for patients and carers.

Training opportunities for professionals and carers will be greatly enhanced by the bespoke new Education Centre. The Hospice will be able to extend its support into the community to people in their own homes, community hospitals and residential and nursing care homes.

We hope to double the number of people currently supported each year through these initiatives.

We could not have achieved this without the support of our community through the Redevelopment Appeal and particularly with the help of grants from local trusts and foundations. It has also been made possible by the incredible and unexpected legacy of a local gentleman, Geoffrey Lewis. With the exceptional support of his executors at Whatley Recordon Solicitors, his generous bequest of £500,000 for the refurbishment and particularly the Day Centre and Outpatient Department.

This incredible gift for his community will live on as his legacy, providing for more people living with progressive life-limiting illnesses.

This was not however the end of Geoffrey’s story: a further donation of £560,000 from his estate for operational services will enable us to support the much-needed development of our hospice at home services, including rehabilitative and support services.

Legacies make up on average 20% of our income and vary from small gifts to whole estates including properties and shares. Each has one thing in common: that their gift, however big or small will be used to make a big difference to patients, their friends and families.

If you leave a legacy to the Hospice in your Will, you will be investing in vital Hospice care for future generations, just as Geoffrey has done.

For more information, please contact Ruth Denison on 01432 851000.

Sue Morgan joined St Michaels Hospice in January as Director of Care.

Sue is responsible for developing the care services at the Hospice and securing funding for these.

Her extensive 25 years of health care experience enables St Michael’s to provide more care to more people with life-limiting illnesses.

For the latest St Michael’s Hospice News stories please visit www.st-michaels-hospice.org.uk
Thank You

Everyone at St Michael’s Hospice would like to extend a very sincere THANK YOU to all the people and organisations who have raised money for or supported St Michael’s Hospice this year.

Big things are accomplished when we all pull together: here are just a few of the people and organisations that have supported us recently, helping us to continue caring for local families when they need us most.

We rely heavily on community champions to help keep us going with their fundraising schemes and ideas!

Contact the Community Events Team on 01432 851000 to tell us about your ideas and events.

Since 2005, Abbotsfield Funeral Services, have collected over 35 stone of stamps from local businesses which has raised around £2,000 for St Michael’s. They’ve also brought in donated wool.

The Hospice Champions, young people who have received support from the Hospice, raised £491 at their September ‘Raise A Glass’ event: well done to everyone!

The “Gentlemen of Ledbury And District Rugby And Golf Society” (GLADRAGS) raised over £11,000 at their charity golf day this summer: congratulations to you all!

St Richard’s School in Bredenbury organised a special Hospice ‘Big Tea’ this May: with match funding from Barclays Bank, they raised £1,048 for their Hospice.

Eign Gate Pound Shop held a Big Tea in June and raised £925 for their Hospice! Thank you very much to all who attended, donated and helped on the day.

Jazz Hair Studios, with Jean Barbour and friends, threw a June Gala in Kingsland to celebrate 25 years in the business, donating £5,546 to their Hospice: THANK YOU!

St Michael’s Church Discoed held an art exhibit over the period of Lent and raised £900 from sales for our Reaching Out for Radnorshire campaign. Thank you for your support!

St Michael’s Church Discoed

Norma Blake has raised over £10,000 for St Michael’s Hospice by organising five ‘Welcome to the Ford Showcase’ events for up-and-coming local musicians.

The “Eric Baylis Fund For Nurses” raises money to pay for a full-time Health Care Assistant every year. They’ve supported us since 1985 when friends Dorothy Stainton, Arthur and Freda Woodward, Betty and Jack Swaithes and Eric Baylis got together to hold a whist drive. Our thanks go to Eric and his Committee for their continued support.

Liam Neighbour ran a pop-up cake stall in May and had his head shaved at the Hereford Paint Runner in June, raising his fundraising total to over £2,000: well done, Liam!

Cheers to Ned Potter for organising a Rotary Club of Hereford Marches fundraiser. Ned cycled the 440 miles from Hereford to St Andrews solo in four days, raising over £1,000.

The Barrels’ 28th annual Beer Festival raised an astonishing £3,000 for their Hospice this August Bank Holiday. THANK YOU ALL for your ongoing support!

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Craig Allen, Senior Groundsman for the Hospice building project, climbed the Three Peaks with five friends and raised £1,419 for us in the process: well done to you all.

Since 2005, Abbotsfield Funeral Services, have collected over 35 stone of stamps from local businesses which has raised around £2,000 for St Michael’s. They’ve also brought in donated wool.

The Hospice Champions, young people who have received support from the Hospice, raised £491 at their September ‘Raise A Glass’ event: well done to everyone!

The “Gentlemen of Ledbury And District Rugby And Golf Society” (GLADRAGS) raised over £11,000 at their charity golf day this summer: congratulations to you all!

St Richard’s School in Bredenbury organised a special Hospice ‘Big Tea’ this May: with match funding from Barclays Bank, they raised £1,048 for their Hospice.

Eign Gate Pound Shop held a Big Tea in June and raised £925 for their Hospice! Thank you very much to all who attended, donated and helped on the day.

Jazz Hair Studios, with Jean Barbour and friends, threw a June Gala in Kingsland to celebrate 25 years in the business, donating £5,546 to their Hospice: THANK YOU!

