

Network will now be published every three weeks.

If you have any news or an article, please contact:

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dave.gooderham@stnh.org.uk

network

Internal magazine for staff and volunteers

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Everybody needs good neighbours

We are delighted to announce that the pioneering Hospice Neighbours Scheme has been given the financial go-ahead from NHS Suffolk.

The scheme aims to reach unmet need in the community for terminally ill patients by offering them companionship and practical support from a team of local volunteers.

Run in a similar way to the First Responders, volunteers will be trained and supported by professional Hospice staff.

In addition to small but valuable tasks (outline below), patients and families will also be able to access a first response service where trained and experienced volunteers can sit with them at times of crisis.

Chief Executive Barbara Gale said: "We are delighted that this vital pilot scheme can now be up and running. It will improve the health and well-being of terminally ill patients by providing practical support and friendship and reducing carer exhaustion."

It is estimated that half of the 250 patients currently on the Hospice caseload would benefit from the scheme.



Tasks under the Neighbours Scheme could include:

- * Companionship.
- * Providing stimulation through reading.
- * Sitting at night so carers can get undisturbed sleep.
- * Responding quickly if needs or symptoms change rapidly.
- * Shopping.
- * Keeping the garden tidy.
- * Simple cleaning and household tasks.



extraordinary
people,
extraordinary
work

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

Wills Weeks

in

June 2010

**Have you made a will yet?
Don't put it off any longer!**

Make a will in June for a **suitable donation** to St Nicholas Hospice Care instead of a fee to a participating solicitor!

Achieve peace of mind for you and your family

You know what is best for your family but without a will the law will decide who will get what!



we care because you do

St Nicholas Hospice Care
A Registered Charity No. 287728

For more information please call 01284 755000 or email margaret.lee@stnh.org.uk Or go to www.stnicholashospice.org.uk

Participating Solicitors

Please call them to make an appointment.

Tuesday 1 - Tuesday 8 June
Metcalfe Copeman & Pettefar, Thetford
01842 756100

Stevens, Haverhill
01440 762511

Kester Cunningham John, BSE
01284 761233

Roythornes, Newmarket
01638 744620

Tuesday 8 - Tuesday 15 June
Whatley Lane, Newmarket
01638 561133

Rudling & Wakelam, BSE
01284 755771

Partridge & Wilson, BSE
01284 762281

Tuesday 15 - Tuesday 22 June
Overburys, Diss
01379 641221

Burnett Barker, BSE
01284 701131

Adams Harrison, Haverhill
01440 702485

Tuesday 22 - Wed 30 June
Wayman & Long, Clare
01787 277375

Atkins, BSE
01284 767766

Gross & Co, BSE
01284 763333

Willett & Co, BSE
01284 701323

Wills Weeks

The popular Wills Weeks event will again be held throughout June where local solicitors draw up your will for free in exchange for a donation to the Hospice.

This service is open to anyone. However as Hospice supporters, we would like you to be able to take advantage of this service before the general public as some solicitors have a quota on how many they can manage.

A list of the solicitors who have agreed to draw up a simple will or mirror wills in return for an appropriate donation can be found on the poster (left) or via our website.

Please telephone them to make an appointment. Thank you.

Margaret Lee, Legacy Promotions Officer.

A visit from Philadelphia



The visiting American healthcare students (left) including Diana Mitchell (right) who learns more about the work of the Hospice from Rachel Brown in Education.



The Hospice was very pleased to welcome a group of healthcare students all the way from Philadelphia.

The visit was arranged by our Education Team of Madeline Bass and Rachel Brown and saw the students learn about hospice care in this country.

Accompanied by Paul McIntosh, who is working with the Hospice on a research project in palliative care, the students were given a tour of the building and heard talks from a number of staff members.

One of them, Sam Pluy, 21, said she was very interested in learning about the differences in care in the UK and the United States.

Sam, who combines her studies with working in a hospital oncology unit in Philadelphia, said: "I have experience in hospice care back home but I was curious to find out the differences."

The students from Drexel University are in England for three months and we are the only hospice they are visiting during that time.

