

Inspire magazine

The newsletter from Woking & Sam Beare Hospices | Summer 2018



“**New hospice
is amazing**”

Tom tells us about his experience of the hospice, pictured here with HRH The Countess of Wessex when she attended the official opening of the new hospice.

Story continues on page 3.

Inspire Magazine

Woking & Sam Beare Hospices is a patient-led charity, which each year delivers specialist palliative care to over 1,400 people with advanced life-limiting illnesses, as well as supporting their carers and families.

As a charity we are hugely reliant on the support of our community and we could not do all we do without you. This magazine has therefore been compiled to share with our valued supporters what a difference your support makes, as well as keeping our community updated on hospice news and upcoming events you may wish to take part in.

What's in a name?

Previously known as Contact Magazine, we are relaunching this newsletter with a name we feel is more befitting. Every day our fabulous staff, volunteers and supporters inspire us in all they do; and every day we hear inspirational patient and carer stories. For this reason our newsletter will now be known as **Inspire Magazine**. In this summer 2018 issue we share with you just a few of the stories that have inspired us so far this year.

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I wouldn't want to miss this

Tom, who is a kidney dialysis patient, was initially reluctant to attend day care sessions at the Bradbury Wellbeing Centre in the new hospice at Goldsworth Park Centre. But as the result of positive experiences he is now a regular, and he also met HRH The Countess of Wessex at the official opening of Woking Hospice on 5 December 2017.

Initially I was reluctant to come as I thought it was just an old folks club, but now it's the best day of the week for me. All of us who attend have our difficulties but we are there for one another and always have a laugh. I have made some great friends like Morris

and the nurses are absolutely marvellous. The team are so compassionate and caring and always make time for a hug when you're feeling down.

My Clinical Nurse Specialist [CNS], was my first point of contact with Woking & Sam Beare Hospices. He arranged for me to come to the Wellbeing Centre. Here I have access to the other teams, such as the physiotherapists and occupational therapists. They have been able to give me a special orthopedic bed as I was unable to lie down in a standard bed. My CNS still sorts things out for me, like with the council and social services; he takes away my worry.

The doctors are lovely too and looked after me when I was very poorly.

Everyone is absolutely marvellous and I always look forward to my weekly sessions.

The Woking & Sam Beare Hospices' team have been a lifeline and so far I have not missed a session at the Wellbeing Centre. From the minute the hospice driver picks me up, to when it's time to leave, we are laughing. I wouldn't want to miss this.



Tom is pictured here with some of the hospice healthcare experts.

The future of North West Surrey hospice care

On Friday 11 May 2018 we were proud to announce our vision for the future at an event to launch our new Five Year Strategy [2018 – 23], which was attended by the Rt. Hon Philip Hammond MP.

Woking & Sam Beare Hospices delivers specialist palliative care services to a region with a population of approximately 360,000 people. Our services are a lifeline to many people with life-limiting illnesses and their families. It is therefore imperative that we are accessible to all those that need us and at the time they most need us.

Jayne Cooper, CEO of Woking & Sam Beare Hospices, commented: Now our new state-of-the-art hospice celebrates its first birthday, it

is time to reflect on all of our learning and to look to the future to ensure our services are of the highest standards.

As part of the launch event Mr Hammond was taken on a tour of the new Woking Hospice at Goldsworth Park Centre and later joined a number of key hospice supporters for a short presentation about our plans for the future.

Jayne adds: I am excited about the future of hospice care and I feel honoured to be leading such an innovative and forward thinking organisation. But we could not do all we do without our staff, volunteers, supporters and partners. I therefore would like to take this opportunity on behalf of all of us at the hospice to say thank you.

Vision | Mission | Values

We have also taken the opportunity to review our Vision, Mission and Values to ensure they are a true reflection of who we are, and that they are at the core of what we do as a specialist palliative care provider. These are the foundations for our Five Year Strategy and they are essential for benchmarking our direction of travel. These revised statements were also launched as part of our vision for the future.

You can read more about our Five Year Strategy and our vision for the future at www.wsbhospices.co.uk/fiveyearstrategy



Meet the Sam Beare Community Team

Our Sam Beare Community Team, who are based in Weybridge, are busier than ever. In 2017-18, the team cared for over 680 patients in their own homes. The team consists of Clinical Nurse Specialists [CNSs], Specialist Palliative Doctors, Counsellors, Physiotherapists and Occupational Therapists.

