Ace service holds advantage

Treating everyone as an individual is one of the most important aspects of the care provided by St Michael’s.

This approach is embraced by the Therapy team who work with people at every stage of their illness to ensure their lives can continue as normally as possible.

“We want to encourage patients to do what they enjoy,” said Karen Wolverson, the Hospice’s Therapy Lead. ‘If you want to do something, even if it’s just walking in the Hospice garden with your friends or family, then we will try to make that happen.’

For instance, this summer one patient had tickets for Wimbledon and was convinced she wouldn’t be able to go until Lucie Davies, one of our Physiotherapists, stepped in to help. ‘After talking and working through the practicalities with the patient and her husband, we were able to encourage her to go to London and enjoy the day watching the tennis and drinking Pimms,’ said Lucie.

‘The whole multidisciplinary team; from the Health Care Assistants assisting her to get up washed and dressed at the crack of dawn; to the Doctors discussing medical issues, together made something perceived as impossible become possible.’

Rehabilitation is about optimising someone’s ability to lead as normal a life as possible. It is a fundamental part of our palliative care offering, for day patients and those on the Inpatient Wing. It puts the needs of each patient first and if they wish allows that person to receive tailored support, to help them live as well as they can for as long as they can.

This might mean allowing them to carry out simple tasks such as going to the bathroom, or making a loved one a cup of tea. The approach also dispels the myth that many people reach a stage when they are beyond benefiting from physio or gentle exercise, indeed many inpatients return home. Maintaining activity can also have the added benefit of reducing levels of fatigue.

‘Our whole team approach involves helping patients maintain a normal daily routine, which can help improve their overall wellbeing,’ added Karen. ‘This can include, but isn’t limited to, encouraging patients to get dressed in their own clothes every day, rather than staying in nightwear, sitting out of bed for meals, and maintaining the amount of walking usually done at home.

‘We can introduce them to a range of exercise ideas, from gentle activities such as seated exercises, Tai Chi Movements for Wellbeing (TMW), to fun group-based sessions like Boogie for your Bones.’
Supporting your Hospice

St Michael's Hospice provides all its care free of charge to patients, their families and carers. This care is made possible by supporters taking part in fundraising events, playing our lottery, shopping at our retail outlets, making charitable donations and leaving gifts in their wills.

Keep in touch

If you do not already have this newsletter sent directly to your home, and would like to keep in touch with all the latest developments, appeals and ways you can support St Michael’s, call the Fundraising team on 01432 851 000 or sign up online at st-michaels-hospice.org.uk

Canwood: An Art Showcase

During this year’s h.Art week 43 acclaimed artists displayed their work at Herefordshire’s Canwood Gallery. The prestigious event helped to raise over £12,000 for St Michael’s.

A range of media including ceramics, paint, metal and glass was exhibited and the commission on the sale of each item of art was kindly being donated to St Michael’s Hospice by Canwood.

Paddy Nugent, the Hospice’s Community Fundraising Manager said ‘We’re delighted to have had the support of so many talented artists and we are truly grateful to Stephen Dale and his family for helping us put on a thrilling exhibition.’

The event also received a donation of £2,500 made in memory of Elaine Furber who died on 26th March 2017. Elaine was one of the original Freda Pearce Ladies and had been a supporter since the inception of St Michael’s.

Fair blossoms into gardeners’ favourite

St Michael’s Hospice Plant Fair is fast becoming an essential date in the gardeners’ diary. This year over 1,000 visitors browsed stalls selling a wide variety of plants and other gardening related goodies.

If you would like to get involved with this horticultural fundraiser and can help by growing half a dozen (or more) plants ready for spring and donate them to St Michael’s, please get in touch.

We are also looking for volunteers who could give a few hours of their time to help during the event. To start growing your support for St Michael’s, call Gaynor on 01432 852 630.

Lottery team thanks players

Thank you to all our generous supporters who bought tickets for this year’s St Michael’s Summer Draw and helped raise over £37,000.

If you missed out on the Summer Draw you can always try our weekly Hospice Lottery Draw.

With a first prize of £1,000, and 23 other cash prizes every week, it is one of the most cost-effective and fun ways of helping your Hospice. You can sign up by calling 01432 852 602 or by using the form on the back of this newsletter.
Bereavement walks at Queenswood

‘Walking is man’s best medicine’ - so said Hippocrates, the Ancient Greek pioneer.

