

Pilgrims MATTERS



ISSUE 1

SPRING/SUMMER 08

www.pilgrimshospice.org

Registered Charity No. 293968

**Widening access
to hospice services**

Fundraising news

**Community
services review**

Sunflower Appeal



Chief Executive's Message

Welcome to the first new look issue of **Pilgrims Matters** which highlights developments in our community services. I hope you find it interesting and informative. The introduction of new services are challenging and exciting but will inevitably cost more to provide.

Although we are and always have been well supported by the people of east Kent, we must never be complacent but instead continue to work hard and generate more income so that we can sustain all our services over the coming years.

To ensure that we have adequate funds, I am pleased to announce the following:

- An outlet store, selling furniture, white goods and electrical items will open in Chartham in July.
- A new hospice shop will open in Sandwich in July.
- Our Dymchurch furniture shop will relocate to larger premises along the High Street in the summer.
- A second larger shop will open in Whitstable in the autumn.
- Larger fundraising events will be held in the coming years. The Midnight Walk is such an example.
- Our lottery prize structure has been re-vamped with a roll-over draw that started in April. This could roll-over to give a prize of £20,000.

I hope that this issue of **Pilgrims Matters** gives you some idea of what will be happening throughout the rest of 2008. As I am sure you can see, our work continues unabated and there is "never a dull moment at Pilgrims Hospices".

Outside all our hospices is the statement – "Pilgrims Hospice is provided by the people of east Kent for the people of east Kent". This is the very essence of charitable activity and community spirit. Long may it continue.

Steve Auty

Steve Auty
Chief Executive

"I hope you will continue to support us as we move forward into a new and exciting era for Pilgrims Hospices"

Focus on...

Richard Morey **CHAIRMAN OF TRUSTEES**



My term as Chairman started in November last year.

I retired from 36 years of medical practice as a GP with the last 26 years spent enjoyably in a village practice outside Ashford. During that time I developed an interest in palliative care and became a trustee of Pilgrims Hospices 8 years ago.

All trustees are volunteers and the current Board has great expertise and experience in medical, nursing, pastoral care and financial matters. The Board is advised by our senior management team and meets regularly.

The Board strategically plans clinical and financial areas including fundraising, and importantly, risk management in clinical and corporate financial terms.

The Board has built relationships with the local NHS to work together in certain areas. I also attend conferences and other hospices to make sure Pilgrims stays well informed from a national perspective.

I am finding my role as Chairman especially stimulating at present due to the development of our

service review proposals which are wholeheartedly supported by the board. You will read more about them throughout this issue.

I also have a role as an ambassador for Pilgrims Hospices in the wider community to help others understand our work in palliative care. Attending fundraising events and occasionally collecting cheques and donations also enables me to promote the hospice and explain our continual need for funds.

As I mix with our whole hospice community I am always so encouraged by the enthusiasm and commitment of our staff, volunteers and support and illustrates to me how important this organisation is to the people of east Kent and also how much it is appreciated.

Consequently I feel my role is both challenging and humbling and I take great pride in the job that the hospice is able to do.

Widening access to hospice services

by Claire Butler, Medical Director

The hospice movement in the UK has offered high quality, holistic care to those facing the end of life for over 40 years now. The majority of those benefiting from hospice services over the years have been suffering from advanced cancer.

More recently, investigation and research suggest that significant problems are experienced by patients and their families with a variety of other illnesses. These non-cancer illnesses may be organ failure (e.g. heart failure, respiratory failure) or the problems faced by those in old age and extreme old age facing multiple progressive health problems often compounded by dementia.

The clinical team at Pilgrims has been working hard over recent years to establish flows of patients into hospice services with illnesses other than advanced cancer.

In 2005 we received 100 referrals of such patients and this had increased to 162 in 2007.

The hospices cannot care directly for all those facing the end of life in east Kent; many will be cared for by other teams with support, education and advice from specialist palliative care. Nevertheless, the organisation will be looking at initiatives and flexibility in the use of our current services to accommodate different needs and requirements for care. Our overall objective remains to use our skills and resources for the increasing benefit of all patients and families who could be supported by hospice care in east Kent.



Fundraising NEWS



GSE Fundraising Ball in Ashford

With special thanks to the GSE Group, the Pilgrims Hospice Ball is now firmly established in the social calendar of east Kent. Over 250 of our supporters enjoyed a fantastic evening at the Ashford International Hotel raising amazing £19,000.



Operation Pilgrims



Pilgrims have joined forces with the Army to arrange a fun filled day of challenges for six teams of six people. It's great way to entertain clients or have a team

building day for your company – for more information, please call Yvonne on 01843 233934.

Extreme Fundraising

Climbing

Simon and Chris Fletcher climbed The Three Peaks in May in memory of their much loved and sadly missed Mum Betty Patching.