The Sam Beare Team work alongside the Woking Community Team, and together they support patients and their carers from across Spelthorne, Surrey Heath, West Elmbridge, Runnymede, Woking and North Guildford. From experience we know that patients wish to stay in their own homes for as long as possible and our community teams strive to ensure this is possible.

Shelagh Musoke, Community Team Lead, tells us more:

In this last month we have received 54 new referrals, which has been added to our existing number of approximate 240 patients. This shows the increasing number of people requiring our help. This creates a challenge for the team but



I am so proud of how they continue to deliver the very highest standard of care.

Every patient and their situation is unique and so it is very important that we are able to respond to the needs of our patients. For our younger patients this often means we have to provide care for their children as well as their partner. We are currently looking after four patients under the age of 45 and a further two under 50.

Our strength is that our service is so integrated and responsive. We are all under one roof in our offices in Weybridge, located in the middle of the community, so if I speak to a patient who needs a wheelchair, I can pop back over to our office

and get it, or ask a physio or occupational therapist to see them. And if one of our patients needs to be admitted to our in-patient unit at the new Woking Hospice, the team can arrange this.

I feel honoured and proud to be part of our dedicated team of palliative care specialists who continue to provide vital care and support to patients, and those closest to them, in what is a very precious and difficult time in their lives.

For more information about our care services:
www.wsbhospices.co.uk

A day in the life of: Children's Services

Paula is Head of Children's Services at Woking & Sam Beare Hospices. She has worked for us for 6 years. Here she shares what an average day at work is like for her.

I normally start my day by coming into the office to check emails and phone messages. Afterwards I will go to visit some of the families that have been referred to Children's Services in order to find out how we can best support them. I also do 1-2-1 sessions at the hospice, in people's homes or in schools, depending on what the families prefer.

In the afternoon I normally head out to run a HUB session at schools in our area. This is a unique psycho-educational programme that we've designed to specifically help children and young people to understand the complex aspects of bereavement.

I also visit schools to deliver our Teach the Teacher programme, aimed at the staff to help them support children who have had a



bereavement. They are often very worried about saying the wrong thing and how to actively support a child in a class with 30 other students.

Every month I run a Tommy D group evening session. This is for a group of up to 20 young people under the age of 18 years, who have

been bereaved. This week, for example, we will start with an exercise to get to know one another better and then go on to discuss how we often make assumptions about others. Over pizza we will then have an open discussion from the anonymous suggestion box. It is an opportunity for them to discuss how they are feeling with peers experiencing similar emotions and who understand what they are going through.

Every six weeks I host a Footsteps session, which is for children under the age of 12 years. We can take up to 25 in the group, which usually meets between 10am to 1pm. We use a lot of play and team building exercises as a way to give them strategies to cope. We recently did an exercise where the children had to decorate a body shape and then give each other positive comments on them. Children this age often haven't got the language skills to express the anger or fear they feel within their body, so this is a way to approach this and make them more aware.



Decorating a body shape exercise

This summer we are planning to invite all the families that we've worked with to attend a fun day out. Mizens Railway are very generously donating their time and facilities so that families only need to bring their own picnic along.

At this event we will be painting a stone for their loved one that will be

placed around our memory tree. We will then go on the train, have a piñata and lots more entertainment.

I really love the work I do here at Woking & Sam Beare Hospices. It is an honour to be able to help the young people I work with come to terms with the reality of bereavement. It's never easy but being able to help in some way is what makes it so worthwhile.

For more information about all of our Counselling services: www.wsbhospices.co.uk

Staying in touch

You may already have received an email from us about the new data protection laws, which came into force on the 25 May. The EU wide legislation called General Data Protection Regulation [GDPR] has been created to significantly strengthen individuals' rights to know how their personal data is stored and used, as well as access to update or remove it.

Here at Woking & Sam Beare Hospices we have always handled personal data with the greatest care and respect. We have never sold or shared personal data for marketing purposes and will never do so.

