

Inspire magazine

Your local hospice charity's supporter newsletter | Summer 2021



“The care given to our patients and their families makes all the difference.”

Read how our teams continue to work alongside the NHS during the pandemic to deliver care where it is needed the most, as well as inspiring stories of kindness and our future plans.

Inspire Magazine

As restrictions around the pandemic are starting to be lifted and life feels like it is beginning to return to some sort of remanence of “normal”, I would like to introduce this issue of our supporter magazine with a heartfelt thank you. The Hospice is an important part of your community but without such an incredible community we could not continue to deliver our care to thousands of families across Surrey.

Within this issue of Inspire we share with you some of the stories that have inspired us. As our Government’s roadmap out of COVID stays on track, we hope to be able to open up more of our services and community events.



Marian Imrie

CEO of Woking & Sam Beare Hospice and Wellbeing Care

Staying in touch

As a charity, one of our key responsibilities is to ensure that we keep our supporters informed how your help makes a big difference. But as a charity we want to ensure we are as cost efficient as possible. We would therefore kindly ask you to update your communications preferences should they have changed or to let us know if you would like to receive this publication via email in the future.

For more information:

W: wsbhospices.co.uk/contact

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Contents

25 years of supporting the community	3
A day in the life of a Community Health Care Assistant	4-5
Luxfords of Weybridge supports the Hospice	6
A year of charity challenges for the Kemp kids	7
Woking FC's Wing Walk for Hospice Care	8-9
Life is for living and giving	10
Put your best foot forward for the Hospice	11
Thank you	12-13
Shopping sustainably for Hospice Care	14
Your donations matter	15
Wellbeing update and Hospice Café reopening plans	16
A tribute to Mary's long service	17
Meet our new Trustees	18
Be a part of our future and remember us in your Will	19

25 years of supporting the community

In December it will be the 25th Anniversary of our Hospice, which was founded and opened by Rhod Lofting in December 1996. 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 opened on Hill View Road six years later on the 2nd December 1996 thanks to his incredible efforts and the support of the local community.

To conserve funds, Rhod ran the Hospice as a volunteer for the first three years and remained as Chairman of the Board of Trustees until 2007. He is now our Lifelong President.

In 2006, the Sam Beare Unit [located within the confines of the then Weybridge Hospital] was upgraded to hospice care standard by us before we were able to merge it with our Woking facilities to become Woking & Sam Beare Hospices. Nine years later, the building work for a new state-of-the-art hospice combining the two wards and offering modern and up to date facilities started in Goldsworth Park, Woking.

Our official 25th Anniversary will be on the 2nd December and this date will mark the start of a series of events throughout 2022 to celebrate this milestone. We will also take this opportunity to reflect on what a difference we have been able to make with our community's support.

We are delighted that Lifelong President Rhod will be joining the annual switching on of the lights for the Hospice's Light up a Life event in December as our inaugural celebration event to mark 25 years of serving the community.

Rhod Lofting comments:

Without the support of the community we serve, and that of our Volunteers, Trustees, Staff and Woking Borough Council, we would not be here today to meet your needs. These last 25 years are a tribute to this level of continued support which has allowed us to care for so many, often in desperate need as the more recent pandemic has shown. With your on-going care and support we can continue to be here for you. Thank you all.





Wilson checks in with his colleagues at the hospice before going to care for patients in their own homes.

A day in the life of a Community Health Care Assistant

Wilson started nursing 15 years ago and has been working for the Hospice since 2011. Here he shares what a normal day looks like working as part of our Hospice at Home Team:

I work nights as a Health Care Assistant supporting patients that either choose to be at home or those that find themselves needing our

intervention while waiting to be admitted to the Hospice In-Patient Unit.

In my early years, I worked for an agency that placed me in local hospitals and it was during that time that I worked briefly at Sam Beare Hospice and noticed the difference that this sort of specialist palliative care made to the patients.