Cycling

Andy Harris, Kev Teagle and Paul Boxall are three fireman from Ashford who are cycling from Lands End to Ashford Hospice. That's over 400 miles in just four days!!

Matt Silsbury, Kev Stewart, Lee Isham, Ant Newton, Andy Bray and Dom Yule will scale all 3560ft of Mount Snowdon in Wales – on push bikes!



Groups

Join a fundraising group in your area...

Local people all over east Kent have joined forces to raise funds, to find out if there is a group in your town or village, call 01227 812601. If there isn't one, why not start your own?

Thanks

- Canterbury Half Marathon, David Denne and the Half Marathon Committee.
- An Evening of Acoustic Music, Sandgate. Jan Ridley and her team.
- St Luke's Spring Fayre, Ramsgate, Joy Brenchley of the Thanet Fundraising Group.
- Sponsored Walk Chilham to Chartham, Olive Cox and team. ▶
- Rock'n'Roll Evening, Aylesham. Derrick Wilson.
- Charity Music Evening, London.
- Faversham Wine and Wisdom Evening, Faversham Fundraising Group.
- Margate Horticultural Association Coffee Morning .
- Barn Dance, Ramsgate, Thanet Fundraising Group.
- Golf Day, Princes Golf Course. Thanks to Douglas Stewart. ▼





What's on

The following is just a taster of the exciting programme of Summer events Pilgrims supporters have lined up for you to enjoy. For full listings, please visit www.pilgrimshospice.org or call the fundraising department on 01233 504102.

The Hospice Fetes

Thanet – 28th June
Ashford – 2nd August
Canterbury – 13th September

20th June

Canterbury Golf Day – 01227 738893

Tenterden Charity Golf Day – 01508 764061

21st June

“Beyond Words” Charity Book Launch, Elham – jane@goldplate.co.uk

22nd June

The Joyce Deadman Memorial Cricket Match, Nr Deal. – davidthomasdeadman@yahoo.co.uk

11th July

Invitation to an exhibition of donated art at Half a Sixpence gallery in Evedgate – grand opening at 2pm by Ron Lobeck, The Face of TV's Weather.

12th July

Charity Music Festival, Warren Inn, New Romney – 01797 362090

17th August

Garden Party with Live Music, St Margaret's Bay – 01304 852538

25th August

Soap Box Derby, starting at the Walnut Tree, Aldington, Ashford – 01233 504102

6th September

Mersham Village Fete – 01233 502685

12th September

Auction Preview Evening, Canterbury Auction Galleries – 01227 763337

- Fashion Show, Birchington.
- Charing Church Women's Guild Coffee Morning.
- Charlotte Atherton and Katy Ainger from Simon Langton Girls' School for raising £125 in a sponsored silence. ▼



- Come and sing, Folkestone. Michael Foad and all who came to sing.
- Thanet College Lunch. Michael from the Thanet Fundraising Group.
- From Ship to Shore, Whitstable. Ray Harris, Family and Friends.
- KM Zip Wire Challenge, Folkestone.
- The Hall Family and all the other London Marathon Runners who raised funds for Pilgrims. Well done on a fantastic achievement! ▶
- An Evening of Light Entertainment – Tenterden. Cindy Jennings and Team.
- Humphrey Lyttelton & His Band– Marlowe Theatre. The Canterbury Fundraising Committee.
- Quiz Night, Oddfellows Group, Thanet Group.
- GSE Fundraising Ball, Ashford. Derek Gilbert and Sue Barlow.



And of course a BIG thank you to everyone who drunk coffee, sang, quizzed, run, walked, knitted, grown or danced for Pilgrims. There's not enough room to thank you all here so for everyone we haven't mentioned...

Thank You!

Review of Community Services

by Paula Evans, Nursing Director

Last year, at the request of our Trustees, work started to look at how Pilgrims could expand and develop its services to meet the current and future needs of the people of east Kent.

After a year of listening and talking with staff, patients and the wider health community we are pleased to announce changes to the services we offer. We are confident that all will bring increased benefits to patients and their families and importantly, help more people than ever before.

The review's roots rest in the knowledge that we care for nearly all the cancer patients in east Kent with palliative care needs but only a small percentage of those suffering with other life limiting illnesses. We know that the care, support and specialist skills offered at Pilgrims could benefit this new group so we set about working out the best possible way.



We look forward to telling you more about our new services over the course of the next year. Our starting point will include:

- Assessment clinics for new patients.
- Drop in sessions for information and/or advice.
- Clinics for patients suffering from breathlessness.
- Clinics for patients with heart failure, linking with hospital teams and patients heart failure specialist nurses, GPs and Community Matrons.
- Introduction to Palliative Care Programme – A four week programme of information & guidance, advice about hospice services and making links with other organisations, people and services who can offer help and support.
- 'Living 4 Today' – A series of workshop style programmes lasting 6-8 weeks providing patients and carers with a choice of options and therapeutic services that can help their individual needs aimed at supporting you with the best possible quality of life.