It is important for us to be able to communicate with our community to ensure that you know who we are, what we do and how we can help and support you at the time you need us. However, as a charity



Community Team in action

we are also reliant on the support and generosity of our community to ensure we can continue to deliver our care. We would therefore like to keep you updated with ways you can get involved and support your local community charity.

In order for us to email or telephone you it is required that you give us your permission to do so. This is why we sent out emails in May asking our supporters to update their communications preferences. If you haven't done so, it means we can no longer contact you via email or telephone.

We are committed to protecting all of our supporters' privacy and have recently updated our Privacy Policy, which explains in great detail how we manage all data. You can read more at: www.wsbhospices.co.uk/privacy.

You can update your communications preferences at any time via our website www.wsbhospices.co.uk/staying-in-touch or by calling our Fundraising Team on **01483 881752**.



Running for good

Completing the London Marathon is a massive achievement, but having also overcome a neurological condition, which meant she couldn't even walk unaided, makes Joanne's story even more inspirational.

This April Joanne completed the London Marathon to raise funds and awareness for us, after experiencing the personalised and attentive care her Father-in-Law received at Sam Beare Hospice.

I am so happy that I ran the London Marathon and especially for Woking & Sam Beare Hospices. It was one of the best days of my life. Seeing the hospice's cheering squad on Tower Bridge gave me such a buzz. Then seeing my son Eddie at mile 23 for a hug, was amazing, I'll never forget it, explains Joanne.

In 2009 Doctors told Joanne, who is from Shepperton, that she would not recover from a neurological condition called Reflex Sympathetic Dystrophy (RSD), which causes pain and swelling of the extremities and can ultimately cause the loss of movement in the hands and feet.



Joanne, who ran the Surrey Half before completing the London Marathon, raised over £3,800.

I was in constant extreme pain and not able to look after my son Eddie by myself.

The Doctors told me I would not be able to work, drive or walk unaided again but I was determined to prove them wrong.

In 2013 I found a treatment that suited me and I joined Weight Watchers to set about losing the four stone I had gained during my illness. Gradually building strength I began walking unaided and then started running in 2014. Only two years later I completed the Edinburgh Marathon. I absolutely love it, and having my son Eddie watch me cross the finish line was the best feeling in the world.

I then ran the 2018 London Marathon in memory of my

Father-in-Law Robert (Bobby) who was cared for at Sam Beare Hospice, Weybridge, in 2015. I raised over £3,800.

Bobby was a very dignified and old fashioned man, a true gent. He was one of the kindest people I have ever met. When I was very ill he was a great support to me trying to keep my spirits up. Saying goodbye to him that last time was one of the hardest things I have ever had to do, but as I walked away I could see he was in the very best hands. The care he received from the hospice was truly amazing. It was because of the compassion and hard work of the wonderful staff that Bobby remained his true dignified self, right to the end.

If you would like to take on a challenge to raise funds for us visit www.wsbhospices.co.uk/events for more inspiration or call our Fundraising Team on **01483 881752**.

How your donations help



The care and support we deliver is uniquely special and our goal is to ensure the best quality of life for all our patients, their carers and families. As a charity we need to raise £4 out of every £5 of cost we incur from voluntary income. Every single penny of donations makes a real difference to us.

Whether you donate your time, unwanted goods to our charity shops, take part in our events or in other ways raise money for us, we would like to thank you for your support.

- **£5:** Can pay for essential oils used for massage and aromatherapy treatments
- **£24:** Could pay for one hour of care for a patient on our ward
- **£44:** Pays for 1 hour of counselling for adults or children coping with bereavement
- **£56:** Funds an hour of care in the community across North West Surrey
- **£577:** Enables us to provide 24 hours of care for a patient on our ward

For more information about ways you can support your local community charity: www.wsbhospices.co.uk/support-us/

You might be surprised to know...



In 2017-18 approx. **80%** of care was in patient homes



We receive referrals from six Surrey boroughs



We provide children and teenage bereavement counselling



We provide support services for the whole family



Our services are **FREE** of charge



For every £5 of cost we need to raise £4

Challenge yourself for good

Fancy a free-falling adrenaline experience?

5 October 2018

Skydive in aid of Woking & Sam Beare Hospices on Friday 5 October from GoSkyDive in Salisbury. Your tandem skydive, will enable you to feel the rush as you fall at 125mph before releasing your parachute to enjoy the spectacular views.