The calm and tranquil environment of the Hospice and the time given to patients and their families made me feel I was making a difference.

I went on to take a course in Palliative Care and worked as a volunteer at one of our charity shops where I met the then Volunteer Manager Mary Morgan [turn to page 17 for a feature on Mary]. Then a job as a Night Care Assistant came up and I started working shifts on the ward until I started as the first staff member of the Hospice at Home Team.

A normal day starts around 4pm when I receive details of patients who would have been prioritised by the Day Team as needing night cover. My shift however starts at 10pm and ends at 7am. I read through the handover to familiarise myself with the patient's condition and needs. Some patients may just need monitoring to keep safe, whereas others may be very end of life. This then involves supporting the families practically and emotionally through what can be a very difficult time.

The number of patients I see can vary considerably. I might see four different patients in a week and in some cases I can return to the same patient more than once if it is needed.

There is no doubt this job comes with its challenges but what I like most is the positive feedback our Hospice at Home Team receives and being able to work alongside this team sharing the same goal for all our patients, which is to make them as comfortable and with as much dignity as possible. Knowing that your efforts are being noticed is very rewarding and I have often been described as having a calm and pleasant nature.

The pandemic has meant that many patients have been restricted on seeing family and loved ones and masks have made communication difficult for those who might be hard of hearing. This has made roles like mine even more important during these difficult times.

Most people living with a terminal illness prefer to stay at home and the work my colleagues and I do ensures these wishes are respected. As a charity working

alongside the NHS we are in close contact with local GPs and the District Nurses to ensure the greatest level of coordinated care is provided to all our patients.”

Find out more at:
wsbhospices.co.uk/hospiceathome

Luxfords of Weybridge supports the Hospice

When Woking & Sam Beare Hospice's specialist charity bookshop in Weybridge had to be packed up during the third national lockdown in order to relocate, local business Luxfords of Weybridge kindly stepped in. They donated the storage boxes as well as transported all the books and vinyl for safe storage. Branch Manager of Luxfords of Weybridge, Colin Craib, explains why:

Over the past 10 or so years, I have lost three very special ladies from my life and two of them spent their last days being cared for in Woking Hospice. As soon as I saw the Facebook post from the Hospice asking for support with their bookshop move I knew this was something

I wanted to help with. While income for charities has been massively restricted due to the pandemic, with shops being closed and charity events being cancelled, there was no way I could watch what should be a good source of income for the Hospice actually cost them money to move and rehome.

Due to lockdown the bookshop move has incurred some delay and the Hospice is currently in the process of finding a suitable shop location in Weybridge. However, the Weybridge Boutique offering some fabulous finds is still open. Visit wsbhospices.co.uk/shop for more details.

In addition to the support with moving the bookshop, the Hospice is very excited that going forward Luxfords of Weybridge has offered to donate the furniture they collect from house clearances to our charity shops.

Colin comments: Luxfords is a very family orientated business and we have always tried to help out in the local



community where possible, be it collecting furniture for charity shops, donating vehicles for local events or just gifting packing materials for the charity shops to pack up items. We have always liked to help and will continue to do so, particularly even more so in times when it is needed most.

Luxfords of Weybridge is now also a part of the Hospice's Business Supporter Group, which is formed of likeminded community businesses who want to support a local charity and build their networks with one another.



For information about the Business Supporter Group visit: wsbhospices.co.uk/bsg or contact Community Fundraiser Bobbie Alsworth: b.alsworth@wsbhospices.co.uk

A year of charity challenges for the Kemp kids

This year the amazing children of the Kemp family from Bisley, Woking, decided to undertake an incredible fundraising effort to help support us as their local community charity.

Ella [12], Lottie [10], Joshua [seven] and Hattie [three] set themselves the task of completing a new challenge every month during 2021 and they took it in turns to choose the challenge.