Other existing services such as Day Hospice will continue but will be improved for the benefit of our patients and carers.

More projects and initiatives will follow as we progress. I hope you will agree that it is only right that as a local charity funded by the community, we should do all we can to care and support for as many people as we can.



Labyrinth support comes to Canterbury

An exciting new project has begun at Pilgrims Hospice, Canterbury.

A stone Labyrinth is being built in a specially designed Therapeutic Garden with the aid of a grant from the Department of Health.

The Labyrinth will be a new service offered to patients, carers and eventually to groups in the community.

The Labyrinth is an ancient spiritual tool in which a single path is walked to a central point and out again and it has been found over centuries to be calming and even enlightening sometimes. Unlike a maze, there are no dead ends, so you can't get lost!

Dr Richard Morey, Chairman of Trustees, explains;

"Pilgrims professional team care for the whole person so we are very pleased to be creating a new service which will be of spiritual, emotional and psychological benefit to our patients and their carers."

The Therapeutic Labyrinth Garden has been designed by Andrew Wiggins of Haywood Landscapes with help from Jeff Seward. It will include many quiet places to sit and we hope be a haven of peace for all who come into it and the path of the Labyrinth will be wide enough for wheelchairs and mobility aids.

For more information, please contact Lizzie Hopthrow on 01227 812610



DEPARTMENT OF HEALTH GRANT

In April 2007, following a successful bid by Yvonne Archer, Pilgrims Hospices were awarded £375,000 by the Department of Health to improve the healing environment of our three hospices. The Department of Health invited applications that improved the physical environment, increased comfort and promoted independence, choice and mobility for patients.

As a local charity we struggle to find our annual running costs of £7.5 million and we were delighted to carry out some improvements that we would not have been able to afford without the help of the Department of Health. The improvements are nearly complete and include the purchase of profiling beds, pressure reducing mattresses and slings at all three hospices, refurbishment of reception areas and bathrooms at Thanet, new car parks at Canterbury and Ashford as well as the creation of the therapeutic labyrinth at Canterbury.





Sunflower Appeal

Inside your magazine you will find a sunflower window sticker. Please display it to show your support. 83p in every £1 goes directly on patient care and over 75% of our funds come from people like you. If you would like to support this years' Sunflower Appeal you can send in a donation with this form. Alternatively, if you have some spare time and want to organise a Sunflower collection in your local areas, please contact 01233 504102. *Thank you!*

Name
Address
Postcode
Mobile
Email
Credit/Debit Card Number
<input type="text"/>
Expiry Date
<input type="text"/>
Issue Number
<input type="text"/>
Security Number
<input type="text"/> last three digits on the back

giftaid it Please sign the Gift Aid Declaration below if you are a UK taxpayer

Using Gift Aid means that for every £1 that you give, we claim an extra 28 pence from the Inland Revenue, helping your donation go further at no extra cost to you. I want Pilgrims Hospices in East Kent to treat all donations I make on or after 6th April 2000 as Gift Aid donations. I have paid or will pay income tax or capital gains tax equal to the tax deducted from my gift.

SIGNATURE _____ DATE _____

Meet the team



Ian Ashton

What's your job here at the Hospice?

I am the Catering and Domestic Supervisor at the Canterbury Hospice; responsible for the areas of ordering food, preparing and cooking meals as well as for the cleaning team.

What were your first reactions?

When I started in March it was great to find excellent staff morale. I work with a great bunch and they get on with the job very well and are very willing to learn.

I am really keen to get my teeth into the job and look at updating some of our existing practices. I would like to help ensure that our patients have a consistent and excellent service.

What do you do in your spare time?

I like cycling around Barham to help get rid of some spare weight! I am also into collecting old VW Camper vans – they are a money pit!

Tell me something that we might not already know about you.

I have been around the world with the Army and once worked at Buckingham Palace where I cooked for Prince Andrew.



You could win up to £20,000 by playing the Pilgrims Hospice Lottery. Each week our Lottery has a guaranteed £4,000 prize fund, this includes a weekly £500 rollover, which if not won will rollover for a maximum of 40 weeks, at which time one lucky member will win £20,000.

To play, please visit our website www.pilgrimshospice.org



56 London Road, Canterbury, Kent CT2 8JA
☎ 01227 812624 with voicemail or ☎ 01227 459700

Hythe Road, Willersborough, Ashford, Kent TN24 0NE
☎ 01233 504115 with voicemail or ☎ 01233 504100

Ramsgate Road, Margate, Kent CT9 4AD
☎ 01843 233924 with voicemail or ☎ 01843 233920