Few would disagree with the renowned physician’s assertion, particularly a group that meets regularly at one of Herefordshire’s most popular beauty spots.

Open to anyone who has been bereaved, whether they have accessed services at St Michael’s Hospice or not, Striders & Strollers is a monthly gathering for all ages, with the group enjoying a gentle walk around Queenswood Country Park, between Hereford and Leominster.

Those attending enjoy the company of others and the chance to round off the walk with a hot drink and a slice of cake in the Queenswood Cafe.

One of the regulars is Margaret who began attending the walks just over a year ago after her husband, Jim, died and she says she expects to continue.

‘It’s been a lifeline to me,’ said Margaret, who brings along her five-year-old Labrador, Caz.

“You know that your fellow walkers know exactly how you feel because they are going through the same thing.’

The walks are held each month with a longer walk, away from Queenswood, also held regularly.

There is no time limit to the group, with some regulars having attended for around two years.

Shirley Young, a Social Worker at St Michael’s, is one of those who leads the walks. ‘There is no pressure whatsoever to talk about your loss; the topic of conversation can range from the weather to your favourite book or TV programme.

‘But we find that those who join us build up a friendship with many of their fellow walkers, leading to them returning each month.’

Striders & Strollers is free to take part in, but parking charges apply at Queenswood.

To find out more call Shirley on 01432 851 000.

Keep on caring with tea and cake

This summer hundreds of Hospice supporters have been putting the kettle on to help raise money for St Michael’s.

By asking their guests to give a donation in return for some tasty treats, they have helped raise over £12,000. This is already helping our nurses continue providing the best possible care for local families.

If you would like to organise a Big Tea, contact Gaynor on 01432 852 630 or email gwarren@smhospicehereford.org and she will help you plan your event.

Visitors delighted by Open Garden charm

Thank you to all our local garden owners who this year have helped raise over £46,000 for their Hospice.

If you have a garden that delights people, please think about opening it for St Michael’s Hospice in 2019. 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.

If you are interested in finding out more, please call the Community Fundraising Team on 01432 851000.
When ‘not’ being important really matters

In her first term as a student counsellor, Karen Evans had a chance meeting with a nurse she once worked with at a care home.

Karen’s change in career from healthcare assistant was no surprise to her ex-colleague. She reminded Karen about the personal statement she’d written describing her desire to give care home residents an opportunity to talk about their lives and emotions, especially when they were suffering from grief and loss.

The benefits of talking to a trained professional helped Karen through difficult life experiences of her own. This left a lasting impression which inspired her as she practised her listening skills with fellow students during her Person-Centred Counselling Course.

Karen clearly remembers when she first felt the powerful and physical sensation of connecting with a client during one of her initial placements.

‘We’d been talking about little things for 20 minutes when my client began to open up. I felt an overwhelming feeling of empathy. The connection and trust we built gave them the confidence to talk about feelings and emotions.’

Counsellors are often the first people to witness a person’s intense grief and they are trained to support people through emotional difficulties and assist them in reaching their own resolutions or developing strategies to address their concerns.

Karen’s years of training have all been worthwhile. For the past two-and-a-half years she’s been enabling people to help themselves through bereavement counselling at St Michael’s.

‘It’s been a life-changing career which has left me with a deep sense of appreciation for life. My job is to use empathy to understand the pain people feel. Talking openly to someone like me, who at the outset is not important in that person’s life, provides them with a safe space, and that can help bring emotions to the surface. When people talk about how they feel it enables them to understand where the seeds of their feelings and thoughts come from.’

Throughout the counselling process, Karen sees a remarkable change in the wellbeing and happiness of her clients. ‘When I shake hands to say goodbye it’s a beautiful feeling to know they have worked through their feelings. It’s like they are six inches taller.’

Like Karen, all Hospice staff feel passionate about providing people with the best possible care and this person-centred approach is at the heart of St Michael’s.

To find out more about joining the Hospice care team, or the services they provide visit st-michaels-hospice.org.uk or call 01432 851 000.
Each time you giftaid it we can inflate your donation by 25%

It’s simple...
Sign up once
Make your donation
We’ll do the rest

Donating through Gift Aid means St Michael’s Hospice can claim an extra 25p for every £1 you give. At no cost to you, we can claim Gift Aid on most cash and goods donations.

