

# InFormation

ST. MICHAEL'S HOSPICE NEWS WINTER 2019

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ST.MICHAEL'S  
**HOSPICE**  
(NORTH HAMPSHIRE)



# Chief Executive's Brief

I'd like to wish all of you a happy New Year as we enter the fourth decade of providing services to the great people of Basingstoke and North Hampshire. Since opening our doors in the early nineties, we have helped thousands of local people through very difficult times in their lives.

In the last few months we received astonishing support at our Christmas Light up a Life event, community engagement activities and through our retail stores. The challenges we face in generating funds highlights just how reliant we are on the generosity and dedication of our community and it really feels like everyone around us is pulling together to ensure we can continue our work.

This year we plan to continue to improve the environment for patients and families who visit the Hospice. If funding allows, we want to enhance our in-patient facilities along with the older parts of the building to make it more suitable for modern Hospice care. Increasing our reach is always a priority to ensure those in need can access our services and benefit from the numerous things we offer like occupational therapy and family support. Unfortunately, I regularly reflect on how our ability to do this is intrinsically linked to how many people buy from our charity shops or hold cake sales for us. I believe our Hospice is an integral part of the local health and social care system and we will always strive to collaborate and partner with other providers to keep patients at the centre and improve outcomes. As you will see on page 6 of this newsletter, we have been fortunate enough to recruit two very special trustees to our board. Their experience should give us the very best chance of achieving our goals.

## festival PLACE

B A S I N G S T O K E

The New Year marks the start of a long-term partnership with Festival Place who are committed to working with us over the next few years. Neil Churchill and his team at the centre bring energy and the opportunity to raise both funds and awareness of our work in the community and I look forward to sharing plans with you in the coming months.

Thank you all for your support, in any way you give it. I believe North Hampshire has one of the best hospices around and it really is because of you. We have many events planned throughout the coming year and I look forward to meeting with as many of you as possible. Best wishes again for the year ahead!

Iain Cameron

CHIEF EXECUTIVE



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Cover image: Light Up a Life 2019

Above: Moonlight Walk 2019. Read more about Team Mumma G (inset photo) on pages 17 and 18.



# Director of Patient Services Report

I would like to start by wishing you all a very happy New Year and hope that you enjoyed your festive celebrations. In my role at the Hospice, I am reminded on a regular basis that none of us really know what lies ahead and not to take anything for granted. One thing is for sure though, as well as new opportunities, most of us will face some challenges in one shape or form.

Whilst looking ahead to 2020, it is important to celebrate the successes of 2019 and thank staff for their contribution and dedication. Some of our key achievements include the introduction of our Family Support Team, the appointment of our new In-Patient Unit Ward Manager, a very positive quality assurance visit from our local commissioning group and finally our on-going compliments and feedback from our patients and their families.

2019 has also been a year for focusing on our working environment and culture. Our improved staff engagement has seen us come together as a whole organisation, with a better understanding of each other's roles and how these contribute to shaping our vision collectively.

From a clinical perspective, I enter the new decade with optimism and hope. Having faced some difficulties last year in terms of recruitment, I am delighted to report we are starting the new year in a very positive light, having welcomed several new members of staff to our nursing teams in both the in-patient unit and out in the community. Whilst we continue to identify and recruit new members of staff, we will support all our team members to make sure they are confident in delivering the best possible care.

In November, I attended the Hospice UK conference, "Dying for Change," which gave me the opportunity to hear some truly motivating speakers and reflect on where we are as a

hospice. As the conference title suggests, the programme was bold and dynamic – focusing on the themes of evolution and revolution, whilst offering some very practical ideas and solutions that I could bring back to St. Michael's for implementation.

We've known for many years that revolutionary change is needed in the way society approaches death and dying, and that we need radical new ways of meeting the challenge to provide effective, meaningful and compassionate care at scale. We also know that genuine revolutionary change is difficult to achieve amidst the daily pressures and constraints of maintaining and extending our services, so this sets the theme of our year ahead!

As a team, we will face these challenges together. Whilst we appreciate that the need for our service will increase, we remain committed to delivering high quality care.

In the forthcoming newsletters, I will share some of our inspirational patient and family stories with you. In the meantime, I wish you all well and thank you again for your continued support.

**Julie Spreadbury**

DIRECTOR OF PATIENT SERVICES

[julie.spreadbury@stmichaelshospice.org.uk](mailto:julie.spreadbury@stmichaelshospice.org.uk)



# The Facilities Team

The Facilities Team came together in 2018 and incorporates maintenance, housekeeping, catering and, from this January, the Hospice reception. Within these four areas we have the following members of staff.

