YOU made a difference to me...

Hospice care and its role in our community has changed so much over the years and it continues to evolve as the needs of that community grow. People come and go across our many services – we’re not just last days of life anymore. Every day of the year your generous support and donations are helping us to support more and more people throughout our community. Here are just some of the ways in which your gifts and our special care are making a difference.

Steve & Chris

Steve & Chris said ‘I do’ again at the Hospice earlier this year. Facing an uncertain future after Steve was diagnosed with Motor Neurone Disease they decided to renew their marriage vows in a poignant ceremony in our chapel on Valentine’s Day.

“The Hospice is like a lifeline to us. I thought it was a place where you go to die but it’s not like that at all. It gives you a better frame of mind. It’s a better way for me to live,” says Steve, 63.

“When Chris popped the question at Christmas I thought it was a lovely idea but from a practical point of view, we didn’t know how we could make it happen.

“The minute we mentioned it to the Hospice, they offered their chapel and their chaplain Ray Ashley-Brown conducted the ceremony – exactly 18 years to the day since we first tied the knot in Gretna Green.”

Steve continues to see his Hospice Community Nurse at home and he also has occupational therapy, physiotherapy, speech therapy and regular respite visits, giving Chris a break from her full-time caring role.

“We had such a lovely day with all our family and closest friends around us. It was very tearful for both of us, but joyous at the same time.”

Chris, Tom and Florrie

Following the loss of Sarah at the age of just 46 in March last year, Chris and his children Tom, 14 and Florrie, 11, continue to be supported by the Hospice.

In fact, just five days after his mum passed away, Tom was cooking with his dad at the Hospice’s Cooking with Chris course and now Florrie is about to follow in his footsteps.

“I think the feeling of being cared for and of belonging for the patients and their families is something that everyone at the hospice does extremely well,” says Chris. “That is borne out by the fact that Florrie continues to enjoy going to Drawbridge and that Tom asked to start going to Teen Drop-in when he found it difficult around the time of Sarah’s birthday. They, and I, all feel a need to maintain a bond with the hospice – for whatever reason – and that is probably the best praise you can get.

“Thank you for ensuring that the hospice has the mechanisms in place to continue to provide support to families like ours, which allows us to maintain the bond with the hospice that we all feel so strongly.”
**Meet Steve Jamieson our new CEO...**

Q. What is your background?
A. I started my career at the coalface, holding various nursing posts at hospitals in Northern Ireland, Blackpool and London before joining the Royal College of Nursing in 1997. As the Deputy Director of Nursing, I looked at the delivery of health policy, both nationally and internationally, helping to shape and promote excellence in practice.

Q. What made you want to work at the HOSF?
A. The fantastic reputation of the Hospice was one reason and I also felt strongly that the job met my personal values. I really wanted to utilise my leadership skills to take the HOSF to its next stage. I also wanted to work in end of life care, helping to ensure that everyone has the appropriate access to care.

Q. What are the main things you hope to achieve in your role?
A. There are three key things at this stage that I want to achieve:

• Further engagement of the community – how do we ensure that the people who may one day rely on our care are already engaged with us; how do we expel the myths around end of life care? – not only does attendance increase levels of activity but it also helps people to cope with the loss of someone dear to them.

• End of life care for all conditions – how can we support people with dementia, with MND and the many diseases that society is dealing with?

• Business mind and a hospice heart – I want to ensure both are working hand in hand so that we can reach more people when they need us.

Q. At this early stage, what do you think the future of Hospice care looks like?
A. The future for me is all about how the business side of the Hospice works with the heart of hospice care. Every member of staff needs to be aware of why we’re here and why we do what we do, as well as understand the business processes and why they are in place.

Q. What do you do in your free time?
A. I am a Trustee for the Dementia Adventure Trust, providing holidays for dementia patients and their families.

Q. Do you have a motto in life/ in work?
A. Making the best of every opportunity you have and making the best of each day you are given.

Q. Tell us one thing about you that might surprise people?
A. I sang in the school choir and decided to audition for Opportunities Knocks at the age of 12! I am still waiting for a letter of reply from Hughie Green. One day...!

• Getting to grips with the challenges ahead – we have to keep moving as an organisation and this will be an exciting new phase for everyone.