A £50 deposit is required when you register and there is a recommended fundraising target of a minimum of £345.



Find out more and book at www.wsbhospices.co.uk/skydive

2019 Trek Vietnam and community project

23 March – 3 April 2019

Dust off the walking boots and take yourself on a challenge of a lifetime. You will trek for five days through the fascinating hill-tribe region of Mai Chau in Vietnam and then support a local community by helping with hands-on tasks, such as building, refurbishment or decorating.

Each participant will be required to pay a £315 registration fee to secure your place, with an expected fundraising target of £3,300 per person. Advanced training, ahead of this 12-day challenge, will be required as you will cover 15-20km of trekking each day.



For the full details: www.wsbhospices.co.uk/trek

Spotlight on events

Grease is the word

11 August 2018

Sponsored by West Hall Care Home, we are celebrating the 40th Anniversary of the film 'Grease, by hosting an outdoor cinema experience at Chobham Rugby Club on the 11 August from 7pm. Enjoy a sing-along version of the iconic film with lyrics on the screen.

Fancy dress is optional. Please bring your own chairs or blankets. There will be food stalls on the night. Spaces are limited so we ask you to register online and make a suggested donation of £10.

For more information:

www.wsbhospices.co.uk/grease

Or call 01483 881752

Midnight Walk

28 September 2018



Calling all ladies - help us reach our goal of as many Surrey ladies walking together to collectively take over 13 million steps in one evening.

Generously sponsored again this year by Trident Honda, the theme is Night Owls because our care is provided 24/7. There is a new 8 mile route that will start and finish at Woking Leisure Centre on Friday 28 September, with check-in starting at 8pm and the walk commencing at 10pm.

Open to ladies age 11 and up (under 18s must be accompanied by an adult), don your flashing bunny ears and register online from £20 per walker, or sign up on the night for £25. The entry fee includes a 2018 'Night Owl' glow in the dark t-shirt and fundraising pack with lots of ideas and support.

For every £56 your steps raise, you will be funding 1 hour of community care in patient homes.

For more information:

www.wsbhospices.co.uk/midnightwalk



Golf-a-thon

27 – 30 September

Calling all golfers – take part in a challenge to see our region collectively achieve a target of 18,000 holes.

It is simple and easy to take part. Just register online, tell us which club you will be playing at and make a recommended donation of £5-£15. On the day wear purple, which is the hospice's primary brand colour, to show you are playing in support of Woking & Sam Beare Hospices.

Find our more:

www.wsbhospices.co.uk/golf-a-thon

Walk the walk

11 October

Our shortest but hottest sponsored walk is back for the fourth year, giving you the opportunity to face your fear and walk on burning embers at the Walton-on-Thames Cricket Club. Last year 20 amazing supporters raised over £7,900 by braving the 15ft fire walk.

Secure your place before the 31 July for only £20, minimum sponsorship target is £100.

Find out more:

www.wsbhospices.co.uk/fire



What's happening for the rest of the year

Pull out and keep our events diary or visit www.wsbhospices.co.uk/events where you can also find more information on how to register and take part.



Prudential RideLondon Surrey 100

Come and cheer on our cyclists who will be taking part to raise funds for our care.



Warehouse Sale, Lansbury Estate Knaphill

Grab a bargain at our warehouse clearance sale 9am - 3pm.



Outdoor cinema, Grease Sing along, Chobham Rugby Club

Book your place for a suggested donation of £10 per adult and £5 for concession.



Play for Good, The Berkshire Golf Club

Join our Golf Society for a great day of golf and help raise funds to sponsor our Nurses and clinical rooms.



Clay Shooting Day, Bisley

Enjoy breakfast, lunch and everything you need for a great day, including clays, cartridges, gun hire, tuition and insurance.



Play for Good, Foxhills Golf Club

You can help support us by signing up to our Golf Society and join us at our golf days throughout the year.



27-30
SEP

Golf-a-thon, individuals' golf clubs

Help us achieve 18,000 holes of golf. See page 13 for more information.



28
SEP

Midnight Walk, Woking Leisure Centre

Join us for our annual ladies' only event. See page 12 for more information.



05
OCT

Skydive, Old Sarum Park, Salisbury

Fancy a free-falling adrenaline experience? See page 11 for more detail.



