In 2009 a talented team put on a flower festival that left visitors speechless. Ten years later ‘A Cornucopia of Silver’ is still remembered as being a magnificent display of colour and perfume which delighted the senses of all those lucky enough to experience the grandeur of the show at Lyde Arundel.

The team reunited in 2012 with ‘Precious Time’ and this year to mark St Michael’s 35th anniversary, Carola Kean, Stephen Rabbitts, Jacqueline Flack and Joan Davies are reuniting once again to give something creative and beautiful back to the community with a floral gallery of Transformation and Peace.

With the commitment and support of over 40 arrangers from groups across Herefordshire and the adjoining counties, the Festival looks set to be a truly special event.

Carola is one of Herefordshire’s most loved and admired floral designers and her mission is to make Transformation and Peace surpass the wonder and beauty of the previous shows. ‘It’s not easy to show your appreciation for the support that surrounds you when you lose a loved one, but Transformation and Peace is my way of helping St Michael’s to continue supporting families for the next 35 years.’

Creating a moving experience through the beauty of flowers is also the inspiration for Joan. ‘Being a member of... continued on page 2

Flower festival returns to celebrate St Michael’s Hospice 35th anniversary
Brightwells is proud to support St Michael’s Hospice
www.brightwells.com

continued from page one

the Flower Festival team is giving me the opportunity to say thank you for the care the Hospice provided to my dear mother and close friends. St Michael’s provided a safe and private place that allowed me to say goodbye to my mum while knowing she was receiving the best possible care.’

Jacqueline Flack has been a volunteer at St Michael’s since 2004. ‘For 35 years the community of Herefordshire has been supporting their Hospice and it is not until you or a loved one needs the Hospice that you realise what an amazing place our community has helped build. I am proud to play my part in filling Lyde Arundel with a symphony of flowers and I hope that all the visitors will be overwhelmed by the beauty Herefordshire’s finest flower arrangers have to offer.’

Stephen Rabbitts began his Hospice career in 1984 and after retiring in 2018 has continued to volunteer for St Michael’s. Transformation and Peace will combine his exceptional artistic talent with his love of the Hospice. ‘I want St Michael’s to be able to continue giving the privacy and dignity people deserve. I have seen enormous growth in Hospice services and I want this festival to help St Michael’s provide all the different types of care, support and therapeutic activities that people need when affected by a terminal illness.’

The festival will not only touch the heart of all its visitors, giving them the opportunity to remember loved ones but it will also be an enjoyable event, which will include a Preview Evening and Floral Entertainment Evening. During the daytime, the Festival Café will be open for light refreshments along with stalls selling quality items.

Transformation and Peace will take place in the beautiful Lyde Arundel barn from the 13th to the 15th of September. For more information visit st-michaels-hospice.org.uk or contact Paddy Nugent on 01432 852 641 or email pnugent@smhospicehereford.org

Young people’s outreach project Muheza

Seven young people who have accessed support sessions run by Hope at St Michael’s are embarking on a challenge which aims to raise awareness of the lasting impact bereavement has on young people’s lives.

Their journey will take them to Tanzania in August 2019, where they will meet, share experiences and stories, and organise a special day trip to the beach for the young people supported by Muheza Hospice. For more information on the project and links to the team’s GoFundMe fundraising pages search @YPOProjectMuheza on Facebook or Twitter.

St Michael’s Mobile Hospice

To help achieve St Michael’s mission of providing more care to more people, our new mobile Hospice is visiting communities across Herefordshire and the surrounding counties.

The specially designed vehicle is raising awareness about the wide range of services available at St Michael’s. Parked at venues and events it’s providing the perfect opportunity to find out more about how St Michael’s can help.

If you would like the Mobile Hospice to visit your community please call Michelle Harvard on 01432 852 621 for more information.
£47,000 was raised when Hereford Racecourse hosted its first ever St Michael’s Charity Race Day.