To find out more call 01432 851 000 or visit st-michaels-hospice.org.uk
Volunteers: The time you give is priceless

Volunteers are vital in enabling St Michael’s Hospice to deliver quality care to patients and their families. Each week, around 1,000 people volunteer a few hours or more and most, if not all, tell us that the opportunity to meet and support people from all walks of life is a humbling and inspiring experience.

Receptionist
A warm smile and helpful telephone manner help create a welcoming environment for all at St Michael’s. Responding to visitors’ needs makes a big difference to people’s lives and no two days are ever the same behind the Reception desk.

Hospice Driver
Volunteer drivers enable people without access to transport to benefit from spending time at St Michael’s. They can also support the Retail team by delivering and collecting goods or help the Hospice provide care in the community by driving the Hospice Support Vehicle.

Ward Clerk
Working with nursing staff, this role provides administrative and clerical support and is suited to anyone used to working with computers and who has experience of spending time in a busy office.

Spiritual Care
Open to all is very much the St Michael’s way, and our Spiritual Care team reflects this. Volunteers listen carefully to the views of everyone, of all faiths and none, in a caring and confidential environment.

Homemaker
Homemakers are practical, caring people and play an important supporting role in the Inpatient Wing. They serve drinks and meals, run errands and provide warm and friendly conversation with patients and their visitors.

Gardener
Our beautiful gardens and grounds are a place of tranquillity for patients, visitors and staff. Working alongside professionals, garden volunteers tend to the Hospice’s picturesque grounds by cutting grass, weeding, watering and planting.

Kitchen/Catering
Our Catering team volunteers help cook and serve mouth-watering, nutritious food that can instantly change the way patients and their visitors feel.

Retail
Some volunteers give a few hours a week whilst others give a couple of days, but however much time you are able to give by sorting, pricing, valuing or selling stock, you will make a real difference.

Complementary Therapy
We currently offer a range of therapies which include massage, aromatherapy, reflexology and Reiki. If you have appropriate training, this role could be for you.

Fundraising
You can make a difference by using your skills in a wide variety of roles including database inputting, administration, banking, community fundraising, driving, marshalling events, street/supermarket collections and even PR and marketing.

Listening Support
As a Listening Support volunteer, you will visit people in the Hospice or their own homes offering light conversation, and the chance to read books or newspapers together.

Bereavement Service
As part of our Bereavement Service, the volunteers offer people space to process thoughts and feelings in a safe and confidential manner.

Hospice Neighbours
Hospice Neighbours can provide a service in the patients’ own home, giving companionship to the patient and respite for the carer. This can involve reading, talking, listening or undertaking minor chores in the home.

If you would like to join the St Michael’s Hospice team, call Benjamin Pardoe on 01432 851 000, email bpardoe@smhospicehereford.org or visit st-michaels-hospice.org.uk
Malcolm Davis spent much of his early life sliding sideways while racing against the clock on dirt, tarmac and most things in between.

‘There aren’t words to describe what it’s like to sit behind the wheel of a rally car. The feeling of putting your faith in your navigator as they call out; 25 metres, blind, brow, flat, an instruction demanding you put your faith in their map-reading skills as you press your foot hard to the floor, with no sight of what’s on the other side of the hill.’

The navigators that sat in Malcolm’s passenger seat all agreed he had the natural talent to instinctively respond to each twitch and turn of a works Escort powered by an engine with the same grunt as a Formula 2 racing car.

In 2008, at the age of 61, dizzy spells and a slowing of Malcolm’s razor-sharp reactions were the first sign of Parkinson’s, and a DaTSCAN confirmed the diagnosis of Progressive Supranuclear Palsy (PSP), a very rare form of the disease.

The diagnosis turned Malcolm and his wife Rosemary’s life upside down. After working hard and saving the pennies they were both looking forward to retirement.

‘PSP is a progressive disease which hits you in steps, and by 2013 I needed help. I was referred to Dr Tony Blower at St Michael’s Hospice and that was the start of a relationship that has made an enormous difference to my life.’

Trips to St Michael’s Hospice have become something to look forward to for Malcolm and Rosemary. During their regular visits to Day Services, the care team has got to know the couple, helping tailor care provided to meet Malcolm’s needs.