• At this stage, what you think the future of Hospice care looks like?

**Our Memory Tree**

Claire Nicoll, Hospice Champion Educator, and her team have been working alongside NHS palliative hospital staff to bring hospice values and expertise onto hospital wards. The Rose Project sees the introduction of a rose symbol on the wards to promote dignity and compassion at the end of life. With the support of the family, the symbol is being displayed when a person is reaching the end of life, or following the death of a patient, to communicate the need for quietness and respect. All staff from the clinical teams to the porters are being asked to be considerate in their activity at this time and to be prepared to meet people who are grieving or distressed.

Claire Nicoll said: “I am delighted that the Rose Project is being introduced on local hospital wards. We hope it will help transform the experience of those whose loved ones die in hospital. The project is all about prompting staff to remember exactly as we would want ourselves or our loved ones treated.”

**The Rose Project**

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**Compasive support for people at the end of their lives**

Thanks to a Cabinet Office award of more than £110k, we will be working in partnership with Peace Hospice Care, Herts Community NHS Trust and Herts County Council to establish the Herts Neighbours Network.

The scheme, as its name suggests, will enable the partners to develop a network of Herts neighbours or volunteers, who will provide companionship and practical support for people with a life-shortening illness, living at home. Support could include help with shopping, cleaning or driving or enabling people to use social media to connect with their loved ones.

This is an innovative and collaborative new project to improve social care at the heart of our community and we are delighted that the joint bid has been successful. People facing this situation can often feel very isolated and this type of support can help them feel more connected and make all the difference to their wellbeing and quality of life.

**Therapeutic Benefits of Hospice Gardening Group**

Patients, carers and the bereaved are finding great therapy through our gardening group. Every Wednesday morning until the autumn, this informal drop-in group tends to flowers and grows produce, while getting support from others in a similar situation.

Kelly Thrussell, Occupational Therapist at the Hospice, says, “Gardening is very therapeutic – not only does attendance increase levels of physical activity in the fresh air but also helps people to cope with physically challenging circumstances, such as managing treatment or rehabilitation following surgery.

“It’s also a great stress reliever and attendees are benefiting emotionally, and practically, from the social side of the group.”

Mandy Forbes, who joined in 2016 following a course with a local charity, comments, “Gardening at the Hospice gave me a sense of purpose and achievement. I made friends, helped to grow vegetables, herbs and flowers and learnt so much. The Hospice kitchens used all the produce we grew too which was so rewarding.”

So why not come along? There will definitely be a fork or spade going spare! Call the Spring Centre team on 01442 869550 or e: springcentre@stfrancis.org.uk.
Our Mudpack Challenge is back and muddier than ever!

Sunday 18th October 2015, Ashridge House

The Mud Pack is back……and it promises to be even wetter and muddier! Be prepared to crawl, wade and climb your way through 5 or 10 miles of muddy-good, fun-filled obstacles, in the glorious grounds of Ashridge House.

Test your wit, stamina, fitness and strength as you take on a broad variety of challenges, all designed with fun and teamwork in mind – guaranteed to give you and your teammates a fantastic buzz and a phenomenal sense of achievement.

EARLY BIRD REGISTRATION IS NOW OPEN, so don't miss out on your chance to join in. Places are limited so be quick to rally your fellow mud-packers and sign up for some muddy good fun!

Here’s what Tina, one of last year’s Mud Packers, said at the finish line, “Our Mud Pack team was a real mix of fitties and fatties but we loved every minute of the haystacks, muddy-skis, pools, logs and monkey bars and especially the fire brigade hosing us at the end! We stuck together for the most part, we all got round, and we can’t wait to come back and do it again next year, it was so much fun!”

Don’t miss out! Register now at stfrancis.org.uk/mudpack

Meet Carolyn
Corporate Fundraising Manager

I joined the fundraising team at the Hospice just two years ago from an international marketing agency in London and I haven’t looked back once! It is so rewarding working with local businesses to encourage support for such a fantastic cause and to feel that we are making a difference to the lives of those we care for. My work is so life-affirming: I am constantly awed by the dedication of our care teams and the strength of spirit of those we care for.