The amount was swelled by an amateur race featuring prominent figures from the county’s racing fraternity, each raising at least £1,500 for the Hospice to take part.

It was won by Eardisley-based event rider Louise Harwood on St Gallen from Olly Murphy Racing. ‘I hoped it would win but of course you never know how the others are going to ride,’ she said.

‘It was a fun thing to do and I’m very grateful to Olly Murphy for providing St Gallen, who ran so well. ‘I visited St Michael’s Hospice for a tour recently and was able to see at first hand the invaluable work that goes on there.’

Top trainer Kerry Lee, who is based in Presteigne, rode her own horse Top Gamble having raised more than £8,000.

Money was also raised through an auction, raffle and race sponsorship, thanks in no small part to the generosity of Race Day sponsor The Clive and Sylvia Richards Charity.

St Michael’s Director of Income, Ruth Denison said, ‘It’s a day that will live long in our memory and I must thank the Clive and Sylvia Richards Charity for their support, and mention the dedication of those riders who took part in the amateur race.'
Admiral Nurse at St Michael’s

What is an Admiral Nurse?
An Admiral Nurse provides the specialist dementia support that families need.
When things get challenging or difficult, Admiral Nurses work alongside people with dementia, as well as their families and carers; giving the one-to-one support, expert guidance and practical solutions people need, and can be hard to find elsewhere.

‘She brings joy into our lives every time she visits’

Admiral Nurse Joanna Napolitano joined the St Michael’s Care Team in 2018. She now works out in the community providing help and support for people like Bob and Ann Green. The couple, from Moreton on Lugg, moved to Herefordshire in the 1970’s when Bob took up his position as a transport manager for Bulmers before retiring in the mid-nineties.
Ann and Bob’s lives changed dramatically 18 months ago after Bob was diagnosed with Alzheimer’s and Ann became his primary carer.
Ann says, ‘St Michael’s has been a godsend. I was first put in touch with their Hospice at Home Team after Bob returned home from spending three months in hospital being treated for sepsis. Bob received daily care from the Hospice at Home nursing staff. When his health improved significantly and he no longer needed daily care, the team introduced us to the Hospice Neighbours scheme, which meant a volunteer called Peter started visiting Bob for a couple of hours every two weeks. Having a break for a couple of hours means I can now go for a coffee and take a walk around the village.’

As Bob’s health changed the St Michael’s Hospice at Home Team referred him to Joanna, which instantly gave the couple access to a professional with specialist dementia knowledge. ‘Jo’s visits give me the reassurance I need. Knowing that I have someone who can answer all my questions and give me help and advice has made an enormous difference,’ added Ann.

As an Admiral Nurse, Joanna’s in-depth expertise around the issues facing people living with Alzheimer’s means she can help solve problems before they arise. Her frequent visits mean she can keep a watchful eye for any significant changes in a person’s circumstance.
Ann says, ‘I didn’t appreciate the enormity of what St Michael’s does for people until experiencing it first-hand. I don’t think anybody does. I feel like she comes to see me just as much as Bob and she brings joy into our lives every time she visits.’

To find out more call Admiral Nurse Joanna Napolitano on 07720 738 469

The perfect sandwich

Like all St Michael’s catering staff, Richard Fletcher knows it’s important to have something nourishing to offer patients and visitors.

Richard said, ‘Made with fresh local ingredients, a sandwich can provide our patients with all the nutrition and calories they need. People love the convenience of a sandwich, and a longtime favourite has been egg mayonnaise. Over the last year or two, more people are asking for vegetarian options, so we are creating tasty snacks with ingredients like spinach, falafel, kale and mixed leaves. Also, adding fresh herbs to a sandwich helps stimulate taste buds and can help patients regain their appetite.