‘I look forward to Day Hospice. It’s helped maintain a little independence. I’ve made new friends and I’ve benefited from all the Complementary Therapies available, especially massage. There are talks, art and crafts activities or you can enjoy some rest and relaxation in a peaceful environment with a biscuit and a nice cup of tea.

‘PSP is constantly trying to shorten my muscles. It’s like I’m being forced to roll up into a ball. The Hospice Physiotherapy team helps stretch me back out to improve my posture and I feel physically better after sessions in the gym. They have also helped with life outside the Hospice. In August last year, Siobhan MacQuillan, one of the members of the Physiotherapy team, was by my side at a family wedding to help me navigate the steps during the reception.’

Thanks to the support St Michael’s receives from its community, it’s possible to provide these and many other services for people like Malcolm and their loved ones. Malcolm and Rosemary have also benefited from attending the Hand in Hand support group which for the past 10 years has been supporting patients and their carers, giving them an opportunity to share experiences with people in similar situations.

‘There are even film nights at the Hospice when we get to watch a movie in comfort with the friends we have made at St Michael’s. Also, during the times when nights were difficult after Malcolm picked up a chest infection, the Hospice at Home team was there. The Hospice has made a big difference,’ said Rosemary.

Living with PSP has been difficult and at times exhausting, so a week’s stay in the Inpatient Unit means the best possible care for Malcolm and gives Rosemary a little time away from being his primary carer.

‘Malcolm spent a week at St Michael’s in July and while he was being treated to full English breakfasts, morning coffee, lunch, afternoon tea and a milky bedtime cup of coffee, I was able to spend quality time with friends and family. I even managed to enjoy a night of laughter watching a performance of the hit musical ‘Matilda’ in Birmingham.

Malcolm added, ‘I still can’t put into words the feeling of driving a rally car just as much as I can’t put into words everything I feel about St Michael’s Hospice. Apart from being married to my beautiful wife for 50 years, St Michael’s and rallying are two of the most wonderful experiences of my life.’
All faiths and none

‘The Spiritual Care team at St Michael’s is there for people of all faiths and none, and if people want something specific to their faith, we can offer that.’

These are the words of Pasadadipa Dearling, our first ordained Buddhist Spiritual Care volunteer who has joined St Michael’s Hospice Spiritual Care Team.

‘It’s about being there for people and being able to listen. People like to tell stories from their life and there’s something about telling that story to someone who doesn’t know you.’

Thanks to the support of the community, St Michael’s Hospice is a 21st century facility providing expert palliative care.

But clinical care is only part of what we offer to the people of Herefordshire and beyond. Addressing the pastoral, spiritual and religious needs of patients and their loved ones is also an important aspect of our work.

Our Spiritual Care team listens to the views of everyone in a caring and confidential environment, regardless of their beliefs or non-beliefs.

Pasadadipa puts it another way, explaining that she and her colleagues ‘show human compassion with no expectations on either side’.

‘It’s about being kind and asking yourself ‘what does this person need?’’, she added.

Should anyone with a Buddhist faith wish to have specific religious support, then Pasadadipa is happy to help.

‘As there are many different schools of Buddhism, it’s not necessarily possible to be specific about what can be offered; that will depend on the person’s wishes. But, they will be able to discuss this with someone who will have a shared understanding of core Buddhist beliefs shared by many of the different schools. Possibly the person would appreciate someone to meditate with them or share a ritual, or perhaps they would like a representative of their own school to be contacted to visit them. These are just some examples of what we might be able to offer. And, of course, such possibilities are on offer to friends and relatives also.’

Pasadadipa is confident the Hospice’s location, with views stretching south-eastwards across orchards and out over Herefordshire’s lush green countryside, can help a person feel at ease.

‘I think the setting here at St Michael’s is absolutely invaluable and can help in having a positive effect on someone’s wellbeing. ‘When I visit the Hospice, straight away there is something that is very calming. There’s real beauty here.’

A place where friends are made

Volunteer gardener Tony Protheroe (pictured right) met David Scotford, while attending one of our Day Service groups.

The pair became best friends, united by their love of fishing.

‘I took to Tony straight away, and not because of the fishing at first,’ said David, who is 81 and registered blind. ‘It was because I recognised his Welsh accent. I knew then that he was a good ‘un.’

Tony has been visiting St Michael’s to help create a vegetable garden for the patients.

