Ways to remember

Remember a loved one through events and tributes

because you matter



Need to talk? 01284 766133 stnicholashospicecare.org.uk

Bereavement support

Adult bereavement

One-to-one support and a variety of group activities.

Through being listened to in a nonjudgmental, honest and respectful way, and joining other bereaved people to brush up on skills or learn new ones, confidence can be built and healing may begin. Meetings take place either at the Hospice or in your home.

Helping children

The death of a close family member can be overwhelming for a child.

At Nicky's Way, we believe children and young people have a great capacity to survive the death of a close family member and the journey is made easier for them by being alongside others.

A walking group for bereaved people

'Stepping Forward' may be just the thing to help you get back on track...

Enjoy the benefits of the great outdoors and gain understanding and support through organised walks.



The Tree of Reflection

The Tree of Reflection offers a place of tranquillity and a chance to remember a lost loved one in a very special way.

The Tree is a unique creation taking pride of place in a wooded area of the Hospice gardens. We invite you to acquire a leaf and to have it inscribed with the name of a loved one, with dates and a short message of remembrance.

Neither you, nor the person you wish to remember, needs to have had any prior connection to the Hospice.



To request a leaf please call 01284 715559 or visit our website www.stnicholashospicecare.org.uk

Thanksgiving and remembrance services

Twice each year we organise a **Thanksgiving and Remembrance Service** at the Hospice which we invite bereaved families to attend.



Light up a Life

Christmas is a season of joy, but for many people it can also be a **time to remember** loved ones.

St Nicholas Hospice Care and local churches work in partnership to offer the opportunity for bereaved families to celebrate and remember those they miss.

Light up a Life services across West Suffolk and Thetford include music and the opportunity to hear the names of loved ones read out.

To request your loved one's name be read out at a service please call **01284 715558** or visit our website **www.stnicholashospicecare.org.uk**



Echoleft

Create beautiful memorial websites and raise money for St Nicholas Hospice Care via in-memoriam donations and fundraising events.

Draw together every strand of a life story in one place. Photo albums in drawers and cupboards, family overseas, stories told in a forgotten email: bring them all together for everyone to look back on, and show children and grand-children the impact of a loved one's life.

To create your own memorial website please visit https://stnicholashospicecare.echoleft.com



How to create a memorial website

Γ

	n Echoleft
account.	
Your name	
Joe	Bloggs
First Name	Last Name
Email	
joe.bloggs@gma	il.com
Choose a passwor	d:

Visite **www.stnicholashospice care.echoleft.com** and click Create an Account.

Enter your details and choose a password.

Details	Photo (optional)	Privacy
W	hat is their nam	e?
Jane	Bloggs	
 First name 	* Last name	
Whe 8	• May • 193	

Enter details of the person you wish to remember.

lf you choose	Create a memorial. to share this memoral with family & friends later, a photo will	help them find it.
Details	Photo (optional)	Privacy
	Would you like to add a photo Jane Bloggs?	of
	A photo will help friends and family recognise this memorial. It can be a quote, favourite picture or anything that as a reminder.	acts
	Upload A Photo Adding a photo is fast and simple.	
3	Photos are a great way to share me with friends and family.	emories

If desired, add a photo to the memorial page.



Choose who you would like to have access to the memorial page.

You can now invite friends and family to add photos and stories.

Girls Night Out

Girls Night Out is a sponsored moonlight walk and our biggest fundraising event of the year, when more than 2,200 women don their pyjamas and flashing bunny ears to walk 11.2 or six miles around Bury St Edmunds.

The walk starts from Angel Hill and follows a moonlit route through Bury St Edmunds. Walk with us and be part of something incredible.

For more information and sign-up details please call **01284 766133** or visit our website **www.girlsnightoutwalk.org.uk**





A Gift in your Will

Many of our supporters have already pledged to help future generations by leaving us gifts – large and small – in their wills.

Leaving a gift in your will is a straightforward process and your solicitor will be able to advise you when you make or amend your will. You will need to give your solicitor our full name, St Nicholas Hospice Care, our address and our registered charity number, 287773.

For more help and advice about your will please call **01284 715559** or visit our website **www.stnicholashospicecare.org.uk**

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Your name Address

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Email	
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giftana u	Boost your donation by 25p of Gift Aid

for every £1 you donate.

tax year. Your address is needed to identify you as a current UK taxpayer. Gift Aid is reclaimed by the charity from the tax you pay for the current

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid this donation and any donations I make in the future or have made in the past 4 years to St Nicholas Hospice Care. am a UK taxpayer and understand that if I pay less Income Tax and/ \geq donations in that tax year it is my responsibility to pay any difference. or Capital Gains Tax than the amount of Gift Aid claimed on all my Today's date D D M Signature

If you pay Income Tax at the higher or additional rate and want to receive want to cancel this declaration
 change your name or home address donations on your Self-Assessment tax return or ask HM Revenue and the additional tax relief due to you, you must include all your Gift Aid no longer pay sufficient tax on your income and/or capital gains Customs to adjust your tax code. Please notify the charity if you:

Registered Charity No. 287773 Registered Company 1748046 St Nicholas Hospice (Suffolk) Ltd by guarantee

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for Standing Orders Bank name:	
Bank/building society address:	Please return to: St Nicholas Hospice
	Care, Hardwick Lane,
Name (s) of account holder(s):	Buffolk IP33 2QY
Bank/building society account number: Branch sort code:	Bank reference
	(to be completed by the Hospice):
I want to make a regular monthly gift of: 0.53 0.55 0.510 0.0ther £	
	(please state amount)
Signature(s): Today's date: DD	XX
Please debit my account and send as per the details shown here to: Barclays Bank plc Payee: St Nicholas Hospice (Suffolk) Sort Code: 20-16-46 Account No: 40791679	Vo: 40791679
or for Donations	
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I enclose a cheque/postal order made payable to: St Nicholas Hospice Care	(piease state amount)
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DATA PROTECTION St Nicholas Hospice Care would like to send you information about our work and fundraising activities If you would like to receive mailines from us please fick this hor.	< and fundraising

Contact us

01284 766133

enquiries@stnh.org.uk www.stnicholashospicecare.org.uk

The Hospice's telephone advice line is available **24 hours a day, 365 days a year**.

because you matter



This leaflet is available in different formats upon request. Please contact the Marketing and Communications Department for further information on 01284 766133.

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