



Woking & Sam Beare

Hospice and Wellbeing Care

Inspire magazine

Your local hospice charity's supporter newsletter | Autumn 2021



Hospice care provides support for the whole family.

Read why two teenage girls choose to support the Hospice, as well as other inspiring stories about the difference we make to people of all ages.

To find out more: wsbhospices.co.uk

Inspire Magazine

Welcome to the autumn edition of Inspire which is Woking & Sam Beare Hospice's supporter magazine designed to share with you news and updates and how your support makes a real difference to our patients and their carers and families.

I hope you enjoy reading this publication and the real life stories that "inspire" us to continue delivering our care both at the Hospice and out in the local community that we serve.

As a charity we simply could not do all that we do without the help of our staff, volunteers and supporters who have helped us achieve so much in this past year. This has been evermore important against the backdrop of the pandemic.

So on behalf of all our patients and their loved ones we would like to say a very big "thank you".



Marian Imrie

CEO of Woking & Sam Beare Hospice and Wellbeing Care

Staying in touch

One of our key responsibilities as a charity is that we keep our supporters informed as to how your help makes a difference. With this in mind we want to ensure we are as cost efficient as possible. Therefore, we kindly ask you to update your communications preferences to receive future publications of Inspire Magazine by email. Equally, should you wish to change or update any of your contact preferences.

To update your personal preferences please visit:

W: wsbhospices.co.uk/notify

T: 01483 881752

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Brand New Hospice Event

Join Our Woodland Walk



After the last 18 months where most things have been cancelled we are very excited to share a new Hospice event, which we hope will become an annual calendar fixture.

On Sunday 17th October 2021, our brand new family friendly Woodland Walk will start and finish at the McLaren Technology Centre and will offer stunning views for all participants, while helping to raise much needed funds for the Hospice.

Choosing from either a 5 or 10 mile route, this event is open to anyone who is looking for a fun day out that is set against the beautiful backdrop of wooded and wetland areas.

You will walk from McLaren Park, across Fair Oaks Airport, to Heather Farm and onto Horsell Common. And there is a Nature Trail along the way for the younger [and older] walkers to enjoy.

The event village at the McLaren Technology Centre will have lots of fun activities and refreshments to enjoy before or after the walk and all walkers will receive a unique Woodland Walk Medal.

Phil Wormley, Fundraising Director explains: We are delighted to now offer a walk that will 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 and we look forward to welcoming our supporters on the day.

Tickets are £15 per adult and £5 per child with all proceeds going to hospice care.

You can register online at: wsbhospices.co.uk/woodwalk

The Hospice Woodland Walk is kindly sponsored by





Royal Ascot Day at Daisy's House

Daisy and Charlotte's Story

Two local teenage girls have helped raise over £2,000 for the Hospice as part of their Bronze Duke of Edinburgh Award.

Daisy and Charlotte came up with creative ways to fundraise despite the limitations of the pandemic. Here the teenagers share with us in their own words why they chose to support us, what they have achieved and what they plan to do next.

The hours we committed to do voluntary fundraising for the Hospice was part of our Bronze Duke of Edinburgh Award but we also really enjoyed it.

Woking & Sam Beare Hospice is a place very close to our hearts.

Daisy's cousin Paulet passed away at the Hospice a couple of years ago and it

was really hard for the whole family but the Hospice helped them get through. We now have one of the rooms on the Inpatient Unit [IPU] at the Hospice named after her - 'Paulet's Room'.

Both our mothers have also had breast cancer and so it was important to us to raise money for people going through the same things that our mums went through.

On the 17th May, we had an afternoon tea day in remembrance of Paulet. Despite a little bit of rain we had a great day and raised £1,000.

In June, we held a Royal Ascot Day at Daisy's house for 30 people [the maximum number permitted under the then COVID restrictions]. This turned out to be an amazing day for everyone who attended. Covid was a major setback as it limited the number of people we could invite to our events and the places where we could host them. And so it made this event even more special to be able to gather together after such a long time but also in aid of such an incredible charity.