‘I first met David when he was filling up pots with soil,’ said Tony, whose sister, Anne Shoring, has spent time as a patient at St Michael’s. ‘I happened to mention fishing and that was it. We just hit it off straight away.’
In 1996, Mike Pullin BEM invited friends and family to celebrate his 60th birthday. By charging them £5 Mike raised £1,650 which was donated to St Michael’s.

Two years later Mike did the same again and raised £2,265 for the Hospice. The rest is now part of St Michael’s history. It’s a story of dogged determination and countless acts of kindness and generosity.

Twenty two years later and Mike and his Hospice Angels are on the verge of raising a cumulative total of half a million pounds.

Mike says it’s a journey that has given his life a purpose. ‘I have met lots of incredible people. One man ran after me in the street so he could hand over £1,000. A couple of weeks ago I was waiting for an operation to treat my skin cancer and a woman started talking to me about my Hospice Angels T-shirt. The next thing I know she was planning a skydive and went on to raise another £1,200 which she wanted to be put onto the Angels total.’

Many of the people Mike has met have gone on to become close friends and some have left legacies which inspire Mike to keep on riding.

In 2016, Mike met Kington Vintage Show organiser Trevor Dickerson who was receiving treatment at St Michael’s. The couple connected instantly over their shared passion for motorcycles and when Trevor died a short while later, his wife Jill asked Mike if the Angels would escort Trevor’s funeral procession. Each August since, as a continuing tribute to Trevor, the Angels lead the Kington Vintage Show Grand Parade and spend the weekend meeting and greeting visitors.

Mike is determined not to stop at half a million and his diary is already filled with fundraising events and dates for giving talks about his adventures to local groups.

If you bump into Mike this Christmas while he’s selling Hospice cards or standing in the cold on one of the many street collections he has planned, please stop and say hello and join us in wishing an incredible fundraiser a very happy Christmas and prosperous new year.

A small group from the South Wye Police Boxing Academy, based at Hinton Community Centre in Hereford, swapped gloves for running shoes back in May when they took part in RUN Hereford, our annual running event based at Hereford Leisure Centre.

Across the group, all four distances – Marathon, Half Marathon, 10K and 5K - were tackled.

The group’s endeavours prompted plenty of support. In total, more than £1,500 was raised in sponsorship for St Michael’s having been donated by friends, family and fellow Boxing Academy members. Thank you.

South Wye Police Boxing Academy

Jill Dickerson with members of the Hospice Angels at the Kington Vintage Show
If you’ve joined us this summer in running your heart out, getting coloured in happy or clocking up the miles on two wheels then you’ve helped make 2018 one of our most memorable years to date.

Hundreds pulled on their trainers and hit the road in mid-May during RUN Hereford at Hereford Leisure Centre.

For the second successive year, Sage Pearce-Higgins won the Marathon, shaving four minutes off his 2017 time to finish in two hours, 48 minutes and 52 seconds.

Around £60,000 was raised in total.

All ages were doused in all colours as The Paint Runner turned the King George VI playing fields, and all who stepped foot onto the 5K course, into a dazzling ocean of blues, reds, green and yellows, with a bit of orange thrown in for good measure.

With World Cup fever gripping the nation, the Sue Parry Football Tournament on Widemarsh Common proved ever-popular.

Now in its 18th year, the tournament regularly attracts dozens of teams across the Junior and Adult categories. The Wheelie Big Cycle received a facelift with increased distances for all four of its routes, including the first 100-mile course.

Hundreds enjoyed a midsummer Sunday making their way along the relaxed routes through Herefordshire’s spectacular yet undulating countryside. Venus rounded off our summer events season by taking us back to the Seventies.

I Feel Love was the theme for the 10K midnight walk which saw 1,000 women light up Hereford’s midnight sky.

After starting at Hereford Leisure Centre, the women enjoyed a glass of Babycham before taking in a shimmering carpet of candles on Hereford’s Castle Green and a memory garden at Hereford Cathedral.

On 16th October, the man behind the Hay Festival, Peter Florence, is in conversation with BBC Hereford & Worcester’s Nicola Goodwin at the Felin Fach Griffin.

Enjoy a two-course meal at this gastronomic delight near Brecon. Then, walk over hot coals during our Fire Walk on November 10th at the Old Market Hereford before Carola Kean will help get you in the mood for Christmas by hosting her Festive Design Workshops.