**Our maintenance team** – Paul Upson, Facilities Manager and Trevor Miller, Assistant Facilities Manager.

**Our housekeeping team** – Claire Irving, Housekeeping Supervisor, and housekeepers Maria Sagnella, Elizabeth Hillier, Debra Furness, Sarah Chapman and Katarzyna Wolczynoka supported by a small team of bank housekeepers, Janet O'Toole, Karen Allen, Natasha Mafu and Nicola Bridges.

**Our Chefs** – Scott Fisher Collins with Janet O'Toole and Biju Thomas as our weekend bank chefs.

All four areas within Facilities cover a vast amount of services for the Hospice including onsite buildings and grounds maintenance programmes, domestic cleaning and linen services, catering for patients, staff and visitors, together with patient and visitor interactions on our main reception.

The team is kindly supported by many volunteers whom we are very grateful to have working alongside us. The team members constantly go over and above their duties and consistently show heartfelt compassion, understanding and respect to our patients, relatives and visitors. They are an amazing team which I am extremely proud to lead.

**Kim Leggett**

HEAD OF FACILITIES

[kim.leggett@stmichaelshospice.org.uk](mailto:kim.leggett@stmichaelshospice.org.uk)






## VOLUNTARY SERVICES UPDATE

# Volunteer Christmas Party



We had three packed out sessions for our Christmas Parties and it was so nice to see so many volunteers from across the organisation come along. It is our way of saying thank you for all your help and support.

Thank you to all our Volunteers for being amazing. You give so much to enable the Hospice to be the wonderful place it is today for our patients and families.



If you know anyone who would like to be a volunteer, or if you are interested yourself, please contact the Voluntary Services Team on

**01256 844744** or email us at  
**[volunteer@stmichaelshospice.org.uk](mailto:volunteer@stmichaelshospice.org.uk)**

All our vacancies are on our website  
**[www.stmichaelshospice.org.uk](http://www.stmichaelshospice.org.uk)**



**ODIHAM  
COTTAGE  
HOSPITAL**

After 5 years at the helm, Maria Bryant has retired from her role as the Befriending Coordinator. Thank you to Maria for all her hard work and support over the years in growing the Befriending Service. We now have over 50 Befriender Volunteers. Enjoy your retirement Maria!

The new Befriending Manager is Una Tilt who has already started taking the Befriending Service forward. We wish Una all the best in her new role.

# Retail Update

**Following a busy summer, we have had a very successful autumn and December.**

Our Christmas cards sold out and all shops have seen a good upward trend in both footfall and income. As a result, the last few months have seen Retail exceeding their targets by large margins.

Many of our stores had very fruitful Christmas Events including Overton's Christmas Market, Yuletide in Alton and a Late-Night Shopping event in Brighton Hill.

South Ham held their popular Countdown to Christmas with different offers every day in December and we were lucky enough to have St. Marks Church Choir do a lovely Carol Service outside of our store in Kempshott where we

stayed open late to allow people to shop in our newest store.

We are now looking forward to 2020 and the ongoing challenge to maximise the profit from our Retail stores for our Hospice, patients and their families.

In the meantime, we would like to wish all our customers and donors a very happy and healthy New Year.

*Ann Schuster*

**HEAD OF RETAIL**

[ann.schuster@stmichaelshospice.org.uk](mailto:ann.schuster@stmichaelshospice.org.uk)



**THE MOONLIGHT WALK 'RAGS TO RICHES' TEAM FROM RETAIL WHO RAISED £860 FOR THE HOSPICE.**

# Trustee Update

**As part of a regular rotation of trustees, we recently said goodbye to two of our longstanding trustees as new trustees joined the team.**

We would like to thank Miss Anne Stebbing and Dr Mike Reynolds for the hard work they gave to the Hospice over their years as trustees. We are very grateful to both of them.

We were delighted to welcome to the team Drs. Charlotte Hutchings and Peter Kaye.

## **Our Trustee board is:**

Andrew Chancellor, Chairman, Eugenie Verney, Vice-chair, Chris Burghes, Christian de Ferranti, Gary Fowie, Hugh Freeman, Charlotte Hutchings, Peter Kaye, Melissa Poulter, David Salisbury, Suzie Scott-Malden.

More details can be found on our website at [stmichaelshospice.org.uk/Trustees](http://stmichaelshospice.org.uk/Trustees)



## **Dr Charlotte Hutchings**

Charlotte qualified as a doctor in 1993 and has been a GP partner at Whitewater Health in Hartley Wintney since 2000. As well as being a GP, Charlotte is also a GP trainer, teaching prospective

GPs and medical students, has worked with Wessex Macmillan since 2012, and is the End of Life Clinical Lead and Deputy Clinical Chair for the North Hampshire CCG. Charlotte has always had a special interest in palliative care and is part of St. Michael's rota of weekend doctors.