We have also had a raffle and hosted an Irish Bingo evening.

To date we have raised £2,000 for the Hospice but we are not stopping there!

Our next idea is to host a Quiz Night this autumn. We will be inviting as many people as possible to sign up to play in teams and compete for charity.

These two young ladies are a true inspiration and the incredible amount that they have already raised for the Hospice equates to approximately 105 hours of care for an IPU patient.

Full details of all upcoming fundraising events run by Daisy and Charlotte can be found on the Paulet's Room Facebook Page: **facebook.com/pauletsroom**



Daisy and Charlotte with Hospice Clinical Administrator Majella

Meet Our Clinical Administration Heroes

Delivering our specialist palliative care when and where it is needed most is very much a team effort and many will be familiar with our Specialist Doctors, Nurses and Physiotherapists. However, behind the scenes you will find our Clinical Administrators. While unseen they are critical to the effective delivery of our care and we like to think of them as our 'Clinical Administration Heroes'.

Here Majella Slattery, Clinical Administrator to the Community Palliative Team, explains more about their vital role.

We are the first point of contact for patients and their relatives following a referral to the Hospice. We process the referral and ensure as much information as possible is collated for the Medical Team to be able to assess the situation and decide on the care and support that might be

required for each individual and their families and loved ones.

We are a team of six supported by two fantastic volunteers. As we answer all the telephone calls we quickly build relationships with patients, relatives and carers.

Our working day begins at 8am and finishes at 4pm, although the nature of our jobs means we rarely leave on time. We cover both the Community and the Inpatient Unit [Ward at the Hospice] Teams. However,

The Clinical Admin Team:

Angela Hickmott - Manager

On the Ward:

Mya Fry

Charmian Hazell

In the Community:

Christa Swingler

Majella Slattery

Tracy Lewis

shared with Counselling

Andrea and Brian - volunteers





we do also assist the ‘Hospice at Home Team’ and ‘Wellbeing Centre’, as well as other departments when needed.

There is no “normal” day because it depends on the nature of the telephone calls and referrals that we receive. We process both community and inpatient referrals, making up patient notes and liaising with various healthcare professionals; including: Consultants, Doctors, Nursing Staff, Physiotherapists, Occupational Therapists, GP Surgeries, Hospitals, Pathology, Funeral Directors and the Coroner’s Office, to name but a few.

We are also regularly in contact with patients and families in order to help guide them through the system to

try and alleviate fears and set them at ease.

We experience the highs and the lows, the relief in a patient or relative’s voice when they feel support is on its way but we also feel the sadness following a bereavement.

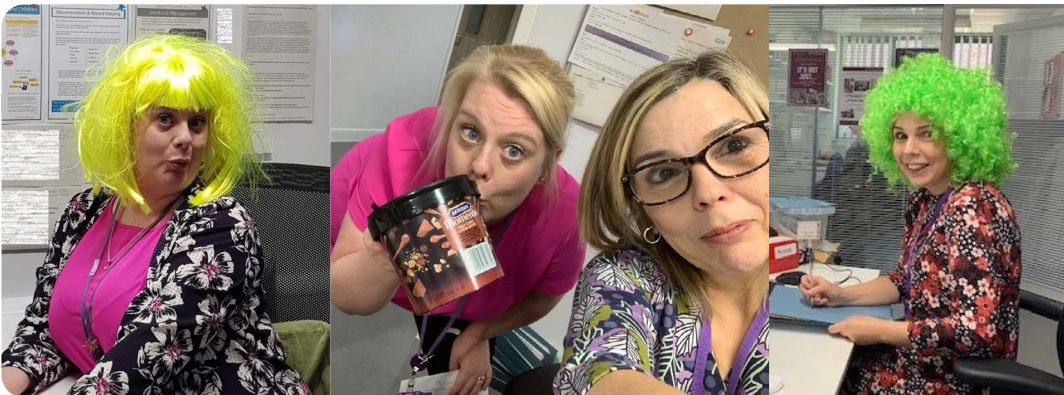
We are not clinically or medically qualified but the value that we add is in being able to provide a friendly voice at what is very often a difficult time.