January was Ella's choice and she chose the 'read-athon' challenge. An amazing 21 books were read between the older three and Hattie had a story read to her each night.

Ella commented: "We are raising money for the Hospice so they can keep on caring for people like Granny Pip," a family friend's grandma, who was cared for by our Hospice.

For February, Lottie chose the 'Keepy-uppy' challenge. They practiced their football skills to see if they could do more keepy-uppies by the end of the month than at the start.

I have experienced the care that the Hospice's nurses give to those who are unwell and I wanted to help raise money for such a good cause. I also

wanted to be active to help others, commented Lottie.

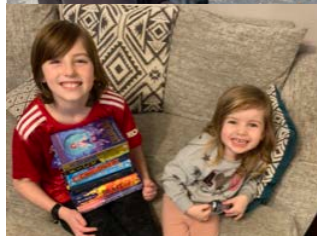
In March, the children went on muddy puddle walks chosen by Hattie and covered as many miles as they could during the month.

In April, Joshua chose an Easter themed bake-off challenge and explained:

Corona virus means not as much money is being raised for charities and I feel sad about that, so my brothers and sisters and others wanted to do something to help.

In May, the children did as many things as they could 100 times to mark Sir Captain Tom Moore's birthday challenge. They ran up and down stairs 100 times, swam 100 lengths of a swimming pool, did 100 jumps on a trampoline and more.

As this magazine went to print they told us that they were hoping to do some beach and sea themed challenges in the months to come and were open to suggestions from the public too. You can follow



updates on their efforts here: wsbhospices.co.uk/kempkids

Thank you and well done to Ella, Lottie, Hattie and Joshua on such an amazing achievement so far. We can't wait to see how the rest of your fundraising challenges go and are so grateful for your support.

Inspired to start your own fundraising? Visit: wsbhospices.co.uk/challengeyou

Woking FC's Wing Walk for Hospice Care

On the 19th May, Woking Football Club [FC] Wing Walked to raise money in support of Woking & Sam Beare Hospice.

Woking FC Manager Alan Dowson, who is a long standing supporter of the Hospice, organised for members of his team and club staff to take part in this daredevil challenge.

Woking FC's fabulous Wing Walk team included Alan Dowson [Club Manager], Daniel O'Sullivan [Media Assistant], Jodie Selley [Ladies Reserve Captain], Josh Casey [Captain], Steve Knight [Commercial

Manager], Tommy Block [Midfielder], Richie Ewins and Mandy Black [wife of Martin, Landlord of Kingfield Arms].

The team of eight were strapped in for an unforgettable series of flypasts, zoom climbs, steep dives and banks within a WWI airfield in the heart of the Cotswold's countryside.

Woking FC wanted to raise £10,000 for the Hospice and by the time this magazine went to print they had already raised an incredible £5,000 in online and offline donations.

Fundraising Director Phil Wormley commented:

Doing a Wing Walk is one of the ultimate high adrenaline activities you can do and each and every one of our walkers is incredibly brave.

We are so grateful to them and particularly to Manager Alan Dowson for putting themselves forward and making it happen. The walkers and the football club really do deserve a lot of support for such a fantastic effort to help raise funds for our Hospice. A big thank you from everyone here at the Hospice for the ongoing support of Woking FC.





Life is for living and giving



We love sharing stories about our wonderful volunteers and in this edition we thought what better way than to introduce you to Andrew Smith who, during lockdown, was busy calling our volunteers to keep in touch with them and ensure that they were all keeping well.

Andrew has been supporting the Hospice for a number of years and volunteering since 2017. He has helped in many areas that have included being a Community Networker, Befriender, a driver picking up patients for the Wellbeing Centre, fundraising for special events like community fairs,

sorting through donations at our Warehouse and as a Collection Box Agent and Hospice Ambassador.

As well as volunteering, Andrew has also taken part in challenge events including Ride London and is also a Hospice Lottery player.