Finally, with friends and families travelling long distances to visit loved ones, it’s always important that we have the facilities to provide sandwiches at any time of day or night.’
Spend less, save money, make a difference and help save our environment

For many, rummaging amongst the pre-loved goods and finding hidden treasure makes St Michael’s retail their shop of dreams. Finding that unique fashion combination or bargain sofa is also helping lower our carbon footprint. Buying pre-loved goods prevents wasting energy and resources, which makes all our shoppers become a little more eco-friendly.

Our shops and café are also places where people meet new friends, and the relationships forged between volunteers and customers boosts community development and well-being.

Thanks to our generous community you can buy just about anything from one of our shops, from computers and hi-fi equipment to furniture and kitchen appliances. Toys, camping equipment, phones, TVs, instruments, books, and almost anything else you can think of.

Funding the best possible care for patients and their families is at the heart of our retail operation and the growing number of customers and profit margins means that we are able to provide more care for more people.

Unfortunately, not all donated items can be reused. Because it costs us money to dispose of damaged or broken items or items we are prohibited from selling, please help your Hospice by only donating quality goods.

<table>
<thead>
<tr>
<th>Items we can’t accept</th>
<th>Items we can accept</th>
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<tr>
<td>Old style CRT TVs</td>
<td>Toys in good condition with no missing parts</td>
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<tr>
<td>Unwashed or dirty items</td>
<td>Upholstered pieces that have a relevant fire and hazard label</td>
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<tr>
<td>Furniture in a sad state of repair</td>
<td>Electrical items in full working order with cable and plug</td>
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<td>Items which are broken or have missing parts</td>
<td>Books, DVDs, CDs and records</td>
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<tr>
<td>Skateboards, skates, crash helmets and cycle helmets</td>
<td>Good quality Bric-a-brac and household goods</td>
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Giving a few hours of your time means we can provide the best possible care for families at a time when they need it most. To start making a difference call 01432 851 000

Volunteers
The time you give is priceless

David Gillman has been a volunteer driver for St Michael’s Retail since 2003.

‘I enjoy working with the retail team and meeting all the people who donate furniture and the happy customers who find a new home for all the pre-loved goods. Volunteering has given me the chance to give something back for the fortunate life I’ve had.’

As well as continuing to drive retail vans one day a week, David is now offering a dog walking service for patients and their visitors.

David said, ‘I met a friend visiting his wife at the Hospice and he told me it was to difficult to find time to walk his dog, so I offered to help.’

David’s generosity made a big difference and gave him the idea to offer the free service to others.

Maddy is volunteering a few hours each week as a Hospice Homemaker. Her time spent on the Inpatient ward is providing a valuable insight that will help in her chosen career.

Maddy said, ‘I want to be a lawyer and use my expertise to help charities with all the legal issues they have to deal with. Volunteering at St Michael’s means I’m seeing first-hand the difference charities make and it’s a privilege to be part of the care team’.

Kim Cooke volunteers a few hours on Thursdays to help serve patients, visitors, staff and other volunteers with hot food in our popular cafe.

Kim finds volunteering extremely rewarding. ‘It’s a nice feeling putting smiles on people’s faces, and it’s great being part of a wonderful Catering Team.’

Hereford Sixth Form student Abi has also been volunteering as a Homemaker.

Abi said, ‘My mum died at St Michael’s when I was nine-years-old. I remember how friendly all the nurses were, and helping out is an opportunity to give something back and as I want to be a Paramedic, the experience will be good for my CV.

Everyone who has had their day brightened by David, Maddy, Kim, Abi and all of St Michael’s other wonderful volunteers would like to pass on a massive thank you for caring to make a difference.

If you are visiting St Michael’s or know someone who is and might need a little help walking their dog contact Benjamin Pardoe on 01432 851 000 to find out more.

David lives close to St Michael’s and with access to over 100 acres of farmland, he has the time and resource to give even the most energetic dogs a good walk.

Giving a few hours of your time means we can provide the best possible care for families at a time when they need it most. To start making a difference call 01432 851 000
Experiencing the ‘here and now’ puts Ray on course

Ray Mustoe’s experience of St Michael’s Hospice could not be further from what he had envisaged.

