

Pilgrims

MATTERS

Supporters' Magazine



ISSUE 4

SPRING/SUMMER 10

www.pilgrimshospice.org

Registered Charity No. 293968

**Caring for people
at home**

**Team Pilgrims takes
on 70 mile cycle
challenge with
Olympic Support**

**Hospice Labyrinth
travels to India**



Looking back



Chief Executive's Message

We have made great progress with our themes of equity of access and delivering "hands on" care at home, both of which you can read about in your Pilgrims Matters. We have done this whilst caring for an increased number of patients, and have seen a marked increase in patients suffering from heart failure. We are committed to spending your generously donated funds carefully on the services you want to receive and that we are constantly striving to improve. Your input is vital. Please get in touch with Becky Sellen on 01227 782061 or write to her at 56 London Road, Canterbury, CT2 8JA and share your views and experiences.

As my personal contribution to the charity, on the 9th May I will cycle 70 miles between each of our Hospices with the Pilgrims Hospices Tri-Hospice Cycle Challenge in the company of Olympic Gold-Medallist, Jamie Staff. I will be part of 'Team Pilgrims' which will include staff from all three Hospices. We will stop at each Hospice and take a moment to remember friends we have cared for over the years and scatter Forget me nots on behalf of anyone who would like to sponsor a flower in memory of a loved one. There is more information on our Forget me not appeal and how you can support 'Team Pilgrims' further on.

Remember "Pilgrims Hospices are provided by the people of east Kent for the people of east Kent" They are your Hospices, so please do continue to support them. Thank you.

My Hospice Story - June Armstrong

"I was there when the Queen Mother opened the Hospice in 1982, having just been offered the job of setting up the accounts office from scratch. With only a paper bag as a petty cash tin, it was quite a challenge!

I went about setting up the office by going back to my former workplace and I begged for some lever arch files, a cash machine and calculators. I then opened up the books and went to the Inland Revenue to set up a tax number.

I used to do all the banking and I got one of the gardeners to take the money to the bank for me. I loved working in such a family atmosphere!

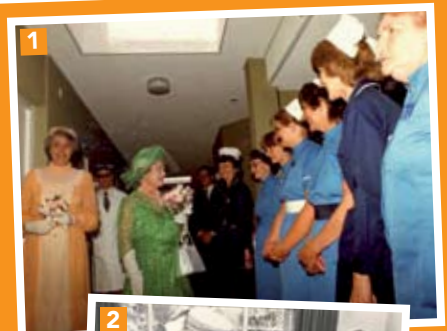
I worked there for 5 years. We had 10 beds at the time and I dealt with nurses wages and kept holiday records. We then went to 20 beds and employed more staff to support them. Two years afterwards we went to a payroll system through bacs, but I was still responsible for all the figures. I also used to supply the meal tickets, pay the invoices and work out budgets for the admin side of the hospice.

It was with great regret that due to family commitments I had to leave. I left in June 1987, after 5 years. Twenty three years later I still have the kind letter given to me when I left."

Your Memories

Following our appeal in the previous magazine, a huge thank you to everyone who has sent in their memories and photos. Heather Reeves, now a volunteer for Pilgrims and former member of the nursing team, sent in these wonderful historic photos. Please send yours to Clare Sherwood at 56 London Road, Canterbury, CT2 8JA. clare_sherwood@pilgrimshospice.org

- 1 Pilgrims Nursing Team and Founder Ann Robertson meet the Queen Mother in 1982
- 2 Heather Reeves greets the Duchess of Kent as she meets the nursing staff in 1983



Looking forward

Sharing our experience

The Education and Training Department for Pilgrims Hospices has recently expanded to enable us to provide specialist palliative care training to the community and support our own nursing staff in the latest clinical practices.

Linda Rendle is a Clinical Lecturer, she has extensive nursing experience as a Community Nurse Specialist in the Thanet area and as a Day Hospice Nurse before that. This now means we can offer a wide range of courses out in the community as we have training rooms available to use in all three sites. All the courses are advertised on our website and any additional money raised from the course fees goes back into patient care.

