

Autumn 2025



st nic's

news from **St Nicholas** Hospice Care

Inside:

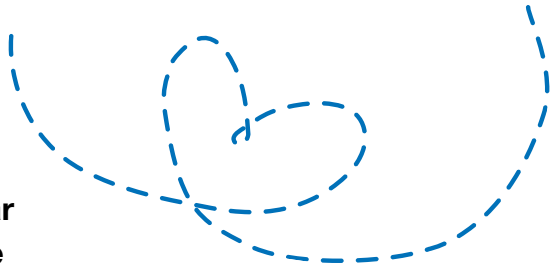
- Secondhand September: fashion that gives back
- Wills Weeks
- Events for the festive season

*because
you matter*

St Nicholas
Hospice Care

A Registered Charity No. 287773

Welcome



As autumn arrives, we find ourselves reflecting on a year that has been transformative and hopeful. Thanks to your care and support, St Nicholas Hospice Care has not only weathered challenges but is building a foundation for the future.

This season, we're celebrating the impact of secondhand generosity through our shops, and the lasting impact of gifts in Wills.

These aren't just ways to support hospice care, they're ways to make it last.

From expanding our Sylvan Ward to welcoming new volunteers, from heartfelt community events to pioneering new models of care,

your kindness has helped us reach further and stay present for those who need us most. We're proud to say it's been a positive year.

But more than numbers, it's the stories of comfort, dignity, and connection that define our success. And behind every story is someone like you.

Because you care, hospice care lasts.

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Building a future that lasts

This past year has shown what's possible when we act together.

Thanks to your support:

- We helped 1,900 people - 16% more than last year.
- We continued to widen access through our expanded ward capacity, now 12 beds.
- We also launched a new pilot Out-of-Hours service.

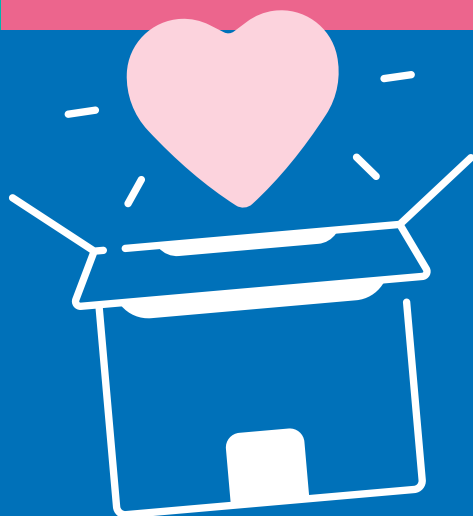


Led by Daisy, the Out-of-Hours Team includes James, a paramedic nurse specialist, and Jo, a healthcare assistant, who are piloting an initiative for home visits to those in need, especially during times when access to other support is limited.

"But as demand grows and care becomes more complex, sustainable funding is more vital than ever."

This is why we're highlighting the types of funding that can make a lasting difference.

- Every gift of time, donation, or shop purchase provides steady support.
- A gift in your Will, of any size, helps lay a reliable foundation for care.



Your support helps us care today and plan for tomorrow.

Sustainable fashion, sustainable care.



Barbara

This September, we're highlighting Secondhand September, and who better to guide us than Justine Blofield, Assistant Shop Manager at our Barton Road shop.



Rosie

Thank you to our retail staff and volunteers who selected outfits and modelled for our campaign.

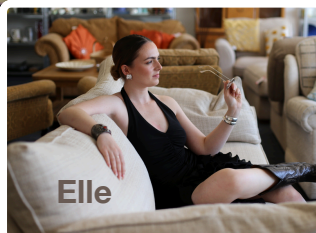
"I've followed Secondhand September online for several years," says Justine. "This campaign is brilliant at highlighting how shopping pre-loved is so relevant to people in all walks of life, it's about so much more than just cheap prices. The benefits of secondhand goods are incredible, and it's so great to see it talked about."

"Charity shops play a huge role in making sustainable shopping available to everyone."

Think about where all our unwanted goods would go if we didn't have these. Vital charity shops like ours work tirelessly to clean, merchandise, re-purpose and re-sell high quality items that would ordinarily end up in landfill, damaging our planet for future generations."



Dylan



Elle

To mark the campaign, our Barton Road and Haverhill shops will be featured in a local magazine. Justine and her volunteers, alongside customers from our Haverhill shop, styled outfits that proved secondhand doesn't mean second best.

Justine says: "What makes pre-loved goods so interesting to me, is that it makes you look at each item in a completely different way. They don't come with a pre-disposed purpose.

"Buy something because you like the colour, texture or fabric, if it speaks to you, it's for you. The styling possibilities of a piece of clothing, furniture or bric-a-brac are endless, and there is so much available when you shop sustainably, it can be very inspiring!

"When you discover your treasure for the day, it can be very exciting. That excitement is contagious, and you will always find smiles in charity shops - customers, staff and volunteers alike.