‘I had a pre-conceived idea of what the Hospice might be like. I thought it would be a very grey, end-of-life facility. But it certainly isn’t that.’

Ray first visited St Michael’s at the beginning of 2018 having been referred by his GP following a renal cancer diagnosis.

He became one of the first to benefit from an assisted bathing programme as part of the newly-launched Health and Wellbeing Service, meaning he could spend valuable time in one of the Hospice’s state-of-the-art jacuzzi baths.

‘My mobility had become restricted, and at home I couldn’t get up the stairs so this really helped,’ said Ray.

‘I was a bit apprehensive about it all at first, but my fears were very quickly allayed, thanks to the wonderful team of Day Services staff and volunteers. I can’t speak highly enough of them.’

Ray was soon benefitting from Mindfulness, another chapter of his life at St Michael’s which he didn’t expect to experience.

‘Again, I was sceptical. But having sat with Gail and focussed my mind on the here and now, I was converted. I really look forward to those sessions now.’

One of the newest offerings to be added to the Health and Wellbeing service is a salon, manned by a volunteer barber who Ray has visited on a couple of occasions.

But arguably his most memorable day was when he met racehorse Dash, who was brought to the Hospice by Jo Bowkett a couple of weeks before she rode him in the St Michael’s Hospice Charity Race Day at Hereford Racecourse.

‘I’ve been following horse racing for nearly 50 years, so when the opportunity came up for me to meet Dash and Jo, I was delighted,’ added Ray. ‘It was such a memorable morning.

‘If you’d have told me at the start of last year that I’d be visiting St Michael’s for a bath, enjoying Mindfulness, receiving a haircut and meeting a racehorse, I would never have believed you. To use a racing analogy, I’d have given you any odds you wanted.

‘It’s completely changed the way I think about hospices. In fact, I don’t think of St Michael’s as a Hospice at all. It’s somewhere I enjoy visiting and I’ve met some wonderful people while doing so. People like Sarah, a chaplaincy volunteer who I’ve spent a lot of time with and now consider a friend. Her enthusiasm and dedication to the Hospice is just great to see.’

Ray isn’t alone in feeling a hand on the shoulder from St Michael’s. His wife, Carol, receives complementary therapies while Ray is here and regularly enjoys a hot drink and a bite to eat in our café.

‘This place is somewhere she can relax for an hour or so, safe in the knowledge I’m being well looked after.’

Indeed, the couple often join others for regular film nights at St Michael’s offered to carers and cared-for people.

‘They’re just great for both patient and carer to enjoy a bit of escapism in good company,’ added Ray.

The assisted bathing service is available free of charge to anyone over the age of 18 who has been diagnosed with a terminal illness and who is registered with a Herefordshire GP.

After having a bath, those using the service can also access other Hospice services and facilities including the café, hairdressing, complementary therapy, hand & nail treatment and discussing future care needs with staff.

For more information, call the Hospice Hub on 01432 852 080 or email hhhub@smhospicehereford.org
Touring Britain without leaving St Michael’s

Patients at St Michael’s Hospice have embarked on a 7,723-mile journey that will take them on a virtual tour around the coast of Britain.

The idea is the brainchild of St Michael’s Physiotherapy Team whose role at the Hospice is to enable people to live independent and fulfilling lives. Physiotherapist Lucie Davies said, ‘The treadmill and exercise bike have a lot of benefits. Using them improves people’s cardiovascular system and helps strengthen legs and arms. Turning the exercise sessions into a team challenge is proving very popular.

‘By keeping track of our progress and talking about the places we are passing on the map has inspired conversations that relive treasured holidays of magical days spent on the beach. It’s making a session in the gym much more interactive and fun for all involved.