Sometimes we are lucky to meet a patient or family

member when they come to the Hospice and it is great to put a face to a voice.

Making a difference at a difficult time makes it all worth it and it is certainly not gloom and doom. We also have many laughs, which might sound strange but the Hospice is an uplifting place to work with some very special people.

This fantastic team certainly kept our spirits lifted during the various lockdowns by bringing some fun to the office as some of the pictures show.



Jerusalema - Behind the Scenes

In September, staff from all across the Hospice got together to join the 'Jerusalema Dance Challenge'. As well as being a real staff moral booster the idea behind this is to highlight the many teams that are an essential part in enabling us to deliver vital care to thousands of Surrey families each year. Read on to find out how it all started and how the video was created.

In June 2021, several members of the Clinical Team who had seen other organisations come together to dance to the upbeat 'Jerusalema' [a track by Africa artist Master KG] suggested that the Hospice should join in too. **Here Eleni Tsiompanou, Specialist Palliative Doctor, explains why:**

Music and dance has always connected human beings and helped them express their feelings in a harmonious way. So we thought why not celebrate the Hospice's contribution to the local community with this inspiring song that has lyrics that remind us to look out for each other.

Once the idea was born, we started to practice the steps with groups of staff getting together in their lunchbreak. To ensure we were Covid safe we took advantage of the good weather and practiced outside. What was really uplifting was to have the opportunity to come together with other departments, many of whom we had not seen in some months due to the restrictions. And we had plenty of laughs as we tried to coordinate our moves - some more successfully than others!

Majella Slattery, Clinical Administrator, adds;

The Hospice is an uplifting place to work and this dance reflects the positivity and optimism of the staff.

Obviously we have sad times too but to make a difference to other people at a difficult time is such a positive thing.

The Jerusalema dance craze started in 2020 and has taken the world by storm since.

Everyone from the Irish Police to Scottish Covid Vaccination Teams have created videos where they dance together to lift the spirit of others and show unity at such a challenging time.

Krista Lougher, Hospice Fundraiser, comments:

I believe it is important to take part in fun team activities within the Hospice to ensure that we show that we are a team and that when we work together we achieve great things. We love being silly from time to time to put a smile on people's faces and this certainly was fun to do.

Here are just a few highlights in pictures to share the fun and hopefully make those reading this smile.

Watch the video at:
www.sbhospices.co.uk/dance



Upcoming Events

What's on over the coming months?



As per page 3 this is our brand new family fun event.

Bringing the community together for our first in-person post-Covid event, this event will start and finish at the McLaren Technology Centre and will offer stunning views for all participants, while helping to raise much needed funds for the Hospice.

You can register online at:
wsbhospices.co.uk/woodwalk



Overcome your fears and experience the ultimate mind-over-matter experience as you step across 15ft of burning hot embers at our Firewalk at Woking Football Stadium.

Each walker will receive a medal and certificate of completion after conquering the coals.

This is definitely one to boast about!
Find out more at: wsbhospices.co.uk/fire



Our annual Christmas Raffle launches on the 1st November 2021.

You can buy your tickets at wsbhospices.co.uk/lottery or call our Fundraising Team on **01483 881752** for more information.

The Hospice Raffle is kindly supported by Woking Funeral Service.



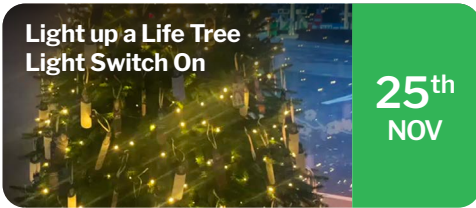
Join our 'Virtual Dove Ball Auction' that will run throughout November.

Whether you are after an exclusive money cannot buy experience for someone special or are looking for a unique Christmas present, there will be a great range of items to choose from.

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

The pandemic has significantly impacted on the charity sector's ability to generate much needed funds through fundraising activities and events and the Hospice has been no exception. We are therefore delighted to be able to share some up and coming events.