Theresa Rowstone is the Clinical Practice Development Nurse who was previously Nurse



Our Clinical Research and Development post is now five months old and post holder Declan Cawley has been very busy. His latest projects involve improving the palliative care offered to patients who are suffering from Chronic Obstructive Pulmonary Disease (COPD). Declan's role is paid for jointly by Pilgrims Hospices and the University of Kent and is designed to research, develop and improve palliative care for people with incurable illnesses.

Manager in Thanet. Theresa works alongside the Nursing Managers and Community Service Managers to identify and then deliver the clinical skills workshops, to ensure that our nursing staff have the most up to date knowledge and skills to deliver the best possible care for our patients.

We aim to remain the leading palliative care specialist training provider in east Kent and to do so we will continue to look at ways to develop our relationships with care facilities in our area. Our aim is to be their first port of call when their staff require training in End of Life care.

Hospice at Home Scheme Huge Success



The new Rapid Response Hospice at Home service is going from strength to strength. Having launched in Dover in 2009 and expanding to Canterbury, Pilgrims are now set to recruit a new team in Thanet.

Nikki Le Prevost, Associate Director at Pilgrims Hospices explains:

"Our experience in caring for terminally ill patients has taught us that many people would prefer to spend their last days in their own homes.

To support people with this wish, Pilgrims' new service will mean that Pilgrims Hospice at Home Health Care Assistants can offer care and support during these last days to patients and their families on the same day referral is made for the service.

Patients and families in the Dover and Canterbury area have benefited so far and the team have helped to ensure that terminally ill people are treated with dignity and respect, in familiar surroundings and in the company of family and friends. It is expected that following recruitment, the Thanet service will be running from July this year. As planned, it will continue to the Ashford area in January 2011 meaning that every household in east Kent could benefit from being able to choose the location of their care in their last days of life.

We are very grateful to the local Primary Care Trust for their support and are looking forward to working with the wider health community for the benefit of patients across east Kent.

The service is for patients who have already been accepted in to Pilgrims care for specialist palliative care needs. For more information, please talk to your GP, visit www.pilgrimshospice.org and click on Care or call 01227 459700 to speak to Nikki Le Prevost.

"Do Something" for Pilgrims

Fundraising NEWS



Trees of Love

Over 1200 people gathered together on Saturday 12th December for our annual Trees of Love, to remember loved ones at our Hospice based services. We are incredibly grateful for the generous support you gave, helping us raise over £48,500.

Christmas Cards

2009 was a bumper year for our Christmas Cards. We raised over £43,000 from our mail order scheme, sales at our hospice sites and through our shops. We also raised £3,717 through sales in the Cards for Good Causes shops across the region. We are really grateful for your support. Look out for next year's designs at your local Hospice/Hospice shop or cards for good causes outlet from September.

Friends Scheme

For just £3 a month, you could become a Friend of Pilgrims Hospices - please call our Friends team on 01227 782062 for more information.

School adoptions

Thank you to all of the schools adopting us during 09/10: Folkestone School for Girls, Highworth Grammar School, Birchington Primary School, Canterbury Primary School, CATS Canterbury and St Augustine's Catholic Primary School. We are always looking for opportunities to come and talk to young people about Hospice care. If you would like to book a talk please call Joanne 01227 782062.

Legacy message

Amazingly 1 in 4 of our patients are cared for using gifts that people leave for us in their Wills. For more information about leaving a legacy please contact Peter Simpson on 01227 812601.

Facebook

Join our Facebook members group "Pilgrims Hospices" and keep up to date with Pilgrims news and events online. Use the wall to promote events on behalf of Pilgrims, share stories, messages and memories with other friends of Pilgrims. Don't forget to invite your friends to join.

Thank you!

Fabulous Community Groups

We are indebted to our Community Fundraising Groups for their incredible enthusiasm, tenacity and sheer hard work! There are far too many people that we need to thank to fit into this small space, but we appreciate all your efforts. If you would like more information or are interested in joining one of our fundraising groups please call your local fundraising office.