Janet Hatfield said, ‘Taking part has strengthened my leg muscles and improved my posture so my breathing is better. I feel like I’m cycling with friends and can push myself a little bit harder because I’ve got somebody assessing what I’m doing. If I was out on my own I think I’d just give up.’

Nikkie Diebelius attends the Living Well service at St Michael’s and after a few sessions on the bike decided to ask friends and family to sponsor her on her around Britain Challenge, ‘The Physiotherapy Team are really encouraging, they are people I enjoy spending time with. They make it fun and something to look forward to. I’m feeling a difference in my legs and my breathing. I couldn’t do the exercises without them keeping an eye on me and making sure I’m not overdoing things.’

The Tour of Britain will continue running throughout 2019 and the team believe crossing the finish line will be a perfect way to celebrate 35 years of care at St Michael’s.’

To find out more about ‘The Tour of Britain’ challenge or if you would like to pledge sponsorship call the Communications Team on 01432 851 000.

St Michael’s lunch club

Not only is our café proving ever popular, it’s also a place where friendships are grown.

Martin Turner and Clinton Parr, who attend one of our Day Service groups, look forward to visiting the café each week after setting up an informal lunch group.

The pair had never met before visiting St Michael’s Hospice but are now the best of friends. ‘We just began chatting,’ said Clinton. Martin said, ‘Shall we both come back out here for lunch?’

The friends now meet each Tuesday, and they hope others will join them. ‘It’s open to anyone,’ said Martin. ‘It helps that it’s an informal setting, which I think breaks the ice. ‘The food in the cafe is very tasty and enjoyable. We look forward to our lunch here each Tuesday.’

Anyone wishing to join them can do so from about 12pm each Tuesday in the Café, which is in the Hospice Reception in Bartestree.
India ‘makes it a good one’

An event held in memory of 19-year-old India Wilkinson has raised almost £20,000.

Well over 200 people, including many of India’s friends and family, filled the York Hall at Malvern St James Girls’ School to celebrate India’s life and enjoy an evening which included a personal appearance by TV’s Julia Bradbury.

India’s grandfather Roger Young said the ‘exceptional care’ his granddaughter received at St Michael’s Hospice in Hereford was the inspiration behind the event.

‘Hospice staff did everything possible to enrich her life,’ he said. ‘She benefited so much from physiotherapy sessions with Siobhan MacQuillan who always listened to India and recognised she was an intelligent adult with a determination to stay independent for as long as possible.’

Roger began planning the celebration while India was still alive with the pair approaching Malvern St James, where India was a pupil, for help. India’s former Headmistress, Olivera Raraty said, ‘India deeply touched the lives of our school’s community, so there was a real desire to help organise a memorial day for her.’

The affection felt for India was illustrated on the night by the screening of a film showing over 40 of her friends lighting candles to commemorate India’s 20th birthday.

The highlight of the evening was an auction of prints created by India with help from Ledbury Letterpress and Tilley’s Press in Ledbury. The limited edition artworks also featured in a film made by India while at St Michael’s Hospice.

The five prints, each with illustrated quotes, including ‘We are all stories in the end - just make it a good one’ and ‘Happiness is a quiet dog walk’ sold for a total of £4,850 in the auction hosted by TV personality Charlie Luxton.

India’s mother, Zinnia Wilkinson, said, ‘The evening was a wonderful opportunity to acknowledge everything the Hospice did for India, and continues to do for my family. I’d like to thank everyone involved for their generosity. The support from the communities of Malvern St James and St Michael’s Hospice helped keep me going during times when I didn’t feel like keeping going.’

A garden escape

A multi-use summerhouse offering one of the best views at St Michael’s is up and running.

The building was both donated to us and erected by Herefordshire-based Powell & Co thanks to owner Don Powell, his son and fellow owner Jason Powell, and Neil Evans, along with help from Knights Construction Group of Wrexham.