11
OCT

Firewalk, Walton-on-Thames Cricket Club

Our shortest and hottest fundraising walk. See page 13 for more information.



16
OCT

Play for Good, Hankley Common Golf Club

You can help support us by signing up to our Golf Society join us at our golf days throughout the year.



10
NOV

Dove Ball, Runnymede-on- Thames Hotel

A glamorous black-tie event complete with sparkling drinks reception, three-course dinner, live music and entertainment.



02
DEC

Santa Fun Run

Our annual family fun event is back in December, giving you the chance to don your Santa suit and get in the festive mood whilst raising vital funds for the hospice.

Light up a Life 2018

We will be hosting our remembrance services throughout November and December. Once confirmed the dates will be made available on our website: www.wsbhospices.co.uk/lual

25 years in West Byfleet

On the 30 June our West Byfleet shop celebrated its 25th Anniversary. The shop, which specialises in musical instruments and sheet music, marked the occasion by offering customers a 25% discount on the day. Staff and volunteers were also celebrated with a private Tea Party on the 28 June, which was attended by Woking Hospice Founder and Life President, Rhod Lofting.

Janie Elliott-Dunn, Head of Retail, commented: We are very lucky to have a wonderful team of volunteers, but also a manager and assistant shop manager, who have both worked so hard to maintain 25 years of success.

We have 17 shops across North West Surrey - find your local hospice shop: www.wsbhospices.co.uk/shops



Having a clear out?

Our 17 shops all rely on good quality donations to help them raise funds for our care and support services. All shops, except the one located in Woking [where space is limited], can take donations. Our central Retail Warehouse on the Lansbury Industrial Estate in Knaphill can also accept donations directly, where it is possible to drive straight to the door. We also offer house clearances and furniture collections, subject to availability.

Did you know you can Gift Aid your donations too?

When you donate to either the shops or our warehouse please ask them to claim the Gift Aid.

If you're a UK tax payer then you are eligible to authorise us to reclaim tax by completing a Gift Aid declaration. This means we can claim back from the government 25p for every £1 we raise from your donation at no extra cost to

you. In other words, if your items can be sold for £20, we can claim an additional £5 from HMRC, raising £25 in total, which can fund one hour of care for a patient on our wards.

You can read more about registering for Gift Aid at www.wsbhospices.co.uk/giftaid

giftaid it

The gift of time

Cathy started supporting Woking & Sam Beare Hospices as a Lead Walker at the Midnight Walk. She has now decided to become a volunteer. Here she tells us why.

I became a Lead Walker 7 years ago, with Cecily and Debbie. The three of us have become really good friends as a result and regularly meet for walks together.

This year, I was much more involved in the setup of the Midnight Walk, helping to devise a new route alongside Debbie and coordinating with the Marshals to ensure an excellent event. For me, it's very special when a sea of several hundred flashing bunny ears set off; it's such a wonderful atmosphere.

When I gave up my job as a Financial Controller last summer, I wasn't sure what to do with my time, but knew I wanted to do something for the local community. I know a lot of people who have been touched by the hospice, and as the result of my involvement as a Lead Walker, it seemed like a good fit. Following an open evening at the hospice, I signed up to become a Collection Tin Agent, which involves

replacing collection tins in the local community. It really suits me because I'm always out and about away and it is a flexible role timewise.

I've also recently volunteered my time at the Horsell Flower Festival and I am considering volunteering at the Firewalk in October, as my Sister-in-Law took part last year to raise funds in memory of my Cousin's daughter, who was cared for at Sam Beare Hospice.

It is my pleasure to be able to give my time to support Woking & Sam Beare Hospices and I am grateful for the friends I have made along the way.

To find out more about volunteering
www.wsbhospices.co.uk/volunteer



Cathy is pictured here with Debbie - with thanks to you both and fellow Lead Walker Cecily

Tribute Pages

Our online Tribute Pages are one of the many ways you can honour, celebrate and remember a loved one's life in a beautiful way. Each tribute can be personalised with photographs, music, messages, lighting candles and donations can be made

on important dates, as a one off instead of sending flowers in support of Woking & Sam Beare Hospices.