## **Dr Peter Kaye**

Peter's wide career in medicine has taken him to Saint Lucia, Mysore, the US and New Zealand. He has been working in palliative care for over 30 years having started in his profession alongside the founder of

the hospice movement, Dame Cicely Saunders, at St. Christopher's Hospice. As well as being Medical Director at a number of different hospices, Peter has written successful books on symptom control and on breaking bad news. He has also delivered lectures and workshops on those subjects as well as on team working, family support, spiritual care and communication skills.

# Fundraising Update

The last few months have been very busy thanks to all our amazing supporters! Over the next few pages your fundraising team are delighted to recognise some of the fundraising activities that have been happening across our community, with our corporate partners and our Hospice events. We are extremely privileged to have such wonderful support and on behalf of all here at the Hospice, our patients, their families and carers thank you so much for all you do for us. We simply could not continue to provide the care and support we do without you.

This is **YOUR** fundraising team and we are here to assist and support you in whatever way we can. We love getting involved so if you have an event happening or have had a fundraising activity that you wish to share with us, please contact one of the team and let us know – you never know, you could be starring in the next edition of our magazine!

**Jackie Ridge**

HEAD OF FUNDRAISING

[jackie.ridge@stmichaelsospice.org.uk](mailto:jackie.ridge@stmichaelsospice.org.uk)

## Trusts Update

Trusts and other grant making institutions remain an important source of income for St. Michael's Hospice (North Hampshire). We currently enjoy the support of a number of charitable trusts. Some of our benefactors have been helping us since the beginning, others have donated more recently.

## THANK YOU TO...

Over the past quarter, we have received a total of £5,400 from four wonderful Trusts. A huge thank you to the **Masonic Charitable Foundation**, **The Misselbrook Trust**, **The Manydown Charitable Trust** and the **Chineham Parish Council**.

We are keen to develop further relationships with trustees and correspondents of charitable trusts and foundations. If you are a trustee or representative of a Trust and would like to support St. Michael's Hospice or find out more about our work, please contact **Emma Knill** on **01256 848849** or email [emma.knill@stmichaelsospice.org.uk](mailto:emma.knill@stmichaelsospice.org.uk)



**Masonic**  
Charitable Foundation

**Chineham Parish Council**







## MOONLIGHT WALK

This year saw over 420 walkers out in force wearing their pyjamas and onesies to take part in this year's Moonlight Walk. Supporters enjoyed face painting, pick n mix and the selfie booth, before being surprised by the Rock Choir who performed a fantastic flash mob! A big thank you to our walkers, who have currently raised an amazing £32,800 for the Hospice. The highest total since 2011!

## LIGHT UP A LIFE

We concluded our events calendar with our special and poignant Light up a Life celebration on Sunday 1st December. Over 500 people attended the service to unveil their dedicated stars on our memory boards, listen to Christmas carols sung by Ooh Mama Ladies Choir, accompanied by the Basingstoke Silver Band, and browse around our Christmas stalls whilst enjoying a glass of mulled wine and a delicious mince pie. The service also included our Hospice Christmas light switch on and our first minute of remembrance for supporters to reflect. A big thank you to our supporters for dedicating their stars, which has currently raised over £15,000!



# Brand New!

## ACCUMULATOR CHALLENGE



Back in December, we held an Awards Night to celebrate the success of each of the 10 teams who took on our Accumulator Challenge! A total of 18 different fundraising events and initiatives have been held by our teams including; a beach party, quiz nights, race nights, bonus ball challenges, cake sales and even a painting competition! A huge congratulations to all the teams involved for their hard work. It has truly paid off as they have collectively raised over £15,700 which is incredible!

The awards were named in honour of Flight Sergeant Anna Irwin who passed away in October 2017.

## A POUND FOR PATIENTS DAY

We are thrilled to be holding our A Pound for Patients Day for 2020 on Friday 31st January! We would love to see the local community all coming together to raise as many pounds as possible in just 24 hours. There are so many different ways you could be involved and no idea is too big or too small!! To be involved and find out more information please email Lynne Grimshaw at

[lynne.grimshaw@stmichaelsospice.org.uk](mailto:lynne.grimshaw@stmichaelsospice.org.uk)



# The winning teams were:

## Money Spinners

Winners of the Flight Sergeant Irwin Special Recognition Award and the Most Innovative Fundraising Award



## Beaufort Financial

Winners of the Flight Sergeant Irwin Runners Up Award



## LOTTERY

The St. Michael's Hospice Lottery is now online! You can sign up to be part of the weekly lottery and be in for a chance of winning £1,000 each week while supporting our patients and their families. With over 600 weekly draws already taken place and 12,000 winners, you could be a lucky winner too! Visit [www.stmichaelshospice.org.uk/Lottery\\_Online](http://www.stmichaelshospice.org.uk/Lottery_Online) to sign up now.