The summerhouse will now be used as a work area for patients and their loved ones to spend time in, carrying out past-times such as carpentry, just as you might do in your own garden shed at home. During winter, it will double up as Santa’s Grotto.
Hospice Events: Proud of our community support

Summer is fast approaching which means our Events season is hotting up.

Who doesn’t like spending a Bank Holiday in the garden? Well the Early May holiday gives you the perfect excuse as our free **Plant Fair** (3rd-4th May) hosts exhibitors from around Herefordshire and beyond to the Hospice site in Bartestree.

Hot on its heels is **RUN Hereford** (12th May), our ever-popular celebration of sport’s purest form. Choose from a 5K, 10K, Half Marathon or Marathon, all starting and ending at our new venue of the Hereford Livestock Market.

Hereford Triathlon Club (pictured) are among those who support us at this event each year. The group recently handed St Michael’s £791.50 following an auction and raffle at the club’s Annual General Meeting.

Darren Gibbons’ 12 in 12 group also raised thousands for St Michael’s when its members each completed at least a dozen runs of varying lengths throughout 2018.

From feet to oars, we venture onto the beautiful River Wye for the **Hereford Canoe Challenge** (2nd June) where 25 miles of water awaits.

Later that month you’ll be amazed at the depth of colour which makes its way to Hereford’s Bishop’s Meadow on 15th June for **The Paint Runner and Foam Zone**. It really is a striking sight. Just don’t wear your best clothes.

Talking of striking, the **Sue Parry** football tournament (30th June) will be awash with goals as adult and junior teams descend for a feast of six-a-side football.

On 14th July, it’s a return to the Livestock Market for **RIDE Hereford**, the cycle event taking fundraisers around Herefordshire and even into mid-Wales on the longest route.

By 20th September, mid-summer might be a distant memory but whatever the weather, our female supporters will light up the night sky during our **Venus Midnight Walk** challenge through the streets of Hereford.

Our supporters never know when to stop when it comes to raising money for us, either through our events or challenges they’ve taken on themselves.

- **St Michael’s Community Choir** will be performing at **Midsummer Lights** on Friday 21st June.

Remember your loved ones at this special summer ceremony held next to the beautiful lake at Lyde Arundel.

For a full list of Events, visit: **st-michaels-hospice.org.uk/events**
Ludlow Dog Day continues support for St Michael’s

Ludlow’s Dog Day takes place at Stokesay Court on Sunday 21st July.

The fun event is an essential date in every dog lover’s calendar and will continue to raise funds for St Michael’s Hospice.

Fiona Jacklin, Ludlow Rotary Club Fund Committee Chair said, ‘We are delighted to be able to confirm that St Michael’s will once again be one of the main beneficiaries of Ludlow Dog Day. In choosing the beneficiaries of Dog Day, we seek to identify organisations that make an outstanding contribution to our community and this choice reflects the enormous respect the members of the Club have for the hospice movement in general and for staff and the work of St Michael’s in particular.’

This year’s event will continue to delight visitors with exciting displays by some of the country’s leading dog teams, competitions and activities, stalls, children’s play area, tea room and refreshments.

Visit www.ludlowdogday.org.uk or follow them on Facebook and Twitter.

Tickets available at www.ticketsource.co.uk/ludlowdogday

Open Gardens

A chance to visit and explore a selection of the region’s most delightful gardens

There are gardens of all shapes and sizes, including the wonders of Hellens Garden Festival in Much Marcle; a day of poetry recitals, fine dining and three exclusive gardens; and St Michael’s Flower Festival ‘Transformation and Peace’ at Lyde Arundel.

Find out more about the events listed below at st-michaels-hospice.org.uk or call Events on 01432 851 000 to order your free brochure.