Contact us

Canterbury Fundraising 01227 782062
email joan_jacques@pilgrimshospice.org
Thanet Fundraising 01843 233934
email diane_coates@pilgrimshospice.org
Ashford Fundraising 01233 504111
email sharon_burberry@pilgrimshospice.org

Brilliant Corporate Supporters

A huge thank you to our corporate supporters this year for all their time, energy and tireless fundraising. The response we have had from local businesses continues to be wonderful. They are giving us support in such a variety of ways, from generous donations and help with promotion, to hosting our fundraising events. These are just some of our supporters:

KM Kentish Express, KMFM, The KM Group throughout east Kent, Community Nursing and Care agency, Argentis, Burgess Hodgson, Wirebelt, Fairweathers Solicitors, Silent Gliss, i3, G Casino, Pfizer, Tilmanstone Salads, McArthur Glen Designer Outlet, Vattenfall, Aylesford Inner Wheel, MPG Properties, Girlings Solicitors, Stevens & Co Estate Agents, The Romney Hythe and Dymchurch Railway, Sainsbury's Ashford, Willesborough Garden Centre, Martin Tolhurst Solicitors, Tides, Herne Bay Pier, Towergate, Chaucer Insurance.



1. Suzanne Lucas modelling at the Thanet Fashion Show, which raised over £2,200
2. Becky, Carina, Dave and Tony ecstatic after reaching the summit of Kilimanjaro this year in their efforts to raise an impressive £3,500
3. Sam Chick & his friends who raised an incredible £12,000 with their Coast to Coast Cycle Ride

Love Yourself!

Challenge your friends, family or colleagues to slim and get sponsored for your efforts to support Pilgrims Hospices. The slimming challenge is being supported by GPs, slimming and health clubs throughout east Kent. For more information visit www.pilgrimshospice.org or phone 01843 233934.



Garden Safari

If you have a garden to be proud of, or need some motivation to cut the grass, please join us in this event and share your garden with the public on the 19 & 20 and 26 & 27 June. If you would like to volunteer to help us in other ways prior to the event we would love to hear from you. Please contact Joan Jaques on 01227 782062 or email joan_jaques@pilgrimshospice.org for more information.

Focus on Carol Stevens

– Chairman of Pilgrims Tenterden Committee

How did the Tenterden group first start?
In 1999 David Swain was approached to start a committee to fundraise for a new Hospice in Ashford. When the hospice was completed and opened in 2001 David decided he could no longer continue and I took over as Chairman.

What is involved with being a group chair?
I try to encourage the committee, and always thank them after an event for all their time and effort. I'm always thinking of new ways to make money for the hospice.

How much money do you raise?
Our target is always to achieve more than last year when fundraising, which is not always possible. The last two years we have raised approximately £30,000.

What's the most fun part of what you do?
The most fun is when we are doing outside events in the sun (!), meeting the public and spreading the good news about Pilgrims.



Olympic Support for Pilgrims

Grab your chance to cycle alongside Olympic Gold Medallist Jamie Staff on our 70 mile cycle challenge on Sunday 9th May 2010. On the same day each hospice town (Canterbury, Margate and Ashford) will also be hosting a shorter Pilgrims Cycle Challenge of around 15 miles for families and people of all ages and ability.

Please see www.pilgrimscyclechallenge.org to book online or phone 01227 782062.





Go Yellow this summer!

Leap into this fun campaign in May, June and July and tell us all about your crazy yellow fundraising ideas!

For a Go Yellow poster and Fundraising Pack please contact your local Fundraising office.

