

Spring 2026



# st nic's

news from **St Nicholas** Hospice Care



Leaving a gift in our Will:  
*"A natural thing to do"*

*because  
you matter*

**St Nicholas**  
Hospice Care

A Registered Charity No. 287773

## Inside:

- Fundraising update
- Janet and John on leaving a gift in their Will
- Get involved - 2026 events

# Your Hospice

Welcome

Welcome to the Spring edition of St Nic's Magazine.

**Every day, I am reminded of what makes this Hospice extraordinary: you.**

Our community is the beating heart of everything we do. Whether it's a kind word, a fundraising challenge, a gift in a Will, or a quiet act of care, your support helps ensure that no one in West Suffolk or Thetford faces dying, death or grief alone.

Over the past year, more people than ever have turned to us for comfort, expertise and compassion. And each time, thanks to you, we've been able to be there, in homes, on our ward, out in the community and at the end of the phone when someone needs us most.

*Thank you for standing with us.*

Linda McEnhill, CEO



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# You've kept us going!

**70% of income is raised through voluntary support.**

As we near the end of the 2025–26 financial year, and following the publication of our Annual Report at the end of last year, we wanted to reflect on just how much your generosity achieved in 2024–25. It was a landmark year that strengthened the foundations we're building on.

## Thanks to you

Most of our care is funded not by the NHS, but by you through donations, fundraising, retail support, our lottery, and gifts in Wills. Together, you helped raise £5.8m, enabling us to support around 2,000 people.

**Your support ensured families across West Suffolk and Thetford could receive compassionate, specialist care when they needed it most. It's not possible without you.**

**£5.8m raised**

*"Supporters baked, walked, cycled, sang, climbed, hosted challenges, and filled our shops with donated items. Community groups, schools, workplaces, trusts and foundations all played their part. Gifts in Wills contributed an outstanding £1.61m, an enduring act of kindness that will support families for years to come."*

**Rob Moon,**  
Director of Income  
Generation.



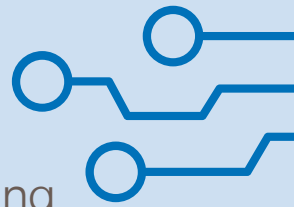
## What next

Thanks to your support, we can be optimistic about continuing our progress on key developments and growing our services, while planning for the future with our community.

**You are making this progress possible. Thank you.**

# A digital leap

**Safer care** with electronic prescribing



**We are delighted to share how we are moving into a new era of medicines management with the introduction of Electronic Prescribing and Medicines Administration (EPMA) on our Sylvan Ward.**

This major upgrade, made possible by the Government hospice funding announced in 2025, marks a significant milestone in our ongoing commitment to improving patient safety and care quality.

EPMA replaces traditional paper-based prescribing with a fully digital system designed to enhance accuracy, reduce the potential for medication errors, and streamline medicines management across the ward. This means safer processes, clearer communication, and an even higher standard of care for those we support.

To enable this work, building improvements began in early February, including the creation of a larger pharmacy room. Please keep an eye out for our next edition of St Nic's Magazine, where we hope to be able to share more about this exciting development.

*"EPMA will make a real difference to how we care for people. Having safer, clearer prescribing at our fingertips means we can focus even more on what matters most: supporting patients and families with compassion."*

**Sarah Mollart,**  
Palliative Care Consultant.



# When it matters most

Successfully piloting 24/7 home support



**From the very beginning, our Out-of-Hours (OOH) Specialist Palliative Care Service has been quietly making a big difference.**

Launched in July 2025, the service, which is staffed overnight by a Specialist Paramedic and a Hospice Care Assistant, ensures people receiving palliative care at home can access expert support when night-time worries feel greatest.

The service's aim has always been simple: to help people remain where they feel most comfortable and avoid unnecessary hospital admissions.

In its first six months, the team supported 224 patients through more than 300 contacts, offering symptom management, practical help and reassurance, with 99.68% of people able to remain at home, in line with their wishes.

Working closely with local partners, the OOH team ensures people receive the right support at the right time. Following the success of the pilot, additional funding from our Integrated Care Board means the service will now expand from three nights a week to a full seven-night provision, offering compassionate support every night.

*"This service began with a simple but important goal: to be there when people need us most. As we move into this next phase, providing support every night of the week, we remain deeply grateful to everyone who makes this care possible."*

**Daisy Jacobs**  
**(Project lead),**  
Hospice's  
Advanced  
Clinical  
Practitioner.



# Service in focus:

## Complementary Therapies



**This year, our Complementary Therapy Service has continued on an exciting and important path.**

With new resources, more volunteers and stronger awareness across the organisation, the service is now reaching many more people whose needs were previously unmet.