In 2019, Andrew received our Inspire Volunteer Award for having gone above and beyond with his time to support the Hospice. Andrew explains why he enjoys volunteering so much:

I've personally always believed that health is wealth and

life is for living and giving! Along with fellow volunteers and the Hospice staff, we all work together as one to ultimately bring smiles to patients' faces and that is one of the biggest rewards I have ever experienced.

We say this so many times but it is so very true, we could not do what we do without people like Andrew and we sincerely thank him for all he has done to support us over the many years. We would also like to thank all those volunteers who have given us so many valuable hours of their time. As restrictions continue to lift we will be looking to recruit more volunteers, so if you have a few hours to spare or are looking to gain some work experience please get in touch. **In Andrew's words:** "Please come and join the team, you will never look back."

To read the full story and find out more visit:
wsbhospices.co.uk/timetogive

Put your best foot forward for the Hospice

The pandemic has meant that we have been unable to get together with our community and so we are very excited to announce a brand new fundraising walk for all the family on Sunday 17th October that will start and finish at McLaren Racing Head Office.

This daytime walk will offer two routes of four and eight miles that will take participants across Horsell Common, past Heather Farm and Fairoaks Airport. This new event will replace our ladies only Midnight Walk. So if you are hoping to strap on your shoes and walk for good then this is the event to support. Staggered starts throughout the day will ensure the event is COVID safe.

Phil Wormley, Fundraising Director explains: As we

approach our 25th Anniversary this is an opportunity to help us raise funds to ensure the Hospice can be here serving our community for another 25 years to come.

We have listened to our supporters and are delighted to now offer a walk that will be open to everyone, men and women, young and old, to encourage the whole community to come together and be able to take part, have fun and walk to raise funds for the Hospice.

We are hugely grateful to Trident Honda and the McLaren Group for their support and sponsorship of this new event.

Find out more at:
[wsbhospices.co.uk/
walk4good](https://wsbhospices.co.uk/walk4good)

Firewalk 2021

Overcome this mental challenge with the guidance and encouragement of the fire-walking experts. A perfect event for individuals as well as teams to fundraise for our Hospice [only adults 18+ can enter].

You will receive a medal, a glass of fizz and the kudos of conquering the coals! This event will take place outside in a Covid-19 secure way, so please dress accordingly for the weather on the day.

Find out more about all our events at: wsbhospices.co.uk/takepart



Thank you

Despite the pandemic the support from the local community that we serve has been truly inspiring. From fundraising efforts such as the pancake flip by 10-year-old Jack and taking part in virtual events, to the supply of equipment, homemade crafts, as well as other donations – it has all made a big difference not only

to us as a charity but also to our key worker staff, who have continued to deliver the care that is so urgently needed. In pictures here are just a few of our highlights since the Winter 2020 issue of Inspire Magazine. We could not do what we do without you.

Thank you





Just a little gift to say thank you so much for everything you are doing during this pandemic. A cupcake isn't enough but I hope these can bring a smile to your day and can be something for you to enjoy! Stay Safe. Love Jess at Bakers Bakes xx

Shopping sustainably for Hospice Care



We are delighted to have reopened our shops and welcome back our customers and supporters. Our amazing staff and volunteers worked tirelessly the week before opening, cleaning and reorganising to make sure everyone visiting our shops feels safe and enjoys the experience.

Shopping in charity shops has so many benefits, not only does it help to raise vital funds for local charities, it is one of the most sustainable ways to shop. Not only are you giving a new lease of life to the items you buy, you can also find some absolute bargains and unique one-off items.

We thank our supporters who have been so patient around

the COVID restrictions and have kept their goods for us. Our Warehouse is now open for donations and some of our shops are also able to accept donations. As storage space can be limited we recommend calling before making the trip to one of our shops.