Be a star! Walk in the Moonlight for Pilgrims

Start limbering up ladies for the third year of Moonlight Walk – a night to remember! Exclusively for ladies, each Moonlight Walk is a chance to have fun, support a worthy cause, and perhaps remember

a loved one. Young ladies from the age of 12 can now join in, so get a gang of friends and family together, brandish your glow sticks and all things that sparkle, and **have a night to remember!**

This year there are three walks to choose from;

Deal Saturday 5th June
8km (5 miles) circular route from Tides Leisure Centre
10:00pm

Ashford Saturday 26th June
10km (6 miles) circular route from McArthur Glen Designer Outlet
10:30pm

Herne Bay Saturday 18th September
13km (8 miles) circular route from the Pier Pavilion Sports Centre
9:00pm

This is your opportunity to be a part of something huge and to make a difference for over 1,600 people that we care for every year.

Each walk is £15 to enter which includes a special Moonlight Walk t-shirt and other treats on the night. To register online or for more information, including how to volunteer and top tips for the walk, please visit www.pilgrimsmoonlightwalk.org or call 01227 782062. You can also find us on Facebook under the members group 'Pilgrims Hospices'.



"an absolute giggle"

"a great excuse for a girls night out"

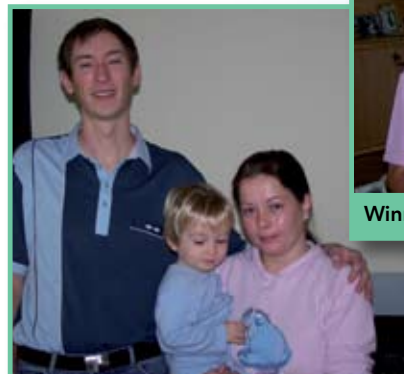
"the most fun you can have with flashing bunny ears"

Pilgrims Hospice Lottery Winning Ways

Since it began in 1996 with the help of the local community, Pilgrims Hospices Lottery has raised more than £4.5 million to go towards the cost of delivering palliative care to people with incurable illnesses in east Kent.

Since 2004, nearly 300 supporters have won £2,000 or more in the Pilgrims Hospices Lottery. Previous winners include Mr Domaille from Deal and Mrs Laskey from Cliftonville, who both won with our super rollover prizes of £7,500 and £4,000 respectively. At the time of going to press our rollover prize fund is building up again following a record win of £9,000 by a Canterbury lady.

It's only £1 per week per number and you can have more than one. Please complete the application form on the back page and send to us as soon as possible, you've got to be in it to win it!



Winners! The Laskey Family



Winners! Michael and Angela Domaille

Summer Bumper Prize Draw

Here comes the summer! To brighten up your day keep your eyes peeled for your Pilgrims Hospices Lottery Summer Bumper Prize Draw pack which will be coming through your door soon. You could win our top prize of £3,000 or one of our other prizes.

Get on your bike for Pilgrims

On the 9th May you can join a team of cyclists from Pilgrims Hospices, volunteers, doctors, nurses and staff who will be cycling a 70 mile route around all of our three Hospices.

They will be joined by hundreds of families across east Kent who will either be taking part in the 70 mile challenge or in one of the three shorter rides in each of the Hospice towns, Canterbury, Margate or Ashford. People will be taking part to remember someone special and to help raise funds for the Hospice. Over 80p in every pound we raise helps people with illnesses that cannot be cured.

As a special feature of the 70 mile Tri Hospice Cycle Challenge, 'Team Pilgrims' will stop at each Hospice and take a moment to remember friends we have cared for over the years. They will scatter Forget me nots on behalf of anyone who would like to sponsor one in memory of someone. It's a lovely way to join in if you are not able to be there in person.

If you would like a Forget me not scattered in memory of someone, please fill in the form on the back page of this magazine and send back in the Freepost envelope provided. We will post pictures of the event including the scattering of the Forget me nots and the family bike rides on our website www.pilgrimscyclechallenge.org, on our Facebook members page and in the next edition of Pilgrims Matters. Phone 01227 782062 for more details.



Hospice Shopping List

To give an idea of where your money goes, here's our Hospice Shopping List

A year of medical supplies to care for our patients across three hospices
- **£36,000**

One special pressure relieving medical mattress to give a good nights sleep
- **£2,275**

Giving a patient a day in the hospice with everything taken care of
- **over £500**

Visiting a patient at home to avoid uncomfortable travelling
- **£200**

Thank you for all your fundraising efforts – without your support we could not look after over 1,600 people both within your Hospices and in their own homes.