Patient information leaflets



Staff and volunteers working with patients and families may like to know that copies of the leaflets listed right are available from the Information Centre in Bradbury Green. These leaflets are also saved as a PDF in the S drive (General, Leaflets) so additional copies can be printed by staff if necessary. Other leaflets commissioned will follow in due course.

- Nicky's Way (adults)
- Nicky's Way (children)
- Decisions about Cardiopulmonary Resuscitation
- What to do when someone dies on Sylvan Ward
- Coroner's Investigations
- Coping with Breathlessness
- Coping with Fatigue
- The Final Days of Care
- Befriending
- Headstart
- Complementary Therapies

Speakers required



Could you spare half an hour of your time to speak to our patients in Orchard Day Therapy?

Do you have any hidden talents or hobbies that you are passionate about?

Have you had any interesting holidays and would like to share your experiences or perhaps you have had, or still do have, an interesting career that you would be willing to talk about?

Giving up just half an hour to speak to our patients in Orchard would make their day more beneficial and interesting and rewarding for yourself.

For more information contact Linda Wells on 01284 766133.

Creative pastimes



Do you have a creative hobby that you enjoy doing in your own time?

Do you make, draw, paint, bake, knit, sew, write, photograph or restore things?

We need your work for an exhibition showcasing the human importance of arts and crafts to help launch a new volunteer-led initiative with patients on Sylvan Ward.

The 'Creative Living' project will bring creative expression directly to inpatients and families and support the excellent art-related work already ongoing with our day patients.

Please bring examples of your creativity to the Hospice Reception from Monday 24 May. The exhibition will run in Bradbury Green and Sylvan Ward from 3 June 2010.

News in Brief

* **Community Fundraiser Sue Long** is appealing for volunteers to help with Euston Rural Pastimes on 13 June. By offering an hour or two, you will be eligible for free entry into the popular annual event. Volunteers are also needed for the Bury Hidden Gardens on 20 June. Anyone who can help should contact Sue on 01284 747612.



* **Liz Varney, Individual Giving Manager** will be retiring on Friday, 28 May and you are invited to Bradbury Green at 3pm for tea and cake to say a fond farewell and thank you to Liz.

A massive congratulations to the **Fundraising Team**, and of course the volunteers, who helped make last week's Paws in the Park in Brandon and the Hospice's race night at Newmarket such great successes.



* Maintenance **Handyman Roy Swarbrick** would like to thank everyone who kindly donated bottle tops following his appeal.

*Hot off the press: **Volunteer, Victoria Beswick**, has been named Young Volunteer of the Year in the East Anglian Daily Times' Community Heroes awards. Hospice volunteer, Michael Golston was also highly commended in the awards. More in the next edition of Network.

Deadlines

The copy deadline for the next edition of Network is **4 June**.

Please send all stories, pictures and events to:
dave.gooderham@stnh.org.uk.

Summer sizzle



Ian Norris and Hospice supporter Trish Muxlow helped launch the new fundraiser, Summer Sizzle, on Tuesday with staff, volunteers and patients treated to an array of barbecue food, cooked deliciously by the Catering Team. Visit the Hospice website for more information on the event.

Denise Dennis tribute

To say Denise will be missed is the understatement of the year, it is difficult to know where to begin describing her many contributions to the Hospice since the inpatient unit opened in 1993.

Denise is a wonderful nurse who truly represents what the Hospice is about. She has the ability to make patients feel special and their families feel at home, always going the extra mile.

Well-known for April Fools' jokes, she leaves behind so many memories, such as putting a nurse in a hoist to demonstrate it to a patient!

When Denise retires, it will be a sad day. She is not only a valued member of Sylvan Ward, but a dear friend. Thank you for everything Denise.

From the staff at Sylvan Ward.

Say hello, wave goodbye

Hello: Annette Musk, Samantha Howells, Gillian Ransom, all Registered General Nurses.

Goodbye: Denise Dennis, Registered General Nurse, Jane Isles, Occupational Therapist, Liz Varney, Individual Giving Manager.

Staff Support Counsellors

Liz Bircham: 01223 839494

Mary Staveley: 01284 705407

Senior Manager On Call (07774 552930)

Paul Abbott 14-21 May

Jane Doughty 21-28 May

Julie Roy 28 May-4 June

Trevor Farrington 4-11 June