It is easy to create an online lasting Tribute page. Just go to www.wsbhospices.co.uk/tributepages or contact our

Individual Donations Team by 01483 742773 or email in-memory@wsbhospices.co.uk and we will help you to set it up.

Here are some of the beautiful tribute pictures of Sally, left by her friends and family.



A tribute to Sally:

Life, Love and Laughs

Here Valerie shares her daughter Sally's story

Sally had only just celebrated her 42nd birthday when she found out she had breast cancer. At the time her father was also terminally ill, so hospice care suddenly became a family reality.

Despite her diagnosis Sally continued being the outgoing and vivacious young woman she'd always been with an outrageous sense of humour and a captivating and infectious laugh. She continued to do what she did best – spread fun, laughter and sunshine wherever she went. As a former actress come drama teacher, she used her ability to fill the room with song and dance to diffuse any difficult situation and also to encourage fellow patients who were undergoing treatment.

Sally is possibly the most inspirational person many of us will ever have known and she will leave a legacy of positivity that will remain with us all throughout our lives.

Once Sally was admitted to Woking Hospice, her room was always full of life

from the constant banter between Sally, the nurses and consultants and all those visiting. She used social media to stay in touch with her loved ones and encouraged her friends to send a cake to the hospice if they couldn't visit. The freedom of the hospice allowed Sally to just be her lovely self. The hospice also gave her friends and family the freedom to visit when they wanted.

One day I had a text from Sally asking me to come in and give her a cuddle. When I arrived she looked at me and said, 'It's ok mum, I feel safe here.' Right up until the end, when Sally was having breathing difficulties she remained calm. It was this feeling of calmness that made us feel safe.

We were able to set up a tribute page, which is still there today reminding us of the legacy Sally left us with.

Sally made it very clear that she wanted all her friends to celebrate her life. Her positive attitude, her inspiration, her caring and her sharing

approach, all went to make that request an undeniable and hard to resist invitation.

You can visit Sally's tribute page here:
<https://sallyhitchcock.muchloved.com/>

Sally spread nothing but smiles and happiness and her tribute page is a reminder to every one of all the fun, joy and laughter.

Thank you very much to Sally's Mum Valerie for sharing her beautiful daughter's story.



Hear from our healthcare professionals why they do what they do:

Here at Woking & Sam Beare Hospices we are proud of our wonderful team of healthcare and social worker professionals.

In May we celebrated International Nurses Day to thank our passionate staff, and used Dying Matters Week, a national awareness week, to highlight some of the hidden faces of our care and their motivation for working for us.



the hospice allows me to do that and brings meaning to my life too."

**Dr Shalaa,
Specialist Doctor in
Palliative Medicine**

"Dame Cicely Saunders highlighted the importance of living until you die. Working at



and their families. We support them through a very difficult time in their life with care, compassion, love and laughter."

Rhona, Staff Nurse



“It is an honour to provide meaningful and worthwhile support

in a friendly and caring environment.”

Hayley, Leader of our Bradbury Wellness Centre



“My Mum was cared for beautifully in her last days at Sam Beare Hospice in Weybridge.

So working for the hospice means a lot to me and it gives me the opportunity to give something back.”

Sarah, Community Team CNS



“It’s a privilege to be welcomed and accepted into patients’ homes and to support them and their loved ones at such a vulnerable time.”

CoSI Team



“Being able to support people at the end of their lives is a privilege. As a Social Worker

for the hospice I will always try to go the extra mile, that’s what hospice care is about. If I can help a patient achieve their dreams, plan for the future, or be there for them at the end then I’ve done my job.”

Caroline, Social Work Leader & Macmillian Specialist Palliative Care Social Worker



“Working as a nurse is a thousand things but above all it’s about being there.

To be let into someone’s life you may otherwise never have known, and be better off because of it, it’s a privilege. Working for the hospice means a lot to me and I wouldn’t want to work anywhere else.”

Clare, Practice Development Sister



Collectively all our staff are here to support the North West Surrey community.

Warmest congratulations to our Founder

Founder of Woking Hospice and Lifelong President, Rhod Lofting, has celebrated his 80th birthday, which was marked with a surprise celebration in the Bradbury Wellbeing Centre on Thursday 3 May. Staff and volunteers, past as well as present, came along, and Rhod was both surprised and humbled by all the people who had come along to honour him.