In kind, I support companies with their own events or encourage them to take part in ours. I am also regularly showing people around the Hospice so that they can see for themselves just how vital their contribution is.

I am part of a much larger team, working with and supporting them in our collective fundraising initiatives to ensure that the Hospice has enough money to continue to provide its outstanding care.

My days are sometimes full of tears as well as laughter but I wouldn’t want to work anywhere else.

If you would like to hear more about the many ways in which you can support our Corporate Fundraising Team, please give Carolyn a call on 01442 869555 or email carolyn.addison@stfrancis.org.uk

Celebrate the Summer with our fabulous family events

Garden Party at Ashridge House – 31st May

We are so grateful to Ashridge House for hosting our Garden Party once again this year on Sunday 31st May. Over 3,000 visitors helped us to raise nearly £30,000 for the Hospice last year and with many new stalls booked this year and popular entertainments for the whole family we can’t wait to welcome you all back again! If you’re looking for a day out that satisfies every generation of your family then look no further – shopping and children’s entertainment, refreshments, food and live music, gardens and sunshine (we have pre-ordered the weather again!).

‘This has been the best day ever, can we come back tomorrow?’ (small boy to mum, Garden Party 2014)

And don’t forget this summer...

Markyate Plant Sale – 23rd May

Make your garden fabulous and worthy of its own party by visiting the ever popular Markyate Plant Sale on May 23rd from 10am. Now in its thirteenth year, this event gives garden enthusiasts the chance to buy a wide selection of bedding, pot plants, shrubs and beautiful hanging baskets. You can pre-order hanging baskets until Sun 10th May by emailing iebradley@talktalk.net or calling 01582 943133.

There’s also the opportunity to enjoy a cream tea or picnic lunch in the picturesque gardens of 64 High Street, whilst enjoying entertainment from the Woburn Sands Silver Band.

Don’t miss out! Register now at stfrancis.org.uk/mudpack

Golf day – 3rd July

Swing into summer with our NEW golf day at Harpenden Golf Club on Wednesday 10th June or compete to win the Hospice of St Francis Challenge Trophy at Stocks Golf Club on Friday 3rd July. Both days consist of an 18-hole stableford format, giving you the opportunity to show off your golfing prowess on glorious courses as well as supporting the Hospice. To find out more visit www.stfrancis.org.uk/golf

Dacorum Steam Fayre – 25th/26th July

Take the whole family to the Dacorum Steam Fayre on Saturday 25th – Sunday 26th July from 10am-5pm at Green Craft Farm, Potton Park WA4. Enjoy a packed weekend, full of family fun all in aid of the Hospice, from restored commercial and military vehicles to birds of prey and live music. Fun for the children too with circus skills, Thomas the Tank Engine and lots more. Plenty of refreshments for all to enjoy.

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A gift in your Will may support a young family through a sad loss

It is easy to put off making or updating your Will but with some professional guidance from a solicitor, it really shouldn’t be that daunting and will give you peace of mind that your loved ones are taken care of, the causes you support are remembered and your money is used in the way that you wish.

Helen Lehrle, a volunteer counsellor at the Hospice, often sees clients facing the emotional and practical loss of a loved one and highlights the importance of expressing your wishes in your Will:

“When people are in mourning and working through grief, it’s such a lot of pressure and people are so upset, that they don’t make informed decisions. Making a Will means those decisions are already made, and your family and loved ones just have to follow a plan.”

It is important that you have an up to date Will that reflects your personal wishes – this will make sure your family and friends know exactly what you want to happen once you have died and they can act on your behalf.

Leaving a gift to the hospice as part of your Will is a wonderful generous way of supporting local families in the future – every gift of every size is very gratefully received and vitally important.

To find out more about making or updating your Will or how to leave a charitable gift in your will then please contact the legacy team on 01442 869555 or email legacy@stfrancis.org.uk

Please help us to support the families in the future and make a difference to the lives of those we care for. For further information on our fundraising efforts, please visit www.stfrancis.org.uk/mychallenge

Follow us on facebook.com/thehospiceofstfrancis or tweet us @hospicestfrancis

Visit our website to find out how you can get involved: www.stfrancis.org.uk/mychallenge
Join the team
Our team of over 1000 volunteers is implicit to the work of the Hospice. They help to raise money, care for patients, welcome visitors, support families, highlight our work and keep everything running smoothly.