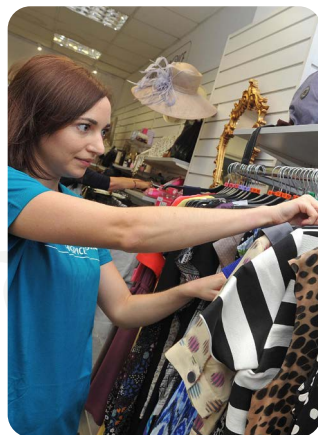
Since reopening we have received a large number of toys, books and bric-a-brac, which we are very grateful for, but what we now really need are good quality clothes. If you are having a wardrobe clear-out please consider donating these to us [see opposite page for more detail].

Please do not leave donations outside the Warehouse or a closed shop as we simply cannot sell or recycle these.

Sadly this is a situation that charities across the country are having to deal with and it is costing thousands of pounds each year to dispose of these items - money which could have been used to provide care to our community.

We also sell a whole range of items on eBay including collectables, furniture and clothing and our furniture shop in Knaphill is a treasure trove of amazing items which change daily. Pop in store or keep an eye on our social media for a taste of what is on offer.

To find out more visit:
[wsbhospices.co.uk/
shop2support](http://wsbhospices.co.uk/shop2support)



Your donations matter

Having been closed for large parts of the year due to the pandemic our charity shops have missed out on vital fundraising and therefore need your support now more than ever.

Whilst all donations are appreciated, please be aware that we are unable to accept certain items as we can't sell them in our shops nor recycle them. A full list of what we can and cannot accept is available on our website at: wsbhospices.co.uk/donating2shops. Alternatively, feel free to call ahead of your visit to enquire.

If you are having a clear-out and have larger quantities to donate please visit our central Warehouse located at the Lansbury Estate, Knaphill, open Monday – Friday 9am to 2pm.

Items that do well in our shops are women's accessories and fashion, children's books and toys [complete], un-chipped china sets, quirky collectables and small household electricals. Unfortunately we can't accept larger nursery items [such as pushchairs, cots and travel cots], car seats, bicycle or motor cycle helmets, or broken and/or

chipped items. Such donations will on the contrary cost us as a charity to dispose of.

When donating, either at our shops or our Warehouse, please ask to Gift Aid. If you're a UK taxpayer 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.

Find out more about Gift Aid at: wsbhospices.co.uk/giftaid

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Wellbeing plans to reopen

We are hopeful that as restrictions continue to lift we will be able to start planning the gradual re-opening of the Wellbeing Centre in the coming months and will be in touch with our Day Care Patients as soon as we can.

Our Wellbeing Centre provides a vital support network for our Day Care Patients and, over the past year, we have had to adapt this part of our care for our Day Care Patients to take place online using Zoom, as well as video and audio links. But nothing can replace the face to face interaction and contact that our Wellbeing services offer and our team is working very hard to ensure that a reopening will be possible but safely.

Day Care Lead Nicola Morgan-Savage explains:

We know it may be a little while yet before we are able to welcome back our patients and attendees and we will continue to provide our “Wellbeing Online” services. But we are excited to welcome patients back as soon as we feel it is safe to do so.



Picture taken pre-Covid

Find out more at:
wsbhospices.co.uk/wellbeing

The Hospice Café reopens to staff and patient visitors

As the COVID restrictions are relaxed, we are delighted to be able to open the Hospice Café to patient visitors and our staff.

In order to keep our in-patients safe, the Hospice Café will remain closed to the public until the restrictions are lifted further. Keep an eye on our social media and website for further updates.



Find out more at:
wsbhospices.co.uk/cafe

A tribute to Mary's long service

After 14 years of dedicated service Mary Morgan has resigned from her position as Spiritual Care Lead at the Hospice and we would like to take this opportunity to thank her.

Mary started her career at the Hospice in 2007 as Volunteers Services Manager. She was always very hands on when it came to interviewing, supporting and keeping in touch with volunteers, as well as volunteering herself at Fundraising events. She even dressed up as a banana for her volunteer recruitment campaign to highlight how healthy it is to volunteer.