## More Teams!





# Community Spirit

We have once again been very fortunate to have the amazing local community of North Hampshire fundraising for our patients and their families. We would like to say a massive THANK YOU to everyone who helped us. Here is a snapshot of just some of the activities over the last quarter...

The **Wandering Wrinklies** held their annual golf tournament, this year at Basingstoke Golf Club and raised £3,000 on the day.

## Basingstoke Camera Club



The very talented **Basingstoke Camera Club** held their Open Exhibition recently and raised £2,000. They have supported the Hospice for the last 3 years and all together have raised £10,000 which is amazing.

£1,500 was raised by the **Loddon Valley Lions Club** who supported the Hospice at their Charity Golf Day this year. A great day and evening was enjoyed by many keen golfers.

.....  
**The Upton Grey Autumn Festival** was held on Saturday 30th October with lots of spooky fancy dress, games and ending in a fantastic firework display. Despite the very wet weather on the day £934 was raised.

.....  
**Brimpton Village Hall** held a Pudding Competition which raised a fantastic £375 with the winner being a rather delicious Sticky Toffee Pudding.

.....  
The popular **The Queens Arms** quiz night has raised a total of £292 this quarter.

## Daniel Box NY Marathon



## Natalie Pearson Great South Run



## Hannah Helbert - Tough Mudder



## Basingstoke Half Marathon & 10K Hospice Runners



We have had several runners take on various challenges this quarter including **Basingstoke Half Marathon, The Great South Run, parkrun, Tough Mudder** and **New York Marathon**. All together they have raised the amazing total of £4,293 and earned themselves a chance to put their feet up and relax.



**Hazel Taylor** held a coffee morning in Ramsdell Village Hall which raised £57.

.....

The hardworking **children of The Crofts** cleaned cars in their neighbourhood for a donation to the Hospice and raised £38.

### Jackie Keep - Afternoon Tea



**Jackie Keep** organised an afternoon tea for 69 people in September. The room and cakes looked amazing and the day raised £1,100.

### Fin & Erin - Snowdon Trek



**Fin & Erin** climbed the fourth hardest track up Snowdon with no complaints and smiles on their faces. They raised a fantastic £351 while doing so.

## Daisy Mitchell

DEPUTY HEAD OF FUNDRAISING  
daisy.mitchell@stmichaelshospice.org.uk

### Voices for Hospices



We were delighted to be selected as one of the seven local Hospices to benefit from this year's **Voices for Hospices** performance of Mendelssohn's Elijah which was held in the beautiful Winchester Cathedral on Saturday 12th October. The event made the amazing total of £21,000, of which we were presented with a cheque for £3,000 that will make a huge difference to the Hospice.

**Judy Brown** celebrated her birthday in November and asked for donations to the Hospice in lieu of presents from guests at her party. Thanks to her generous friends and family £123 was raised.

### The Malls Christmas Light Switch On



**The Malls** Christmas Light switch on was a great evening with lots of festive cheer and carols. The lights were switched on by actor John Challis. Thank you to everyone who supported and helped us raise the fantastic amount of £203.

**This quarter community activities have raised over £49,000 which will help to pay for the cost of running all Hospice services for 86 hours.**

# Thank you!



Thank you to all our corporate supporters and their staff for their fundraising, donations of gifts and project work. **Without the support of the local business community we simply could not continue to offer our services to patients and families in the area at a time when they are most needed.**

## Asset Advantage



**Asset Advantage** Christmas tree – Asset Advantage kindly donated our large real Christmas tree which sat proudly at the front of the Hospice. They had great fun decorating it and it was pride of place ready for our Light up a Life Service!

## Juniper Research



## Farley Greene



Halloween cake sales – **Juniper Research & Farley Greene** produced their finest Bake-Off entries for their Halloween Cake Sale. There were some fantastic efforts and they raised £222 and £66 respectively.

For information on how companies can support St. Michael's Hospice, please contact Nicola Lawrence, Corporate and Community Coordinator, at [Nicola.lawrence@stmichaelshospice.org.uk](mailto:Nicola.lawrence@stmichaelshospice.org.uk) or **01256 848842**

## Eli Lily



### Eli Lily corporate day – We really worked

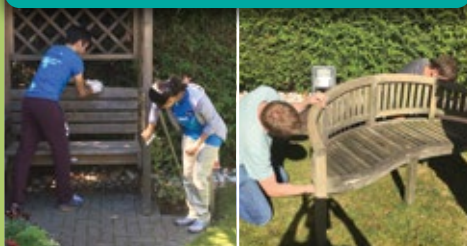
Eli Lily hard when they came in to transform the drive way into the Hospice. The view out of the patients' windows is much more interesting now with plants and bird tables. Thank you so much to all who came on the day!