"Lots of our customers just love shopping with us, but lots have personal stories linked with the Hospice itself. Hearing about the patients and families we've supported in their end-of-life journeys makes our jobs so very gratifying, it gives retail soul.

"Our customers also become our friends, we see them weekly and some even daily. They see the care we put into curating items, and we see the love and joy of them finding them. It's a real community."

Justine

Shop
to
Care



See the back page for
a list of our shops

Why volunteer and supporter Marion chooses to leave a gift



"I first came into real contact with St Nic's when visiting a neighbour who was receiving the Hospice's care and support - the quality of which so impressed me that I decided, once I had retired, that I would find out more about the service the Hospice provides. Initially, I was quite taken aback by the range of work the Hospice covers in order to support patients in the later stages of life, as well as their loved ones. As I got to know the workings of the Hospice better I could see that, although there were medical and nursing staff, there were also retail workers, support staff, catering and facilities staff, fundraisers and volunteers, all working as a team with one aim to ensure that everyone matters in life and death.

"I decided to leave a gift to the Hospice in my Will, as I passionately believe it to be a very worthy cause and I know I will be helping their amazing and important work to continue in the future. No matter the size of the gift, I know it will make a real difference to St Nic's as they continue to make a tangible impact on the community in which we live."

To download a free copy of our guide to Wills, visit our website or scan the QR code.



Your Will can do more than you think

St Nicholas
Hospice Care

good
Will
legal adviser

Support hospice care by writing your Will

These solicitors are offering Will-writing appointments in return for a donation. Writing your Will is a simple step that can help to provide vital care and support.

Haverhill

Adams Harrison

Call the Wills Team 01440 702485

Burnett Barker

Call the Wills Team 01284 701131

Petersfields LLP

Call Nick Timmings 01440 713223

Bury St Edmunds

Burnett Barker

Call the Wills Team 01284 701131

Thetford and Brandon

Rudlings

Call Christine Cullen 01284 715694

Newmarket

Bendall & Sons

Call Jamie Green 01638 661116

*because
you matter*

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Hospice Care

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**Call now to secure your appointment
and support hospice care that lasts.**

Hospice care reaches into what matters most — the person

From 6–12 October, we mark Hospice Care Week, a national campaign led by Hospice UK. This year's theme, 'Hospice care is more than you think,' invites us to look deeper, beyond the illness, beyond the clinical setting and see the person in full.

At St Nicholas Hospice Care, we believe hospice care is about living well, not just about end-of-life support. It's about dignity, compassion, and connection. Personal to each individual, whoever and wherever they are.



Scan the code
to find out more

Help us show why fair funding for hospices matters.

We'll be joining hospices across the country and writing to our local MPs, encouraging them to visit a recreated hospice at home in Westminster.

Your voice can also make a difference, so join with us, and write to your MP and help us make hospice care impossible to ignore.

Reaching further than you might expect

Our care reaches into the community in ways that many don't realise. Through services like Hospice Neighbours, volunteers offer companionship and connection to those who might otherwise feel isolated.

For one Hospice Neighbour, weekly visits and a fish and chip supper brings a lot of joy:

"We get on really well - I visit every week and bring fish and chips with me for our supper! We have a good natter and enjoy our treat together. I really look forward to our time together each week."

Our care reaches into homes, hearts, and communities to make a real difference, wherever it's needed most.

**Would you like
to be a Hospice
Neighbour?**

Volunteer on our website



For Paul: Deirdre's challenge

Since 2020, Deirdre Siddaway has been running in memory of her husband, Paul, who died five years ago, just four and a half months after being diagnosed with cancer.

This July, Deirdre took on her biggest challenge yet, running 10 half marathons in 10 consecutive days at the Suffolk Running Centre with ZigZag Running's Great Barrow Challenge.

Deirdre says: "St Nicholas Hospice supported us both every step of the way."

"I honestly do not know what we would have done without them. I will never be able to thank the team enough and really want to raise funds so they can continue supporting people and families on their cancer journey."

Having marshalled this event for the past two years, and having spent months training, Deirdre took on the challenge, which she described as the "greatest physical challenge of my life", just before her 62nd birthday.

Deirdre's wonderful efforts raised £1,180 which will help support the vital care and support we offer across the community.





Walking for Wills: Sunset Walk

This summer, the Davis family joined hundreds of others to take part in our second Sunset Walk. They walked in memory of their beloved son, William, affectionately known as Wills, who died at the Hospice in October 2023.

Wills and his family were supported by us for five years, and on the evening of the walk, his family were joined by some of Wills' care team to mark his life.

Wills had a rare genetic condition called Tuberous Sclerosis Complex, which caused tumours to grow throughout his body.

Wills' Mum Paula explained: "He lived with complex epilepsy, autism, severe learning disabilities, and behaviours that challenged, but above all, he lived with an infectious love for life. With his wicked sense of comic timing and the biggest smile, he brought immense joy to those around him.

"He was always scared in hospital but the Hospice gave him, his care team and our family the support to say our goodbyes and tell him how much we loved him."

"He was so loved by so many. We will always be grateful for the care and comfort given at the worst time of our lives."