Referrals have risen as more patients, carers and families experience the benefits of aromatherapy, reflexology and gentle massage. This growth shows how essential these therapies are for emotional and physical wellbeing, while also easing pressures on other teams. By providing meaningful, non-clinical support at crucial moments, complementary therapy is helping people feel calmer, more comfortable and more connected during some of life's hardest times.

*"My passion for complementary therapy stems from a deep belief that true healing encompasses the mind, body and spirit.*

*"When combined with conventional medicine, these therapies can ease pain, reduce anxiety and foster a sense of peace. Our volunteers share that same compassion and commitment, and together, we're proud to offer comfort and dignity to those who need it most."*

**Irene Clark,**  
Complementary Therapist.



# The future of hospice care

Why your voice, support and compassion matter more than ever.

**Hospices across the UK are navigating significant change. From national debates to funding pressures, the future of end-of-life care is being shaped right now.**



## Assisted dying debate

National discussions around assisted dying are evolving. While the law has not changed, it remains a sensitive issue that raises understandable questions.

Our Hospice remains neutral. We neither support nor oppose assisted dying.

Our focus is constant: delivering high-quality, inclusive palliative care and supporting informed choice for every person we serve.

## Financial pressures and the need for fair funding

Hospices across the UK face growing financial pressures. We're currently stable, but cautious about the future. Sustainable long-term funding is essential if we're to develop services, widen access, and meet the demands of an ageing population.

Nationally, Hospice UK is calling for fairer, more reliable funding to help safeguard care.



**Your support directly shapes the future of hospice care.**

By sharing why hospice care matters, you help protect and grow vital services.

# “It’s a no brainer...”

## Why a gift in their Will matters

**For Janet and John, the decision to leave a gift in their Will to the Hospice grew slowly and naturally, shaped by years of seeing the difference it makes.**

They’ve lived their whole lives in Bury St Edmunds, surrounded by friends, family and neighbours who’ve needed the Hospice at different times.

Their own experiences brought the importance sharply into focus. Janet survived two serious bouts of cancer. “I was very poorly for a long time,” she says. “I am definitely a very, very grateful survivor.”

John’s mother received day support that lifted her spirits during a difficult time. The care she received stayed with them.



**“She used to come back excited and enthused at what they’d done for her that day,”** he remembers. These moments made them realise how essential the Hospice is.



**“Things were there when I needed them, and I want them there when other people need them.”**

Janet

## Inspired by past generosity

Janet and John know just how much the Hospice depends on support to survive. As Janet puts it...

*“...There’s so much we can do to create money, but they need much, much more than we could ever think.”*

Janet

As volunteers, they’ve seen first-hand that day-to-day fundraising can only go so far, and that long-term stability relies on generosity beyond regular giving. John echoes this reality:

**“Without people being generous in the past and leaving legacies, the current work wouldn’t be able to happen.”**

For them, a gift in their Will is a practical way to help the Hospice plan ahead with confidence.

As Janet says, it’s a chance to support “the future expansion of the Hospice in the years to come, which is desperately important.”

## Protect care for future families

For Janet and John, leaving a gift is simply giving back to the community that has shaped their lives. They know how quickly circumstances can change, and how a health scare, a crisis or a loss can make the Hospice’s support feel indispensable.



*“If people are considering leaving a legacy,” John says, “don’t think twice... it’s our Hospice, our community.”*

**Find out more about leaving a gift in your Will:**

[stnicholashospice.org.uk/giftinwill](http://stnicholashospice.org.uk/giftinwill)

# Wonderful Milestones



**One of the most moving moments of 2025 was our Christmas Appeal, which raised more than £70,000.**

Central to this was Miranda Currie, who bravely shared her story. Nearly 20 years of connection with the Hospice, through her own illness, the loss of her mother, and the final months of her husband Ritchie's life, have shown her how deeply hospice care "stays," offering comfort long after each moment has passed.



**Two decades of connection**

## Committed support



For nearly 40 years, the Rickinghall Area Hospice Fundraisers (RAHOF) have been a shining example of community kindness and dedication. Since forming in 1987, they have raised an extraordinary £240,000 for us.