## Century Link



**Century Link** managed to entice a large team of runners to take part in the Basingstoke Half and 10K and raised over £2,000 which is fantastic!

## British Gas



**British Gas** volunteer day – A huge thank you to the staff at British Gas who came in to work in our Labyrinth recently. They jet washed and painted to transform the area and make it a lot brighter!

## Trade Partners

We continue to receive fabulous support from the following companies.

### Tony Green Plumbing and Heating

– a £5 donation to St. Michael's Hospice for all boiler services.  
(Contact 01256 472600 / 07989 920108)

### "Free" Drains Services Ltd

– providing emergency drainage work at the Hospice grounds free of charge including annual maintenance checks.  
(Contact Alex on 07973 298781)

### John Stacey & Son

– provide skip hire, delivery & collection all free of charge to St. Michael's Hospice  
(Contact 0118 981 3531)

### Sarah Gaunt Photography

– providing photography for the Hospice throughout the year  
(Contact Sarah on 07931 900834)

While we are grateful to our partners for donating a share of their earnings, we are unable to endorse their professional services.





# Spotlight on...

**JO MELLOR**  
DEPUTY WARD SISTER –  
ST. MICHAEL'S HOSPICE

Our Deputy Ward Sister recently returned from her second trip to Hoima in Uganda with the Basingstoke and North Hampshire Hospital's (BNHH) Hoima Partnership. She took some time out to tell us about her trip.

I first went to Uganda in May 2017. I have a friend, a paediatric nurse, who has gone to Uganda for the past 11 years and I often listened to her tales and thought I would love to do that. It wasn't until the Little Hospice Hoima was discovered by the group that it seemed right for me to visit as this was my area of nursing expertise. Most of the other participants are connected to BNHH in some way. On our trip there was one community doctor, three nurses, one HCA, one teacher and her 23-year-old son.

The day always starts with the team having breakfast then we all go our different ways. I walk to the Hospice, which takes about 10 minutes. The Hospice always starts its days with a short religious service for the mixture of Christian and Muslim staff.

One staff member will then go out with the driver to visit patients in outlying areas in their homes. One staff member stays in the Hospice to see drop-in patients, there are no in-patient beds. On some days the staff go to outreach clinics to see patients in far-off areas and once a month they go to a refugee camp which accommodates refugees from the DRC, Kenya or sometimes Sudan. On

Tuesdays and Thursdays, one staff member will visit palliative patients in the Hospital.

There are of course lots of differences with nursing here. Medication is very limited, there is no sophisticated equipment and everything is paper based. The roads are very poor and people live in such rural settings that it is difficult to reach them. Language is a problem too. Even though people are taught in English at school and it is spoken, a lack of education in some rural areas means people speak their own tribal languages and these vary greatly in different localities.

Some things had changed since my first visit. The town has extra roads and buildings to accommodate the oil business (oil has been found on the shores of nearby Lake Albert). However, not much has changed in the medical system. The Hospice is funded mostly by overseas charitable donations so, due to a decline in donations, one of the outreach clinics that we visited last time has been stopped.

It's difficult to quantify what impact the project has on the Hospice as it's only myself and another nurse, who accompanied me last time, who have worked there. The charity has supported them financially and I feel they really appreciate the support we give them by being there and acknowledging what they do.



It's difficult to say if we make any lasting impact. You can't wander into someone's country and tell them how to do things but you can support them in small ways. We always take supplies out to them; we are each allowed an extra weight allowance of 23kgs so we pack our bags full of supplement drinks, which are very much appreciated, old dressings, bandages, clothes and toys plus other odds and ends.

There are aspects of the being in Hoima that can be difficult emotionally but I cope with it by having my professional head on. It can be very hard when you see young people dying, especially leaving young children behind with no government support. The children touch your heart as they have nothing and to see their faces light up by just giving them some sweets is amazing. They always share with

their siblings and friends without having to be asked. I gave a small girl at the Hospice a toy umbrella which I had bought for £1 from the Hospice charity shop. She loved it, it was as though I had given her the world.

Ugandans are by nature pleasant, friendly people. In the tiny rural villages, people support their neighbours and extended families even though they have very little themselves. They are patient and will wait for hours, even days, just to be seen by someone medical and never make any demands. Being in Uganda doesn't really change my approach to nursing when I return because it is so completely different but it does make me realise how very fortunate we are to have such wonderful medical care for everyone.

I always bring back a sense of the privilege of being accepted into people's homes and their gratitude that we are visiting them. It's very humbling. I really hope to go back again.



Jo, far left, with Paula, a teacher at a malnutrition clinic where these ladies are cooking for malnourished children and showing their mothers how to cook and feed their children.



This was taken at a village near Lake Albert where some midwives had opened an outreach clinic for mothers to give birth safely.