Please
save the
dates.



Join us online as we live stream the official switching on of our Memory Tree Lights Ceremony via Facebook.

Our Lifelong President Rhod Lofting will switch on the lights as part of the start of our 25th Anniversary celebrations.

Please see page 16 for more details about our Light up a Light events or visit: wsbhospices.co.uk/lual21



To ensure the safety of our community our special 20 minute Light up a Life Service will be viewable online from Sunday 5th December.

Enjoy the recording in the comfort of your own home, whilst still joining together as we light up our homes and remember the lives of those we love.

Please also see also page 16 for our full Light up a Life feature or visit: wsbhospices.co.uk/lual21



Everyone is invited to take on our festive outdoor fun run for 2021. Join us at the Woking Leisure Centre or join virtually and run closer to home.

Dressed in your favourite festive wear you can walk, scooter or run to take on the distance of your choice all in aid of the Hospice.

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



We are calling on all schools to register during December for a fun Reindeer Run. This is a brilliant way to kick off the Christmas festivities and the event includes a craft activity and sporty fundraising challenge all rolled into one.

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



Update from Retail



It goes without saying that the last 18 months have been a roller coaster for many business. The stop / start around the three lockdowns has seen many retailers closed more than they have been able to open to trade.

Here, Kerry Bennett, Marketing and Retail Director, shares some updates from the Hospice's Retail Division.

It has been a challenging time. The Hospice is reliant on the income we generate from our shops and so the support we have had from the community has been fantastic and we are very grateful for the goods they have donated to us.

While our shops were closed we used the time to take a step back and look at what we needed to do to really improve the shopping experience for our customers. This included addressing dilapidations but also investing in improving our shop signage and branding.

Now we are back to more "normal" operations many of our shops are accepting donations but please be aware that there are items that we are unable to accept because we are unable to sell or recycle them. It is always a good idea to call ahead before donating so that you do not have a wasted journey. Our Warehouse at the Lansbury Estate, Knaphill, Woking, is now also open on Saturdays.

Looking to the future I am really excited to share that our book shop in Weybridge will be reopening mid / late

October, named 'Sam Beare Bookshop' to honour the Sam Beare Hospice's legacy. We have also just opened our first pop-up shop in Knaphill that we plan to occupy for the coming months to support overflow stock from the Warehouse and our popular Ashford Outlet Store.

I would like to take this opportunity to thank our staff and volunteers who have done a tremendous job of generating income from our 18 charity shops for the Hospice, while working around the Covid restrictions and keeping everyone safe.

For more information about the Hospice's Shops or how to donate your pre-loved goods please visit our website: wsbhospices.co.uk/shops

Make your donation go further

Despite our shops having to close during the lockdowns, we have been able to claim £26,000 in Gift Aid, which is enough to fund 1,368 hours of care for an Inpatient Unit patient at the Hospice.

This highlights the importance of Gift Aid and how it can make a big difference. If you are a UK tax payer please don't forget to tell us when you donate your goods. If you do, for every £1 we generate we can claim an extra 25p -

THANK YOU

giftaid it

Volunteering is More than Coffee and Cake

The Guildford Teabar is a coffee shop at the Guildford Magistrates Court that is open to the public. It was originally operated for many years by the Women's Royal Voluntary Service [WRVS] but in 2000 the Hospice took over supporting this initiative. Since then Jane Redmill and her current three volunteers [Julie, Chris and Raisha] have collectively helped to raise over £133k for the Hospice.

Jane explains why volunteering at the Teabar is about so much more than just serving hot beverages and cake.

Our tiny Teabar at the Magistrates Court offers refreshments every weekday morning for visitors and staff. It can be quite unsettling the first time you need to go to court and we offer a friendly welcome as well as a cup of tea or coffee and something to go with it.

Most volunteers really enjoy working at the Court and between the three of us we have been doing it for a total of 35 years. In the last couple of years, we have retired several long serving members of our team that were in their 80's. Therefore, we now need more people to join.