Rhod launched an appeal to fund a hospice for the local community when he became Mayor of Woking in 1990. He raised £1.4 million and Woking Hospice was built and opened at Hill View Road in 1996.



To conserve funds, he ran the hospice as a volunteer for the first three years, and remained

as our Board Chairman until 2007, but still continues as a Trustee.

Hospice Café

Our café, which is open Monday to Friday 10am-3pm, is open to the community. Please do pop in and visit us for some lunch, a coffee and a slice of cake.



Congratulations to our £3,000 birthday raffle winner

The first prize of £3,000 was presented to our lucky winner Denise from Horsell after our birthday raffle was drawn on the 06 June.

Denise tells us what it has meant to her to win:

It still hasn't really sunk in that I won the first prize. I bought my ticket in March and had almost forgotten about entering. The last time I won on a raffle I was 12 years old at the Girl Guides.

My husband and I are planning a trip to America to visit family that we haven't seen in a long time. The luck of winning this money will make this trip so special. I think it is really important to support your local charity and I plan to give something back by offering my time as a volunteer at the hospice.

Carole Miles, Woking & Sam Beare Hospices Lottery and Raffles Manager, adds:

Woking & Sam Beare Hospices' Birthday Raffle sold over 20,000 tickets

with an amazing £5,000 of additional donations. We are absolutely delighted for our winner Denise and we would like to thank everyone for taking part and supporting us.

For details on how to sign up:

www.wsbhospices.co.uk

01483 881752

lottery@wsbhospices.co.uk



Every penny counts

Our patients and their carers and families are at the heart of all we do. In our Five Year Strategy we outline how we need to be sustainable to enable us to provide the very highest quality of care to all those that need it and in the place of their choice.

We could not deliver all we do without the generosity of our community. We provide our services completely free of charge. Like many charities we are reliant on voluntary income.

Ways to give

Donate online at:
www.wsbhospices.co.uk/donate

Call us on **01483 881771**

Or complete the form below. Before you complete the form please take a moment to read our Privacy Notice:

www.wsbhospices.co.uk/privacy



Donor name: _____

Here's my donation of:

£24 - could enable one hour of in-patient care for a patient in the hospice

£56 - helps our Clinical Nurse Specialist team to provide an hour of care in a patients home

£577 - is enough for our nursing team to care for a patient in the hospice for 24 hours

My preferred donation of: £ _____

I enclose a cheque payable to Woking & Sam Beare Hospices

Please debit my: Visa Visa Debit Mastercard Maestro

Card holder's name: _____

Card number:

Valid from: / **Expiry date:** /

Security No: **Maestro only Issue No:**

Signature: _____ **Date:** / /

I have read and understand Woking & Sam Beare Hospices' privacy policy at www.wsbhospices.co.uk/privacy

I would/would not like my donation to be acknowledged by email phone post

I would like to make my donation go even further

giftaid it **If you are a UK taxpayer, please sign below and we'll receive an extra 25p for every £1 you donate – at no cost to you.**

I would like Woking & Sam Beare Hospices to reclaim tax on my donation and any donations I make in the future or have made in the past

4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I give.

Signature: _____ Date: ____/____/____

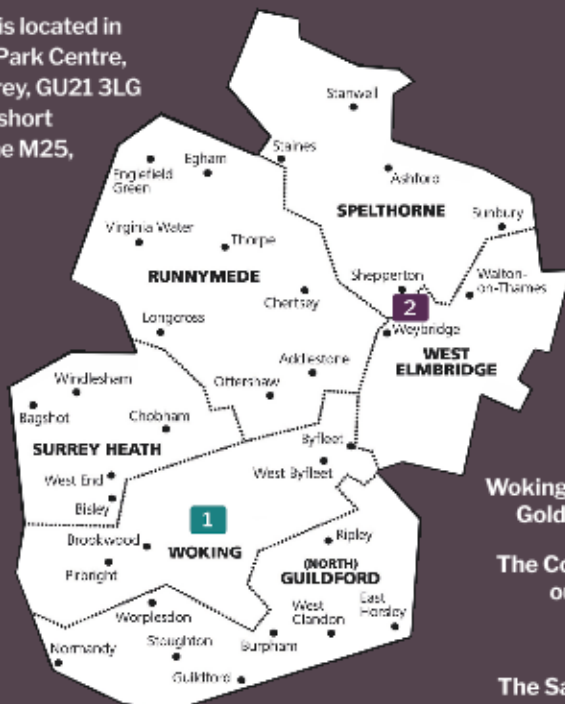
Please notify us if you no longer pay sufficient tax on your income and/or capital gains, if you want to cancel this declaration or if you change your home address or name.