Paula blowing bubbles with the children at a school where she painted one of the classrooms.

# An Inspiration...

## MY MOTHER... INGE LISE GEE (LISA)



Lisa sadly passed away  
in May 2019

### It's true when they say nothing in life is guaranteed apart from taxes and death...

In October 2018, my brother and his two best friends decided they wanted to raise money for the Hospice. After throwing out a few ideas, they decided on shaving their hair off and growing it for 1 year. Two weeks after this they were in a pub packed with people waiting for the 'big cut' to happen, which then resulted with the boys' eyebrows coming off too!

Little did we know we would be experiencing the Hospice services first hand very soon after this. Less than 5 months later, my mum was admitted to St. Michael's Hospice because 6 weeks before we had been given the bombshell that she had incurable and inoperable pancreatic cancer.

Time seemed to freeze when Mum was given her diagnosis. From mum feeling unwell, to being diagnosed, to being admitted to hospital and then to the Hospice is particularly foggy for us. It was and still is a big blur of 'why my wife and why our mum....'

Mum was highly ambitious, positive, kind, creative, fun and had the most wicked sense of humour, always having crazy ideas and living life to the fullest. She travelled the world living in many cities, New York, Rome, Geneva to name a few and met my dad in Russia, moving from Denmark to the UK over 38 years ago.

Lisa (as she was known in the UK) was a practice nurse. She cared for the community, was loved by them and always put others before herself. As children our mother always told us, it costs nothing to be kind, the world needs more of it. Words that have always stuck with us.

Being a nurse meant she also knew exactly what lay ahead with this diagnosis. We were terrified, scared and concerned. How could such a good person who was fit and active be given this life sentence? Nothing compares to seeing someone you love in so much pain, it's traumatic and heart wrenching. We felt helpless faced with this dreadful disease and researched every avenue possible but the cancer was too advanced to reverse.

Mum knew the Hospice was the best place for her as they were very focused on pain control and quality of life, which were the most important things to her. Lisa was always the one caring for us when we were poorly, giving us solutions to problems. Now tables had turned and it was our turn to care for her; we couldn't make her better but we could make sure that she laughed every day.

As soon as Mum was admitted to the Hospice she felt comfortable. The staff were a fantastic support, kind, respectful and considerate. They made such a heartbreaking time as warm and calm as possible. We were truly humbled by the care, compassion, dignity and grace they provided.

We knew what the inevitable was, as much as denial was there we had to face it. Mum had come to terms with what was happening although she didn't like it; she was scared but she was a realist. We knew we had to make the most of every minute we could spend together. These were the hardest weeks of our lives but were filled with great laughs and part of that was down to the staff at the Hospice making life easier for us, becoming a second family. Lisa had great banter with the nurses. They loved her warm, funny personality and the room would always be full of people as we talked, sung, laughed and cried.

When Mum passed away it was calm, peaceful and natural. We know that is how she wanted it and we thank the Hospice for this. The sky gained a bright star when my dad's beautiful doting wife and our amazing, incredible mother passed.



*Celebrating her 70th in Athens, with her husband Mansel, daughter Zara & son Sebastian*



*Lisa was a big part of the community, pictured her with a wall tapestry she made for Fairfield's School*



*Lisa's dream was to see polar bears, and she did that in Canada in 2017*

She was our best friend, our rock, our strength. We live on in her memory and strive to be like her. She was a wonderful character and had a massive impact on people's lives, just as the Hospice has had on ours.

Everyone has a story. It costs nothing to be kind, considerate and caring; the Hospice proved what my mum had always told us. They gave us the most touching support and that will stay with us forever. These thoughtful facilities and services made the time easier on both a practical and emotional level but would be nothing without the staff. One of the biggest things was the time they gave to our mum and to us to make sense of what was happening, which was so important.

'C'est la vie', that's life, was one of my mums most used phrases. Sometimes things are out of our control and whilst we might not like it we must try and accept them and try to make a positive from a very bad situation... our way of doing this is helping the Hospice.

A few friends and I took part in Moonlight Walk, to raise awareness and funds for the Hospice. This was an event my mum always took part in and

'Team Mumma G' did amazing! Well done girls!

It's been a hot summer of long itchy hair for the three boys and their 'no haircut' challenge but they didn't give up because they were doing it for a fantastic cause. Mum was so proud of her son and his friends for doing this, even if she did take the mickey out of their 'new look' and tried to encourage sparkly hair accessories.

Seb, Zak and Neil's haircut challenge finished mid-October and they have dedicated it in memory of Lisa. Families and friends of the boys are so proud. So much awareness was raised for the Hospice, which is what they set out to achieve, and of course they raised a phenomenal amount for the Hospice! Well done boys!

Our lives will never have the same brightness without our mum but we are forever in awe and grateful for the time we did spend with such a wonderful woman.