On behalf of the Hospice, we would like to recognise the Teabar's tremendous efforts and to say a big thank you to the team.



From left to right: Jane, Chris and Julie at the Teabar

Why Volunteer?

- Gain experience
- Learn a new skill
- Share your professional talents with others
- Make a difference in your community
- Meet new and likeminded people

To find out more about all the Hospice's volunteering opportunities:
wsbhospices.co.uk/timetogive

Rhod Lofting: Leading the Way to our 25th Anniversary

Heads up we are nearly 25 years old



It was during his time as Mayor of Woking that Rhod Lofting launched an appeal to fund the building of what was the original Woking Hospice, Hill View Road. Motivated by the loss of his Father, Rhod did not want anyone else to lose a loved one in such an undignified way.

In the wake of our 25th Anniversary [from 3rd December 2021] here we ask our Founder some questions related to what motivated him and to share how it all began.

1. What inspired you to open a hospice in Woking?

During the 1970s, my Dad in his early sixties had cancer. His diagnosis was late, indeterminate and after his operation, and later infection, his care was indifferent and involved constant travelling to and from Kingston Hospital.

I thought there must be somewhere closer and a better way. Later as a Councillor for Woking Borough Council I was determined to achieve greater care for families faced with similar needs.

2. How did Woking Hospice begin?

Esher and Farnham had hospices but there was nothing equivalent in Woking. On average 180 Woking people died from cancer each year [exclusive of any other condition], with barely a dozen or so being cared for locally. The remainder, if beds were available, received hospital or hospice care further afield.

As Mayor of Woking in 1990/91, I launched an Appeal to build a ten-bed hospice in Woking. The target was

£1.4 million for building and the first year running costs. I had the perfect platform for promoting the appeal and over the four years that followed the Woking Community dug deep to ensure we met our target. Two founder Trustees Tony Usher and Alec Grayson, known for their wisdom, also joined the team. Our first charity shops in Woking, West Byfleet and Chobham opened in 1992 to help fundraise. And to this day we still have 18 Hospice shops selling quality donated items.

The Hospice was built on budget by end of 1995, with its opening delayed until we had banked our first year's running costs. During that time, the Hospice was used for fundraising and team building in readiness for our opening in December 1996.

3. How has the Hospice and your role evolved over the years?

After six years running the appeal and the creation of the Hospice, after managing the Hospice for its first three operational years to save costs, I continued as Chair of Trustees for a further 8 years until

2007. At this time I gratefully handed over to David Perry, who generously took on the Chairmanship.

The move to relocate to Goldsworth Park in 2017 meant we were able to double our capacity to 20 beds. What was once small, beautiful and homely became the ultimate in hospice design and excellence.

Moving from a “cottage” hospice, the transition to 20 beds brought its challenges. Survival was only achieved with the generous on-going support of the community, local business and Woking Borough Council. ‘Team Hospice’ grasped the lifeline, resulting in greater collaboration with the NHS, fellow professionals and other healthcare providers in and around Surrey, which is subsequently to the benefit of the community we serve.

We take great pride in ‘Team Hospice’, their professionalism and dedication, proving themselves time and again, and so often going way beyond that extra mile for the 2,000 or so patients and their families cared for each year at the Hospice and in their own homes.

Finally, let’s try and engage with other supporters, maybe the younger ones among us? Passing on the baton of care, they will hopefully become the much-needed volunteers



Rhod supporting the outdoor screening of Grease with fundraiser Mary Pitchforth



Rhod breaking ground for the Woking Hospice build

and donors our shops and Hospice desperately need as we move forward to ensure we are here for the next 25 years.

My role evolved over the 30 years from Hospice pupil to inspiring, persuading, begging, promoting and marketing, motivating, managing, acquiring, selling, funding [in fact all things Hospice], to Chair of Trustees and now happily into a second retirement as Lifelong

President and still with a voice at all Hospice Committee and Board Meetings.