**Beyond fundraising, they have helped raise vital awareness across local communities. RAHOF's remarkable legacy continues to make a difference.**



**Our corporate supporter club, Link, celebrated its second birthday, and a new partnership with sponsor Everywhen.**



**The family and friends of Zena Butcher have reached an extraordinary milestone, raising an incredible £100,000 for us in her memory.**

Zena died in 2005 at the age of 37 after a six-year battle with a malignant brain tumour, and in the two decades since, those who loved her have transformed their grief into a lasting legacy.

Ten years after her death, her partner Darren, daughter Connie, and their family launched the Zena 10 initiative, and what began as a £10,000 fundraising goal grew and grew.

Over 20 years, Zena's supporters have organised 63 fundraising events and received 836 donations, with help from local businesses, schools, clubs, and individuals.

***"Mum was full of life. Strong, confident, funny, and endlessly kind. She was so well-loved in Bury St Edmunds that over 600 people came to her funeral.***

***"That alone tells you just how many lives she touched. I truly believe Mum would be proud. Proud that in her name, we've spent the last 20 years turning grief into action, and pain into purpose."***

**Connie Gibbs**  
Zena's daughter



# Thank you to our supporters

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

## Making every mile count

Millie Harpur ran the Lisbon Marathon back in October 2025 and raised £5,465.41.



## Shining lights led to thousands raised

Impressive light displays in Chippenham led to thousands raised when Liam and Rob put together a Halloween walkthrough experience and Christmas lights display, raising £12,382.



## Continued support

Mr Mike Hall has continued his support for us, with his most recent donation of £840 following a very busy coffee morning.

## Folk-fuelled fundraising

Thank you to the ShantyFolk, South Suffolk's beloved shanty crew. Known for their rousing sea songs and infectious energy, they bring maritime history to life with every chorus and having picked us as their charity of the year, they raised a wonderful £4,632.

## Remembering those we miss

Last year our St Nic's tribute pages raised an incredible £52,045.01. These donations were made in memory of loved ones through our partnership with MuchLoved.

## Thank you for joining us

Thanks to all those who have supported our Sunset Walk, St Nicholas Hospice Care 10K, Firewalk, Fireworks Night (in partnership with St Edmundsbury Theatre Services and Bury St Edmunds Town Council) and Festive Fun Run.

## Plenty of festive cheer

We want to say a big thank you to all of those individuals, businesses and groups who made sure there was plenty of Christmas magic at the Hospice through their kind donations. Your support brought plenty of smiles and made all the difference at the end of 2025.



## Running groups raced ahead

The Stanton Steamers ran an Advent Challenge and raised £320. While the Moreton Hall Runners and Marham Park Runners completed their own 1p a Mile Strava Challenge which resulted in £150.



## Fundraising hit the target

A huge thank you to everyone who made our Corporate Clay Shoot, sponsored by Lovewell Blake, such a fantastic success. Our hosts at Eriswell Lodge provided a brilliant venue and warm hospitality throughout the day.



## Backed by businesses

We are grateful to all of the companies and businesses who kindly choose the Hospice as their charity of the year for 2025. Among those were Plumbcity, Quality Equipment, British Sugar, Everywhen and Chassis Cab.



This summer we will be introducing a new in-memory event, Sunflower Memories. We will be inviting you to join us to celebrate and remember the lives of those no longer with us. The Hospice garden will include a sea of yellow sunflower markers filling the flowerbeds, each dedicated to someone special. Look out for information on our website and social media.



## June

- 1: Volunteers' Week
- 14: The Hidden Gardens of Bury, sponsored by Bedfords Estate Agents and Greene and Greene
- 20: Sunset Walk, sponsored by Greene King

## May

- 4: Dying Matters Awareness Week
- 10: St Nic's Cycle Ride, sponsored by Atkins Dellow and supported by event partners Maglia Rosso
- 22: Corporate Golf Day, sponsored by FWD Accountants and Merita Wealth

**August 2:  
Skydive Day**



## September

- 27: The St Nicholas Hospice Care 10K Run, sponsored by Skechers Performance
- 4: Firewalk, sponsored by Ashtons Legal



June 10–14, July 22–16  
or September 9–13:  
London to Paris Bike Ride

October 2026:  
Hospice Care Week



## October

2: Corporate Clay Shoot  
sponsored by  
Lovewell Blake

## November

2: Sahara Trek  
29: Festive Fun Run, sponsored  
by Havebury Homes



Join in  
the fun

We'd love to see you at  
our events.

[stnicholashospice.org.uk/events](https://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](mailto:SupporterCare@stnh.org.uk).



Visit [stnicholashospice.org.uk/yourdata](http://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**

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