- **Love to Give** – our community charity shops are looking for volunteers to support the established teams. We have shops in Berkhamsted, Hemel Hempstead, Chesham, Harpenden, Abbots Langley, Kings Langley and St Albans. If you are able to give three or four hours each week, please let us know.

- **Hairdressers for the Hospice** – when people look good, they tend to feel a bit better. If you are an experienced and qualified hairdresser, come and help those who need a boost.

- **Digital Marketing Support** – our website and publications are always being updated to share the work of the Hospice with the wider community. If you have experience in digital marketing or an interest in supporting our website, call to find out more about getting involved.

For more information about volunteering and other opportunities, please visit: www.stfrancis.org.uk/volunteer or call Gillian in Voluntary Services on: 01442 869550.

Support us through our shops – visit www.shopatstfrancis.co.uk to find your nearest one.

You may be surprised at all that our Shops have to offer this summer. You may have given a little in the past, but given more this year. Our Shops have a much needed fresh new look! Our Berkhamsted shop has had a much needed facelift – Go Purple! It is the theme showing our glorious purple and green colours.

As the weather gets warmer, take a look at what you find.

**Retrieved to Glory**

has been a hive of activity with Francesca, the Manager, busy upcycling items of furniture. Of course, she makes it look easy but just look at the difference! If you haven’t been yet, why not visit our showroom, open 7 days a week.

Our Kings Langley shop marked ‘World Book Day’ with a wonderfully creative literary window which attracted lots of attention.

**A warm reception...**

Has volunteered for 7 years as part of the Volunteer Reception team, providing a warm welcome to all who come through the door.

I had a bit of extra time on my hands after my son passed his driving test (I was no longer needed as a chauffeur)! When I rang the Hospice we discussed my background, and it was offered, decided reception was the place for me.

I love my time at the Hospice; meeting and greeting lots of different people and the extensive variety of other jobs that are dealt with at Receptions. There is never a dull moment and always something to learn.

I have had the odd comment: “why would you want to work at a Hospice?” I always told people that it is not an unhappy place to be – which is always their misconception – and working on Reception we see a lot of people who are very happy with the help and care they receive. Of course, there are sad moments too but that is all part of the job. Various training courses are available at the Hospice equipping you with skills to deal with various situations.

I always encourage friends to volunteer as I know from experience that the Hospice can never have enough volunteers and there are many areas where their expertise could be helpful. Volunteers are encouraged to use skills and passions to support the work of the Hospice. They help to raise money, care for patients, welcome visitors, support families, highlight our work and keep everything running smoothly.

Use GiftAid and you can make your donation worth more.

For every £1 you give us, we get an extra 25p from HMRC at no extra cost to you. So just tick below – it’s that simple.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year as shown, or the amount shown is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts to them, less any other amounts they have had to deduct since 6 April 2016.

Please find my contact details below.

Title
First name
Surname
Address
Daytime phone
Postcode
Email

Support us through our shops – visit www.shopatstfrancis.co.uk/shopping to find your nearest one.

Visit our website to find out how you can get involved: www.stfrancis.org.uk/volunteer

In June, we will celebrate National Volunteers Week. This gives us the opportunity to say a big THANK YOU to our volunteers for all they do within the Hospice.

Please return this form to: The Hospice of St Francis, FREEPOST RRHC-KYBK-JCLZ, Spring Garden Lane, Berkhamsted, Hertfordshire, HP4 3GW or go to www.stfrancis.org.uk/regulargift to make an on-line donation.

We promise not to sell your details to anyone else. From time to time, The Hospice of St Francis would like to send you information about our work. If you would prefer us not to use your details in this way, please tick here. If you have a credit or debit card, detailed below:

Credit / Debit card number:  
Card Type:  
Security Code:  
Expiry Date: Valid From: Issue No: 

I enclose a Cheque/CAB cheque made payable to ‘The Hospice of St Francis’ or please debit my card, detailed below:

Signature: Date: / / 

Please note your details below.