In April 2019, she was appointed the new role of Spiritual Care Lead to develop the Hospice's care and support for patients, families and staff that reflected a broader view to spirituality whether found in a religious faith or secular approach.

Mary has promised that she will maintain her contact with the Hospice to help in any way that she can and explains about her time at the Hospice:

What a journey, what a book and what adventures! Working at the Hospice has



been a huge and significant part of my life on many levels. Woking & Sam Beare Hospice and Wellbeing Care is an extraordinary place and to be part of something that is far bigger than any one individual is priceless.

My 14 years have been inspiring, enriching, moving and at times downright challenging but I am so proud to have “done my bit”

in contributing to what we do. Even as a banana!

Everyone at the Hospice wishes Mary all the best in her future ventures. We would like to take this opportunity to recognise Mary's long service and to thank her for her contribution and the huge difference this will have made to so many people's lives.

To read the full story and see all Mary's photo memories visit:
wsbhospices.co.uk/mary

Meet our new Trustees



Kerry Jarred



Carina Kemp

At the Annual General Meeting of the Hospice [January 2021], our Board of Trustees was delighted to welcome two new Trustees: Carina Kemp and Kerry Jarred.

Kerry is a talent specialist with 22 years of senior management and consulting experience. Having formed a consultancy in 2007 she brings a wealth of experience and as a Trustee will have a main focus on our HR and Volunteer Services. Kerry also regularly fundraises for the Hospice.

Kerry explains: I am thrilled to have been accepted onto the Board of Trustees for Woking & Sam Beare Hospice and Wellbeing Care, a patient-led charity that delivers specialist

palliative care to people who have advanced life-limiting conditions, as well as supporting their carers and families.

Carina's career has focused on leading global corporate transformation programmes working with HSBC Bank plc in both UK and global roles. Carina has transferred her skills to support charitable organisations including the Hospice and she has been volunteering for us since 2018. As a Trustee Carina's focus will be on coaching, leading and facilitating growth.

Carina comments: Having experienced first-hand the amazing and inspirational support the Hospice team,

volunteers and supporters provide to patients, their families and friends, I am delighted to be joining as a Trustee. The Hospice is a precious resource to the local community playing a vital role in the care of people with life-limiting conditions and a centre of excellence that we are all incredibly fortunate to have.

Find out more about our Board of Trustees at: wsbhospices.co.uk/ourtrustees



Be a part of our future and remember us in your Will

As a charity we get some Government funding but in order to keep all our services running for our patients and their families we are reliant on the generous support of the local community and Gifts in Wills play a vital role in this.

Each year we look after over 2,000 people and with a growing ageing population, conditions becoming more complex and with increased pressures on NHS services, we anticipate that the number of people needing our care will rise. This will have an

impact on us when forecasting income and budgeting for our current and future services.

We want the Hospice to be here for generations to come so that we can continue to provide outstanding care to our patients and their families, and leaving a Gift in your Will can help us ensure this.

Writing a Will is an important decision, and can be surprisingly straightforward to do. After you have provided for loved ones, please consider remembering the Hospice

in your Will. We can offer information and support to make the process as easy as possible and you can find all the key details you will need on our website.

We thank you in advance for considering leaving a Gift in your Will and help us continue to provide care where and when it's needed the most.

To find out more visit:
wsbhospices.co.uk/gift
or call **01483 742773**



Secure vital care tomorrow by becoming a regular supporter today.



A small regular contribution can help with our long term sustainability and ensures we can continue to deliver our care when and where it is needed the most and also in the years to come.

Sign up to give a small amount each month via Direct Debit or take part in our weekly Hospice Lottery with a chance of winning £1,000. It is a win-win for patient care either way.

wsbhospices.co.uk/giving



wsbhospices.co.uk/lottery

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