The Hospice staff are truly angels that walk amongst us. We are forever grateful for everything they did for our mum and for us.

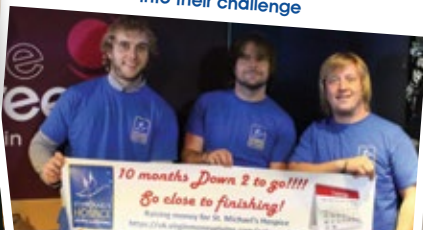
**A big thank you from the Gee family xx**

## Zara Gee

*Zak, Neil & Sebastian with Lynne from St. Michael's Hospice on the night of the 'big cut'*



*Sebastian, Neil & Zak 10 months into their challenge*





# FARLEIGH WALLOP Woodland Walk

Join us on either our **5 mile** or **10 mile** walk through the grounds of the prestigious Farleigh Wallop Estate.

**SUNDAY 5<sup>TH</sup> APRIL 2020**  
starting at 9:30am

Farleigh Wallop Estate, Home Farm Barn, Farleigh Wallop, Basingstoke, RG25 2HX  
By kind invitation of Viscount Lymington.

Register online today at:

**[stmichaelshospice.org.uk/events](http://stmichaelshospice.org.uk/events)**

**ENTRY FEE:**

Adult: £15.00 | Child: £8.00

Family: £34.00 (2 adults + 2 children) Dogs are welcome!

Limited to 500 people only.

Please be aware areas of the routes are unsuitable for wheelchairs and pushchairs. Please see our terms and conditions for more information.



 @smhbasinstoke #woodlandwalk  St. Michael's Hospice (North Hampshire) Registered Charity No. 1002856

 [events@stmichaelshospice.org.uk](mailto:events@stmichaelshospice.org.uk)

 01256 848848

 [stmichaelshospice.org.uk](http://stmichaelshospice.org.uk)



# St. Michael's Hospice

## Calendar of Events 2020

5<sup>th</sup> APRIL



**Farleigh Wallop  
Woodland Walk**

13<sup>th</sup> MAY



**Basingstoke Run**  
**\*New Location\***

7<sup>th</sup> JUNE



**Sunflower  
Celebration**

26<sup>th</sup> JULY



**Big Wheel**  
**\*New Location\***

Walk **RUN**  
Celebrate  
**Bike**  
Fundraise  
Golf  
*Dress up!*  
*Remember*

5<sup>th</sup> SEPTEMBER



**Moonlight Walk**

7<sup>th</sup> SEPTEMBER  
- 7<sup>th</sup> DECEMBER



**Accumulator  
Challenge**

25<sup>th</sup> SEPTEMBER



**SMH Golf Day**

6<sup>th</sup> DECEMBER



**Light up a Life**

# Supporting generations to come



*Make  
a Will*   
Fortnight

2nd - 13th  
March  
**2020**



St. Michael's Hospice (North Hampshire)  
@smhbasingstoke  
#makeawill

Registered Charity No. 1002856

 **CONTACT**  
01256 848848

 **EMAIL**  
fundraising@stmichaels hospice.org.uk

 **WEBSITE**  
stmichaels hospice.org.uk

**Have you recently moved house, got married, had children, become grandparents, retired or never got around to making a Will?**

**During Make a Will Fortnight participating local solicitors will waive their fee for having a standard Will written or updated in return for you making a donation to St. Michael's Hospice.**

All you need to do is contact one of the local solicitors below to make an appointment, quoting 'St. Michael's Hospice Make a Will Fortnight'. A minimum donation will be provided to you by the solicitor.

You may also consider leaving a gift in your Will to St. Michael's Hospice to allow us to continue to invest in patient care and facilities for future generations.

There is no obligation to remember St. Michael's Hospice in your Will, however

leaving a legacy, whether small or large, is a wonderful way to continue supporting a cause you care deeply about.

Please note solicitors fees are waived for simple Wills; if your Will is deemed 'complex', for example, if it involves tax or other specialist legal advice, a fee for the additional work will be agreed in advance.

Home visits may incur an additional charge.

Thank you to all participating solicitors for their fantastic support of St. Michael's Hospice.