St Michael’s Plant Fair - 3rd-4th May

Spring Fair - 6th May, Kington

23 Traherne Close - 19th May, Lugwardine

Kimbolton Community - 19th May

Bryan’s Ground - 1st June, Stapleton

Weobley in Bloom - 1st-2nd June

Hellens Garden Festival - 8th-9th June

Lower Hope - 16th June, Ullingswick

Gatley Park - 22nd-23rd June, Ludlow

Aylestone Hill - 30th June, Hereford

Homme House - 3rd July, Much Marcle

Seabournes - 7th July, Fawley

Brinsop Court - 18th July, Brinsop

Rhodds Farm - 21st July, Lyonshall

Shobdon Court - 18th August

St Michael’s Flower Festival 13th-15th September

A day of poetry recitals, fine dining and three exclusive gardens - 18th September, The Laskett, Grendon Court and Brockhampton Cottage.

Big Tea

Hosting a Big Tea is a great reason to get together and raise money for your Hospice by doing something we all love - drinking tea and eating cake.

To get your Big Tea pack call Gaynor on 01432 852 630 or visit st-michaels-hospice.org.uk

S&A Group kindly supporting the Big Tea

st-michaels-hospice.org.uk
‘Muffie’ warms hands while raising cash

Her father’s struggle to keep his hands warm as he became older and less mobile inspired Teresa Gwilt to create a new type of handwarmer and donate a percentage of the profits to St Michael’s Hospice.

“Muffie the handwarmer” has already been hailed by the national press as the ultimate cosy travel accessory, helping users to relax or sleep, whether they have cold hands or not.

Available in a variety of bright, colourful designs, Muffie’s key feature is that each hand is kept warm in a separate inner ‘pocket’.

Teresa said, ‘We all love feeling cosy and snug, but hands are often difficult to keep warm. The idea behind Muffie is to keep your hands warm, but not uncomfortably hot.’

Made from butter-soft fabrics that are gentle on the skin, and filled with state-of-the-art insulation, Muffie has been created to fill a gap in the market that Teresa discovered after trying - and failing - to find a handwarmer for her dad.

Reviews from people using the handwarmer say how lovely and relaxing it feels to have your hands wrapped in Muffie’s super-soft fabric. This has inspired Teresa to donate six handwarmers to St Michael’s to be used by patients visiting the Hospice.

Director of Income, Ruth Denison, from St Michael’s Hospice said, ‘The cheerful colours and comfort provided by Muffie are proving a great success with patients visiting our Living Well service.’

Muffie is being sold at St Michael’s Hospice shop in Bartestree at a special offer price of £29.95 and by using the code SMH for purchases made online at www.muffie.co.uk.

£3 from each sale will be donated to St Michael’s (excluding Pink colourway)

Will Power: Why leaving a gift in your Will makes a real difference

It’s the little things in life that can mean the most and by leaving as little as 1% of your will to us, after your loved ones have been cared for, you can make the world of difference to people living with terminal illness.

Every gift we receive helps the care team to deliver specialist, high-quality end-of-life care.

Legacy gifts help fund the cost of caring for one in four of our patients, their families and friends.

So if you are considering leaving a gift in your will to St Michael’s Hospice, thank you.

Your gift really will make a big difference.

You can choose how much you want to hear from us about how gifts like yours are being used to care for local people.

If you have left us a gift in your will, or are considering doing so, and would like to meet our staff and find out more about the type of care your money could fund, we can set up a visit to the Hospice.

We will look after every gift, large or small, to ensure it is spent where it will have the greatest impact for families living with terminal illness.

You can choose to leave a gift in your will to a specific aspect of care, so that the money can be used for the same charitable objectives in the future.

By expressing your legacy ‘as a tribute to…’ you could also dedicate your gift to a loved one.

The decision whether or not to leave a donation in your will is entirely yours and you can make it whenever you like. And you can, of course, change your mind at any time.

If you would like to talk about leaving a gift in your will, please call Ruth Denison on 01432 852 634.
Survival skills ease feelings of isolation

Spending a few hours in woodland, making a fire and learning other vital survival tips may sound like something from a Bear Grylls TV series.