Labyrinth goes International

In January, Pilgrims Hospices Canterbury Chaplain, Lizzie Hopthrow and Counsellor, Nannette Jackson took an unusual holiday when they visited the J Watumull Global Hospital and Research Centre, Mount Abu, Rajasthan, India.

Palliative Care is a new development in medicine for India and Nannette and Lizzie

were invited to share their experience of Pilgrims Hospices to Nursing Students and Tutors and also to a Doctors' forum.

Lizzie explains;

"The trip was very special, the Nursing Director and Medical Director were very appreciative of our teaching contribution. We were both very proud to be involved in the growing influence of western care of the dying, upon India.

It was also a great honour to present a fabric labyrinth made by Pilgrims' patients and carers to the hospital. They are going to build a



permanent labyrinth in the Peace Park managed by the hospital."

One of our objectives is to be leaders in the field of palliative care. Pilgrims is very grateful to Lizzie and Nanette who used their self funded trip to spread the word of Hospice care and potentially help many more people in the future.

Play Pilgrims Hospices Lottery

The Lottery is a great way to give to a local cause and be in with a chance of winning substantial cash prizes.

EVERY WEEK players can win a share of the **£4000** prize fund.
EVERY WEEK one lucky player wins the first prize of **£2000**.
EVERY WEEK players are in with a chance of winning the **ROLLOVER** prize which accumulates by **£500** per week up to a grand total of **£20,000**.

*Join today! The local lottery that really does make a difference
 Good Luck!*



To play, please complete this form and send to: Pilgrims Hospices Lottery Ltd., 56 London Road, Canterbury, Kent CT2 8JA

I would like to play Pilgrims Hospices Lottery every week.

Title Name

Surname

Address

 Postcode

Telephone No

Email

- STANDING ORDER:** Please call the Lottery Office on **01227 379741**
 - CHEQUE:** Please send £13 for 3 months, £26 for 6 months, £52 for 12 months
 - DEBIT CARD/CREDIT CARD:** Please call the Lottery Office on **01227 379741**
- Players must be 16 or over, please play sensibly, licensed by the Gambling Commission www.gamblingcommission.gov.uk



Forget-me-not appeal

Sponsor a forget-me-not in memory of someone



Title Surname

Date of Birth

Forename

Address

 Postcode

Contact telephone number

Email you regularly use

(We can save money by emailing you!)

- Please tick if you would like to receive future communication via email from Pilgrims Hospices

Pilgrims Hospices is registered under the Data Protection Act. Your name and address will not be disclosed to any other organisation but we may, from time-to-time, send you news about Pilgrims Hospices and information about events. If you would prefer not to receive information please tick this box.

I would like to make a donation of: £

for a forget-me-not to be scattered by Team Pilgrims in memory of someone, as they cycle the 70 mile route between each Hospice. The full name of the person to be remembered is:

Please return this form in the Freepost envelope provided.

giftaid it Please sign the Gift Aid Declaration if you are a UK taxpayer. Using Gift Aid means that for every £1 that you give, we claim an extra 25 pence from the Inland Revenue, helping your donation go further at no extra cost to you. I have paid or will pay income tax or capital gains tax equal to the tax deducted from my gift.

Signature Date

Please debit my credit or debit card (long number on the front)

Valid from / Expires / ISSUE NO. (if present)

Signature Date

Security code (last three digits on the back of the card)

All cheques must be made out to Pilgrims Hospices please.



Hythe Road, Willesborough, Ashford, TN24 ONE
 ☎ 01233 504100 ☎ 01233 504132

56 London Road, Canterbury, CT2 8JA
 ☎ 01227 459700 / 812612 ☎ 01227 812606

Ramsgate Road, Margate, CT9 4AD
 ☎ 01843 233920 ☎ 01843 233931