Each of the four workshops, held at St Michael’s between 3rd – 11th December, will include expert guidance on how to make an eye-catching display. Each person will create two items during the course of the day, with all materials, plus lunch and afternoon refreshments, included.

Continuing the Christmas theme is our Santa Run on Sunday 16th December. With all those chimneys to scale in just one night, Santa must be a pretty quick chap. You don’t have to be quite as hot-footed as the big man, but for one morning you can help turn the centre of Hereford into a sea of Santa’s, each making their way through the city’s wintery streets.

Sandwiched between these two festive events is an opportunity to test your general knowledge skills at the Big Quiz of the Year on Thursday, 6th December at Hereford Shirehall.

Full details of all our forthcoming events are available at st-michaels-hospice.org.uk
Christmas cheer and clear

We’re expecting a very special visitor during the festive season.

Santa will be guest of honour at our grotto, open at St Michael’s in Bartestree from 7th – 9th December.

For a small entry price, little ones can select a gift from the big man, take part in an elf workshop and visit a reindeer stable and elf houses.

Record-breaking year at Hellens

Each year, Hellens Garden Festival generously supports its Hospice by donating proceeds to St Michael’s.

That trend has continued thanks to a record-breaking contribution of £11,480.75 handed over to St Michael’s following this year’s Festival, held in the grounds of the beautiful country house in Much Marcle, near Ledbury.

That figure was swelled by more than £800 which was donated to us by sculptors and other demonstrators.

This year’s Festival welcomed visitors of all ages, including many youngsters from Hope at St Michael’s – the charity which delivers our children and young people’s support services – who enjoyed a variety of activities including building a den out of sticks and mud.

With the theme of ‘Passion for Plants and the Planet’, attractions included an interactive community artwork called a Mandala, constructed using recycled and natural items.

BBC Radio 2 allotment guru Terry Walton talked about conserving water in our gardens, there were beekeeping lessons, and a chance to discover a sculpture trail.

Exhibitors were varied, featuring local food producers, nurseries and traditional crafts such as blacksmithing.

Plans are already in full flow for next year’s Festival, on 8th - 9th June, which has the theme ‘Hands in the Soil, Good for the Soul’.

Light up a Life

St Michael’s Hospice invites you to dedicate a light and attend one of 17 special events.

By illuminating and celebrating the life of your loved one, you can also help St Michael’s Hospice care for local families.

For more information, please call the Family Support Team on 01432 851 000.

* Please note this is an outdoor event
St Michael’s Hospice
A year in numbers 2017-2018

Each year thousands of you support your Hospice and each one of you has made a difference. Thank you.

You have volunteered over £1 million worth of time to help your Hospice.

You’ve dropped over £29,000 of change into our collecting cans.

You made over £380,000 purchases at St Michael’s Hospice retail stores.

You spent £94,000 on draw tickets.

Over 6,000 of you helped raise £279,000 by taking part in our events.

You played our Lottery and raised £360,000.

The care of over 1 in 3 Inpatients was made possible thanks to people leaving a gift in their will.

You made over 380,000 purchases at St Michael’s Hospice retail stores.

You raised over £1.2 million through general donations and community fundraising.

You spent £49,000 on Christmas Cards.

Follow us on social media for photos and stories about our amazing supporters.
Thank you for making the difference
Your support helped raise the £5.4million needed to provide the free of charge Hospice care services that are enabling people to live well at the end of life.

We spent
£5.4m
on providing free care services for our community

St Michael’s Hospice supported and cared for
1,350
people in 2017/18. An increase of 40% on the previous year

The Herefordshire Hospice at Home service made
9,182
visits to patients at home and those needing support during their discharge from Hospital

St Michael’s Specialist palliative care doctors visited
119
people in their own home

5,706
days of care were provided for patients staying in the Inpatient Unit

1,123
people attended St Michael’s Hospice education courses
Bromyard pays tribute to much-loved mum

People close to Louise Beale have shown their support for her family by helping to raise £4,400 for St Michael’s Hospice in her memory.

Louise had an operation to remove a tumour in March this year, but became too poorly to continue treatment.

After spending six days at St Michael’s Hospice, Louise died on the 7th May.