Funds raised will be used in accordance with the aims of the charity as set out in its governing document, namely to provide compassionate care for those in need



Coming to the hospice

The hospice is located in Goldsworth Park Centre, Woking, Surrey, GU21 3LG and is only a short drive from the M25, M3 and A3.



1

Woking Hospice is located in Goldsworth Park, Woking

The Community Team work out of Woking Hospice

2

The Sam Beare Community Team are located in Weybridge

Visitor parking

There are visitors' parking spaces to the left as you drive into the hospice. There are two spaces for disabled parking to the right. For those visiting a patient in an emergency there are some priority parking spaces to the left as you drive in, closest to the main entrance.

Public transport

The nearest train stations to Goldsworth Park Centre are Woking and Brookwood.

From central Woking the No. 91 bus to Knaphill goes regularly from Woking Station and it takes approximately 15 minutes, stopping just outside Waitrose in Goldsworth Park Centre.

From Brookwood the nearest bus stop is a 20 minute walk from the station just outside Sainsbury's. Here you can get the No. 91 going towards Woking, which takes approximately 12 minutes from Sainsbury's, stopping just outside Waitrose in Goldsworth Park [approx. total time 25 - 30 minutes].

Local amenities

There is a parade of shops opposite the hospice, which includes Waitrose, Costa Coffee, a small Boots chemist, a pub, a dry cleaner, hair dressers and a newsagents with a Post Office. We also have one of our charity shops next to Waitrose, which sells a range of clothing and gifts. On the other side of the hospice there is a petrol station.



Thank you

In pictures, here are just a few of our highlights from 2018. We could not do all we do without you.



@seymoursestateagents
#Seymours

@WSBHos
#Team

MERCER
MAKE TOMORROW, TODAY
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Delivering care across North West Surrey

Your Care
Your Choice

Woking & Sam Beare Hospices

Registered Charity No. 1082798 / 1115439

E: info@wsbhospices.co.uk

T: 01483 881750

www.wsbhospices.co.uk

Woking Hospice **1**

Goldsworth Park Centre

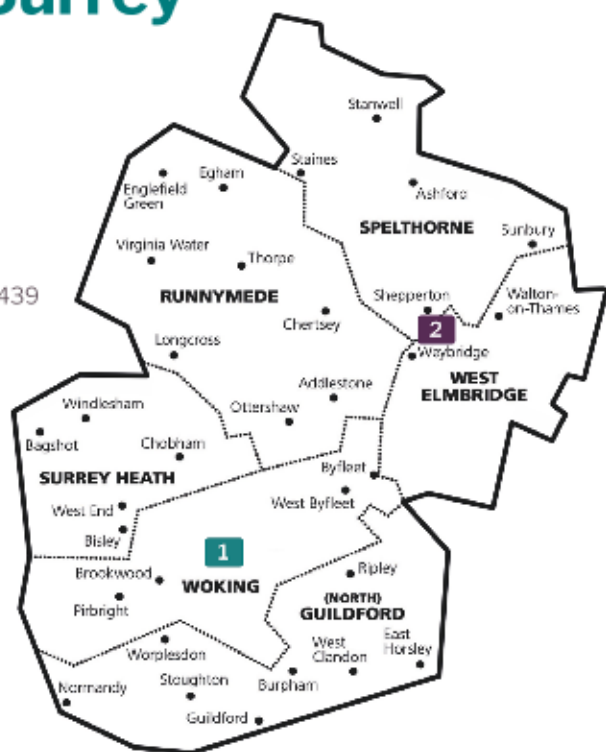
Woking

Surrey, GU21 3LG

Sam Beare Community Team **2**

Weybridge

T: 01932 598385



Keep me informed

You can update your communications preferences at any time via our website www.wsbhospices.co.uk/staying-in-touch or by calling our Fundraising Team on 01483 881752.