Thank you to our supporters

Here is just a snapshot of some of the wonderful ways our supporters have made a difference to the Hospice.

Our second Sunset Walk, sponsored by Greene King, took place on June 21, and what an evening it was. Hundreds of walkers paced the streets of Bury St Edmunds.

We're thrilled to share that this year's Sunset Walk has raised an incredible £111,844.10.

Thank you to every walker, volunteer, sponsor, performer, and business who supported us. Your help truly makes a difference.



We'd like to say a special big thank you to Hannah Youngs, Angelina Sabatino, Sarah and Joseph Button, Team Terry, The Beasties Team, and Angel Hill Surgery Team for their immense efforts and fundraising.

We're pleased to be able to share that the Sunset Walk will return for its third year on Saturday, 20 June, 2026. Please save the date.

Coffee cups are being raised in aid of us, thanks to the generosity of local businesses.

Quick off the boil, The Coffee House in Fornham, started their "1p from every coffee" campaign years ago and it has meant that over £30,000 has been raised to support hospice care. This incredible initiative has even inspired others, including Ivy and Bond and Seasoned, the team behind the catering and bars at The Athenaeum and The Apex.



A massive thank you to the team from Felixstowe Ambulance Station who completed the Three Peaks Challenge in support of us and St Elizabeth Hospice.



The team took on the challenge in memory of Melanie Row. Toni Brown also completed the 100km Lake District challenge in memory of Melanie. More than £2,000 has been raised in her memory.



We're so grateful to the team at My Thai Chef Melford, and everyone who supported Sawasdee Melford, which raised an amazing £2,260.

Fundraise
to
Care   

Visit our website
for more events
or information



Light up a life

St Nicholas Hospice Care

Our **Light Up a Life** events are free and open to all, not just those connected to someone cared for by St Nic's.

They offer a meaningful way to come together as a community during the festive season and share a moment of reflection, with music and readings.

You are invited, should you wish, to have the names of those you want to remember read out at an event.

You can do this by visiting our website:
stnicholashospice.org.uk/lightupalife



Or call Supporter
Care on
01284 715566

because
you matter

St Nicholas
Hospice Care

A Registered Charity No. 287773

Sponsored by:

Armstrongs
INDEPENDENT FUNERAL SERVICE

ChassisCab
TRUCK & VAN CENTRES

Join us at one of our
remembrance events

23 Nov	Sudbury St Gregory's Church, CO10 1BA	3pm
25 Nov	Lavenham St Peter and St Paul Church, CO10 9SA	7pm
04 Dec	Thetford Methodist Church, IP24 2BQ	7pm
06 Dec	Hospice Hardwick Lane, IP33 2QY Booking required	3.30pm
07 Dec	Bury St Edmunds St Mary's Church, IP33 1RT	4.30pm
09 Dec	Mildenhall King's Church, IP28 7EF	7pm
11 Dec	Newmarket All Saints Church, CB8 8ES	7pm
13 Dec	Haverhill St Mary's Church, CB9 8AX	3pm
14 Dec	Hospice Hardwick Lane, IP33 2QY Booking required	3.30pm



A Hospice Exclusive

Thursday 9 October 2025

Gala

An Evening Gala in aid of
St Nicholas Hospice Care

at All Saints Hotel, Golf and Spa



Entertainment by
Freddy de Lord



Guest speaker
David Domoney


St Nicholas Hospice Care
Firewalk
Kindly sponsored by **Ashtons**
LEGAL

21 November

at The Tollgate Pub,
Bury St Edmunds



Festive
Fun Run 2025

at West Stow Country Park

Run with the whole family!
1.5k / 2.5k / 5k routes
Cross-country trail

30 November

Kindly sponsored by



Havebury
Housing Partnership

**Join in
the fun**

More details on these events
and others on our website
stnicholashospice.org.uk/events



Do you need to update your details or contact preferences?

If we need to amend our records, please email your new details (please include your old address details too) to SupporterCare@stnh.org.uk.

Visit stnicholashospice.org.uk/yourdata
to learn more about how we look after your data.



Our shops



Bury St Edmunds: Barton Road

The Bartons Retail Park,
Bury St Edmunds, IP32 7BE
Tel: 01284 747613

St John's Street

87 St John's Street, Bury St Edmunds,
IP33 1SQ Tel: 01284 756197

Haverhill

St Nicholas Hospice Care Haverhill Hub,
Camps Road, Haverhill, CB9 8HB
Tel: 01440 712992

Long Melford

10 Hall Street, Long Melford, CO10 9JF
Tel: 01787 468626

Mildenhall

8-14 Mill Street, Mildenhall, IP28 7DP
Tel: 01638 717965

Newmarket

79 High Street, Newmarket, CB8 8LB
Tel: 01638 669750

Sudbury

8 Gainsborough Street, Sudbury, CO10
2ET Tel: 01787 373330

Keep in touch



Tel: 01284 715566

SupporterCare@stnh.org.uk

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www.stnicholashospice.org.uk

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