I once stepped up to the plate, much encouraged and supported by my beloved wife Elizabeth, to ensure specialist care is here for those in need. As a community we have achieved. Let’s keep it that way. Your caring will always enable us to care.

Rhod Lofting DL
Founder and Lifelong President
of Woking Hospice.

Let us Light up a Life Online

We know how much our remembrance services mean to those who attend our annual Light up a Life events. While [at the time of writing this] all Covid restrictions had been removed we made the decision that we would still host this event online in order to reduce the potential risks of our community gathering together indoors. Instead we will bring our service to you from the comfort of your home.

Light up a Life is a time for families and friends to come together to remember and celebrate the lives of loved ones. This year is particularly special to us as we approach our 25th Anniversary we will be reflecting on the last two and half decades of care.

This year's service will be live streamed on Sunday 5th December 2021 from St. Andrews Church in Goldsworth Park, Woking.



Join us to reflect and light a candle of remembrance either in real time or you can revisit the recording until the end of December.

View the Light up a Life service at: [wsbhospices.co.uk/lual21](https://www.wsbhospices.co.uk/lual21)

Light up a Life Memory Page

You can also remember your loved one on our Light up a Life Memory Page, where you can leave a dedication and photo. Please visit: [wsbhospices.light-up-a-life.org](https://www.wsbhospices.light-up-a-life.org)

Make a Will - Make a Difference

Writing a Will may not be at the top of your to-do list but it is one of the most important things to do, particularly if you have a family. Having an up-to-date Will is the only way to ensure your wishes will be fulfilled and to ensure loved ones are provided for after your death.

We are incredibly grateful to the local solicitors and Will Writers across North West Surrey who have generously set aside a limited number of appointments this autumn to help you write or update a standard Will for free.

Not only is a Will important for your loved ones it can also play a vital role in supporting a charity of your choice and leaving a lasting legacy. Leaving a Gift in your Will for the Hospice will help enable us to reach more of those in the community living with life-limiting and terminal illnesses, giving them the support to live a full life with individual attention and dignity up to the end of their life.

It seemed so daunting at first and I had no idea where to start but

after speaking with one of the recommended solicitors I feel confident that one day when I'm not here my family will be looked after and I can still support the Hospice and the incredible work they do.

Anonymous to protect confidentiality

Each year the Hospice cares for over 2,000 patients and in 2020/21 over 80% of that care was delivered in patient homes.

We are grateful for the financial help from our supporters who have, after providing for their families, left a portion in their Will to the Hospice and to those who have pledged to leave a gift in their Will.



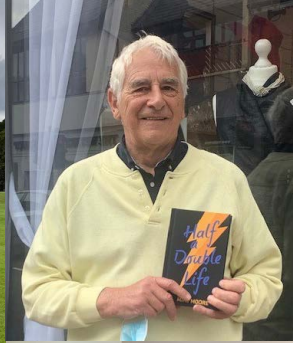
In 2020/21, Gifts in Wills covered the costs for 1 in 10 of our patients.

Some of our supporters have already made a pledge to help our patients for years to come by leaving a gift in their Will. We want to thank all those who already have and those who are considering leaving a gift to help us continue to provide care where and when it's needed the most so that we can be there in times to come.

For information on how to set up an appointment to make your Will please visit wsbhospices.co.uk/wills or contact a member of the team.

T: 01483 742852

E: wills@wsbhospices.co.uk



In pictures here are just a few of our highlights since the Summer 2021 issue of Inspire Magazine. We could not do what we do without you.

Thank you





Woking & Sam Beare
Hospice and Wellbeing Care



Enter our Christmas Raffle with the chance to win £2,000

All profits go directly to
fund our specialist patient
care on the Inpatient Unit
at the Hospice and in patient
homes in the community.



Return your tickets by **7th January 2022**. Winners will be
drawn on **11th January 2022**. You can also play our Hospice
Lottery all year round to support patient care.

wsbhospices.co.uk/raffle



wsbhospices.co.uk/lottery

Woking & Sam Beare Hospice and Wellbeing Care

E: info@wsbhospices.co.uk

T: 01483 881750

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