Over 600 people packed St Peter’s Church Bromyard to show their respect for a much-loved and deeply missed member of the local community.

Louise’s husband Mike said, ‘I would like to thank everyone who generously made a donation to St Michael’s in Louise’s name. Our lives were turned upside down after she was diagnosed with terminal cancer. During her time at St Michael’s we were made to feel very welcome by the friendly staff and because we were able to stay at the Hospice we could be by her side at all times.’

‘Having experienced the amazing care provided by St Michael’s Hospice and realising that it’s all made possible by the generosity of the local community I will never be able to pass a St Michael’s collecting can without making a donation.’

Memories captured with a little Hospice help

Donald Willats has finished writing his autobiography thanks to St Michael’s Hospice.

Donald spent most of his working life travelling the world on behalf of chemical and textile giant Courtaulds. He started writing his life story 10 years ago but put it to one side.

‘I was stuck. I had come to a complete full stop,’ said Donald. ‘Then I happened to mention my dilemma during a visit to St Michael’s Day Hospice. They had already helped me record my life story, which went really well, but the written word got the better of me.’

‘He was so close to finishing, it was such a shame,’ says wife Jynni. ‘It is such an interesting and amusing life story.’

St Michael’s Hospice contacted Gill Powell who runs memoir-writing courses and she met up with Donald and Jynni.

Gill has a Masters degree in non-fiction creative writing and runs workshops helping people turn their memories into memoirs.

‘So many people talk about writing their life story but never actually put pen to paper which is a shame,’ says Gill. ‘It’s such a treasure to have a record of your family history. Donald has some wonderful stories. It was a pleasure to help him along the way.’

‘I just needed that little bit of help and support and the Hospice provided it,’ said Donald.

One of the stories featured in Donald’s memoir is about the day he and Jynni brought handbells to St Michael’s and gave everyone attending Day Services a chance to have fun ringing out the sound of Christmas carols.

With his memoir complete, Donald began preparing the ‘numbers’ for a handbell concert at the Duke of York pub in Leysters.
Are you living with a terminal illness, or caring for someone who is?

Our free advice and support line is here to help

We understand that it can be a difficult time, and that’s why we’re here for you 24 hours a day, 7 days a week.

This phone number is a single point of access allowing you to speak confidentially to members of our clinical team who can provide advice and information on subjects like accessing services and controlling symptoms.

Call

01432 852 080
24 hours a day, 7 days a week
Playing makes good things happen for you and your Hospice

Win up to £1,000 every week

Make Fridays feel grand and sign up now for as little as £1 per week at st-michaels-hospice.org.uk or call Helen on 01432 851 000

If you would like to pay by credit or debit card, please call the Lottery Team on 01432 851000

Promoter: R Denison, St Michael’s Hospice, Bartestree, Hereford HR1 4HA
Registered with the Gambling Commission under the Gambling Act 2005

Data Protection
We value your support and promise to respect your privacy. The data we hold is managed in accordance with the Data Protection Act (1998). We will not share your details with any third parties.

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Surname
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Postcode
Telephone
Email

YES, I am happy for St Michael’s Hospice to contact me via email. (Please tick the box)
Date of birth
I confirm that I am over 16

Lottery Standing Order Mandate
Bank or building society name:
Address:
Postcode:
Name of account holder(s):
Bank or B/Soc. sort code:
Bank or B/Soc. account number:

Instructions to your bank or building society
Please pay Royal Bank of Scotland Hereford, Sort code 16-21-20 for the credit of St Michael’s Hospice Lottery Account Number 10078021 the sum of: (please tick box)

First payment to commence now until you receive further notice in writing.

Signature: Date:

Payment by Cheque or Postal Order
I would like to purchase:
one number each week and pay:
£13 quarterly
£26 half yearly
£52 yearly

two numbers each week and pay:
£26 quarterly
£52 half yearly
£104 yearly

OR I would like lottery number each week, paying:
quarterly
half yearly
yearly

Promoter: R Denison, St Michael’s Hospice, Bartestree, Hereford HR1 4HA
Registered with the Gambling Commission under the Gambling Act 2005

Please make your cheque or postal order payable to St Michael’s Hospice Lottery. Please send this form to St Michael’s Hospice, Bartestree, Hereford HR1 4HA using the enclosed Freepost envelope.

Playing makes good things happen for you and your Hospice