I would like to make a single donation

Amount £

Signature: Date: / / 

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Support us through our shops – visit www.shopatstfrancis.co.uk/shopping to find your nearest one.
Exciting new course launched by Education Team

This Spring sees an exciting new development for the Education Team at the Hospice, complementing an already-packed clinical education programme for 2015. We are delighted to offer the European Certificate of Essential Palliative Care, a multi-professional 8-week course covering topics such as symptom management, communication skills and end of life care. It can be accessed as a stand-alone certificate, or accredited at degree or masters level, giving candidates a great deal of flexibility to the qualification.

We are always looking for new ways to share the knowledge we have developed at the Hospice and the accessibility of this course means that people can fit it in around their home and work commitments. The specialist doctors and nurses at the Hospice will offer candidates one-to-one support throughout the programme, giving participants a chance to benefit from our expertise.

For more information contact education@stfrancis.org.uk or visit www.stfrancis.org.uk/education

Prostate Cancer Wellbeing course

This new course gave attendees a forum to meet with others in a similar situation and discuss common issues in an informal, yet confidential, environment with prostate cancer Specialist nurse, Tina Smith. They talked about how to deal with potential side effects, how to cope with stress and fatigue, recommended diet and exercise regimes plus managing relationships and intimacy.

The Hospice’s Spring Centre is set up to give you valuable information or to purchase the qualification. A similar situation and discuss common issues in an informal, yet confidential, environment with prostate cancer Specialist nurse, Tina Smith. They talked about how to deal with potential side effects, how to cope with stress and fatigue, recommended diet and exercise regimes plus managing relationships and intimacy.

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Tina explains, “I’ve supported over 50 men with prostate cancer in the past six months and this new course was a way to bring men with similar symptoms together to share experiences and find out relevant information to help them manage their disease. Improving men’s health, independence and confidence and giving them the support they need to get back in the driving seat and move on with their life.”

Visit our website to find out how you can get involved: www.stfrancis.org.uk

Notes Unlimited Concert – Aldbury’s own Ladies Choir
Thursday 21st May

Harpenden Golf Day
Wednesday 10th June

Harpenden Golf Club, Hammond’s End
One of the best courses in the country-a challenging 18 holes in 150 acres of rolling Hertfordshire countryside. The day will consist of an 18 hole stableford competition followed by a gala dinner, prize giving, raffle and auction all in support of the Hospice of St Francis.

Midnight Walk 2015
Saturday 27th June

Hemel Hempstead
We’re bringing you a bright, neon-coloured opportunity to party along a brand new route! The walk will still give you an amazing opportunity to get back in touch and spend time with friends as well as remember those people who were so special to you but we’ll also give you a brand new experience and a night you’ll never forget.

The Big ‘Back to School’ Quiz
Thursday 21st May, 7.30pm
This ‘Back to School’ themed Quiz will be ‘Quiz Head Mistressed’ by the ever enthusiastic Andrea Bettridge and promises something for everyone!

For more information please email: Hilary.gardener@yahoo.co.uk

Markyate Plant Sale
Saturday 23rd May, from 10am

64 High Street, Markyate, AL3 8BH
Come along to Markyate’s Party of the Year! The perfect event for those who love their gardens & the Hospice of St Francis! Held in a delightful, private family garden in the middle of the village, you could not wish for a better venue in which to select your summer bedding plants, a selection of perennials and the ever popular vegetable plants.

The Hospice of St Francis Garden Party
at Ashridge House
Sunday 31st May, 1pm – 5pm

Ashridge House
We look forward to seeing you again this year and be sure to bring the whole family!

Advance tickets are available from The Hospice Main Reception, our Love to Give shops and Returned to Glory (Monday) and £30 thereafter. Book a table of any size and bring your own food and drink.

Dark Blues Summer Party
Saturday 6th June 2015, 8pm – 1am
Hertfordshire County Showground, Redbourn
Dance your way through the decades at the Dark Blues Summer Party. Under 18’s are very welcome but must be accompanied by a responsible adult. Tickets are £25 until 25th May 2015 (Bank Holiday Monday) and £30 thereafter. Book a table of any size and bring your own food and drink.

The Hospice of St Francis Challenge
at Ashridge House
Sunday 10th May

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