But the skills are being honed by some of those accessing bereavement services at St Michael’s.

The Forest School groups, held near Dorstone, have been credited with combatting isolation and forging new friendships.

‘We were there three hours. When we arrived, it was freezing cold; I couldn’t feel my feet,’ said Sue Keenan whose husband, Tom, received respite care from St Michael’s until he died in the summer of 2017.

‘But as soon as we started, I forgot all about the weather.

‘There were eight or nine of us and the time went by so fast.’

The skills learnt by the group included how to make a fire and how to whittle a stick down to a fine, bladed point.

‘Everyone listened intently and worked together well,’ added Sue.

‘I’m so grateful to St Michael’s for arranging it. It’s thanks to activities like this that I don’t feel isolated anymore.

‘It was something out of my comfort zone but I had a great time and would happily go back and do it again.’

Since her husband received care from St Michael’s, Sue has attended a number of support groups held by the Hospice.

For more information on bereavement support contact the Supportive Care Team on 01432 851 000.

Compassionate Communities

The Education Team at St Michael’s is continuing to support the Compassionate Communities (or Co Cos for short) project.

Co Co volunteers receive training at St Michael’s to learn the skills needed to help people with small acts of kindness.

In Bodenham, Co Co volunteer, Anna Ryan has befriended Pamela Howley. Anna said, ‘Co Cos has shown me that a little support can make a big difference to people lives. The training at St Michael’s Hospice gave me the confidence to get involved.’

Anna and Pamela meet up most weeks at Café@chapel in Bodenham. Pamela Howley said ‘Having the support of Compassionate Communities means everything to me. When my husband died I just sat at home and did nothing. Now I have a full social calendar going out to things like Flix in the Sticks and gardening club.

Co Co coordinator and retired GP Karilyn Collins knows that for people living on their own, having regular visits can help identify emerging health issues and has many wellbeing benefits. ‘By creating a network of volunteers, Co Co is making a real difference to the lives of many living in the community. I hope that many more communities get involved and help promote well being in Herefordshire.’
To mark our 35th anniversary, we’re inviting our supporters to celebrate by being a part of our MY 35 for St Michael’s campaign.

You can let your imagination run wild and come up with your own My 35 idea.

Or you can get started by using one of our suggestions below.

- 35-day gaming competition
- Wear the sports shirt of your rivals for 35 hours
- Walk, run or cycle to work for 35 days
- Walk the dog in 35 different locations
- Wash 35 cars
- Give up chocolate for 35 days
- Stop shaving for 35 days
- Invite 35 friends to a fundraising party
- Go without technology for 35 hours
- Cycle, run or walk 35 miles
- Grow and sell 35 boxes of vegetables
- Go on 35 May Fair rides
- Donate 35 unwanted items to a Hospice shop
- Do a sponsored 35-hour silence
- Lose 35lbs in weight
- Swim 35 lengths
- Do 35 random acts of kindness
- Hold a 1984-themed birthday party

The choices are endless, and the choice is yours.....

If you can think of a fundraising idea that involves the number ‘35’, you’re in.

St Michael’s Hospice Staff Nurse Mark Brothers has combined two of his interests on a unique My35 challenge. Mark will be walking to the top of 35 hills and mountains and reading a different poem at the summit of each.

Bill Laws and Lyn Rushbrooke are entertaining people with a little ‘Sax in the Park’ as part of their ‘My 35 Challenge’. Bill and Lyn are planning 35 live performances in Hereford High Town and across Herefordshire in 2019. Please pop a few coins in their hat.

Meryl Powell cooked up 35 jars of sweet tasting marmalade. Made with Seville oranges, Meryl raised £99 by selling Paddington’s favourite spread to friends, family and neighbours.

To find out more visit st-michaels-hospice.org.uk or call Gaynor Warren on 01432 852 630
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

Are you bereaved, living with a terminal illness, or worried about someone who is?
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