**60%**

of UK parents don't have a valid will  
– Dec 2018

**31 million**

UK adults do not have a will  
– Feb 2018

## Participating Solicitors

**Clarke and Son - Claire Redhead & Nia Wharry**  
Manor House, 8 Winchester Road  
Basingstoke, Hampshire, RG21 8JG  
01256 320555 • [clarkeandson.co.uk](http://clarkeandson.co.uk)  
[nwharry@clarkeandson.co.uk](mailto:nwharry@clarkeandson.co.uk)

**Brain Chase Coles - Lucy Watson**  
Haymarket House, 20-24 Wote Street,  
Basingstoke, Hampshire, RG21 7NL  
01256 354481 • [brainchasecoles.co.uk](http://brainchasecoles.co.uk)

**Lamb Brooks LLP - Suzanne Harding**  
Victoria House, 39 Winchester Street,  
Basingstoke, Hampshire, RG21 7EQ  
01256 844888 • [lambbrooks.com](http://lambbrooks.com)  
[suzanne.harding@lambbrooks.com](mailto:suzanne.harding@lambbrooks.com)

**Phillips Solicitors - Caroline Wallis & Claire – Marie Selwood**  
Town Gate, 38 London Street  
Basingstoke, Hampshire, RG21 7NU  
01256 460830 • [phillips-law.co.uk](http://phillips-law.co.uk)

**Wills Chandler - Mark Hill & Emma Pilbeam**  
76 Bounty Road, Basingstoke,  
Hampshire, RG21 3BZ  
01256 322911 • [wills.chandler.co.uk](http://wills.chandler.co.uk)

Appointments are limited and are booked on a first come first serve basis.

# Will Checklist

1. Your full name:

2. Date of birth:

3. Your address:

Postcode:

4. Tel Home: Mobile:

5. Full name and date of birth of spouse / partner:

6. Please give the names and ages of your children:

7. Please state the names and addresses of your Executors.  
They must have agreed to act as your Executors.

A. Full name: Address: Post code:

B. Full name: Address: Post code:

8. Do you wish to make specific monetary gifts? If so please state the amount, and give the full names and addresses of all individuals (including age) and charities you want to benefit.

Can your chosen charity/charities be informed of your gift? ☐ Yes ☐ No

9. Do you wish to make specific gifts of property or other assets? If so, please give the full names and addresses of all individuals (including age) and charities you want to benefit including details of the property / assets.

A.

B.

C.

D.



**10. Who is to inherit the residue of your estate? That is, the remainder of your estate after the gifts of 8 and 9 above. Please write down in full the names and addresses of all individuals and charities (with registered charity numbers) together with their proportion of the residue of your estate.**

**11. Who will be the substitute beneficiaries of residue (e.g. children if spouse predeceases)?**

**12. Who will receive the residue should both your spouse and children die before you?**

**13. What is the rough value of your estate (all of your assets less liabilities)?**

Value of your Assets		Your Major Liabilities	
Your home	<div></div>	Your mortgage	<div></div>
Other property (including abroad)	<div></div>	Loans and overdrafts	<div></div>
Cars / vehicles	<div></div>	Credit cards	<div></div>
Home contents	<div></div>	Credit or HP agreements	<div></div>
Other items of value	<div></div>	Other liabilities	<div></div>
Money in the bank etc	<div></div>	Total Liabilities:	<div></div>
Shares / investments / national savings	<div></div>		
Insurance / pensions	<div></div>		
Other savings	<div></div>		
Other assets	<div></div>		
Total Assets:	<div></div>		

**14. Have you made an Enduring Power of Attorney or a Lasting Power of Attorney?**

# Hospice Matters

Approximately 50% of our patients are under the age of 65.

Last year we cared for a total of 531 patients living with life limiting illnesses.

We provide care to a population of circa 250,000 people.

We were built by the local community for the local community.

At St. Michael's Hospice we love to be out in the community proudly sharing our knowledge of the Hospice and the amazing services and care it provides to patients and their families, as well as how this is all funded through local fundraising. If you would like someone from St. Michael's to come and give a talk or presentation about what we do here, then please do get in touch. If you are part of a community group, club, society, school or college then we would love to hear from you so we can come and spread the word about the wonderful services we provide and how they are funded.

Email [vicki.mason@stmichaels Hospice.org.uk](mailto:vicki.mason@stmichaels Hospice.org.uk)

or call 01256 848848



ST.MICHAEL'S  
**HOSPICE**  
(NORTH HAMPSHIRE)

St. Michael's Hospice

# a pound for patients day



## Friday 31st January 2020

We are encouraging the local community to donate a **pound** to **St. Michael's Hospice** on Friday 31st January so we can see how much we can raise in just **24 hours** for our patients.

However you choose to donate or fundraise, have fun and enjoy getting involved in the celebrations when we take over North Hampshire to collect as many pounds as possible! **If you would like to get involved please contact Lynne Grimshaw at [lynne.grimshaw@stmichaelshospice.org.uk](mailto:lynne.grimshaw@stmichaelshospice.org.uk) or 01256 848848.**



ST.MICHAEL'S  
**HOSPICE**  
(NORTH HAMPSHIRE)

[www.stmichaelshospice.org.uk/A\\_Pound\\_for\\_Patients\\_Day](http://www.stmichaelshospice.org.uk/A_Pound_for_Patients_Day)

#apoundforpatientsday