St Michael’s Church Discoed

Norma Blake has raised over £10,000 for St Michael’s Hospice by organising five ‘Welcome to the Ford Showcase’ events for up-and-coming local musicians.

The “Eric Baylis Fund For Nurses” raises money to pay for a full-time Health Care Assistant every year. They’ve supported us since 1985 when friends Dorothy Stainton, Arthur and Freda Woodward, Betty and Jack Swaithes and Eric Baylis got together to hold a whist drive. Our thanks go to Eric and his Committee for their continued support.

Liam Neighbour ran a pop-up cake stall in May and had his head shaved at the Hereford Paint Runner in June, raising his fundraising total to over £2,000: well done, Liam!

Cheers to Ned Potter for organising a Rotary Club of Hereford Marches fundraiser. Ned cycled the 440 miles from Hereford to St Andrews solo in four days, raising over £1,000.

The Barrels’ 28th annual Beer Festival raised an astonishing £3,000 for their Hospice this August Bank Holiday. THANK YOU ALL for your ongoing support!

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Many thanks to Pembridge Sheep Racing for donating an impressive £1,500 to their Hospice this July.

A Wheelie Big thank you to 10-year-old Ben Norwood. Ben’s 32-mile bike ride in the Wheelie Big Cycle in July raised £208 for the Hospice in memory of his grandparents.

Six Ladies Leaping: Jo Fields, Julie Chapman, Paula Hebron, Hayley Attwood, Jane Lilwall and Sharon Williams were inspired to do something crazy for their Hospice and did a skydive challenge in June. To date, £4,526 has been raised: WELL DONE, ladies!

Thank you to members of the 21st Golf Society and their guests who attended their Charity Golf Day in Leominster on 13th June, raising £2,319 in total.

Hellens Garden Festival in Much Marcle has presented St Michael’s Hospice with a donation of £7,000 which they raised during their June 2015 event. Thousands of visitors enjoyed the Festival, which promotes the connection between nature, the land, the environment and food. Thanks to the Hellens Team, their sponsors, exhibitors, volunteers, speakers and the thousands of people who visited.

A big thank you to our heroes on two wheels. Since reaching a cumulative total of £250,000, the Hospice Angels have continued to pull in more cash for their Hospice. Led by Mike Pullin, this year’s total of £31,000 has come from lots of activities including a special Three Peaks Challenge on motorbikes and Riding with Angels, where they were joined by around 60 other motorcyclists on a 72-mile charity ride out from the Vintage Summer Party in September.

Chris and Heather Ferriday held a 50s, 60s and 70s Night at Lyde Arundel in April, raising a huge £6,073: cheers!

Jodi Ing and team raised £4,646 over the year for us through a Three Peaks Challenge and several other fundraising events.

Kieran Mulloy raised £6,393 in a sponsored skydive in August.

The Late Risers Club donated £3,000 in ‘fines’ to us this year taking their total to over £50,000.

Kington Golf Club raised £5,231 for the Hospice at their Summer Ball in July.

A big Thank You from everyone at St Michael’s Hospice to all those who supported the Summer Draw. An amazing £44,682 was raised. Thanks also to all the Hospice Shops who sold tickets for us.

The day after winning the ‘UK Country Radio Female Vocalist of the Year’ award, Sasha McVeigh took time out from her UK tour to perform at this year’s Vintage Summer Party.

Sue and Ian Williams’ friends and family turned out in Leominster for a party at the British Legion in July, raising £1,300 for the Hospice: many thanks to all who came along!

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Open your garden in 2016 for St Michael’s Hospice

Local garden owners have this year raised over £20,000 for their Hospice.

If you have a garden that delights people, please think about opening it for St Michael’s Hospice in 2016.

If your garden is interesting and has character, we would love to hear from you. We will give you all the help and guidance needed to offer visitors the chance to share and enjoy your love of gardening.

It’s up to you when you would like to open your garden. Perhaps you’d like to join with neighbours and hold a village Open Garden day? The choice is yours.

If you are interested in finding out more, please call the Community Fundraising Team on 01432 851000.

Care to make a difference? Work for St Michael’s Hospice

St Michael’s Hospice is committed to providing specialist palliative care for the people of Herefordshire and the surrounding counties.

If you want to improve the lives of people living with a life-limiting illness, please visit our website for our latest vacancies.

Gifts in Wills help care for 1 in 5 of our patients

Leaving a Legacy to St Michael’s is an act of kindness that is appreciated by everyone who needs our Hospice care.

If you would like to start a conversation with St Michael’s about the benefits of leaving a legacy of any size to your Hospice, please contact Ruth Denison on 01432 851000.

St Michael’s Hospice Lottery: The perfect Christmas gift

If you’re unsure about what to buy someone as a present this Christmas, why not give a subscription to St Michael’s Hospice Lottery?

You will be giving your friends or family the chance to win one of 24 fantastic weekly cash prizes of between £10 and £1,000 while supporting your Hospice.

To buy a Lottery gift voucher, contact the Lottery Team on 01432 851000.

Thank you to all of our corporate supporters who have kindly sponsored the publication of this newsletter. If you or your business would like to reach 30,000 households in Herefordshire and beyond, please contact Rachel Entwisle on 01432 851000.