



# Guardians

Securing bereavement support

*Pledge your support for our services*

*because  
you matter*

**St Nicholas**  
Hospice Care

A Registered Charity No. 287773

# The Guardians programme

## Welcome and introduction

### **Who are Guardians?**

Guardians are a group of caring, compassionate supporters who care deeply about their community. They donate regularly to ensure our bereavement services are here for anyone struggling with grief.

### **Why are they needed?**

At St Nicholas Hospice Care we believe grief is a journey no one should have to walk alone, which is why we offer comprehensive bereavement services to anyone in our community who is struggling with grief.

When someone close to you dies, it can be really tough. Grief can leave you feeling overwhelmed, isolated, or lost.

Each year in our community over 1,800 people will die, leaving grieving family and friends behind.

Our incredible Guardians help ensure our services are there when they need them.

*“Guardians pledge to give £2,000 a year to help secure the future of our services.”*



# Guardians are helping to create a community where everyone's grief is recognised and supported.

Grief can be different for everyone. Our services give people a safe space to talk about their feelings and opportunities to meet others who understand. They include one-to-one counselling, peer support groups, and our dedicated programme for children and young people known as 'Nicky's Way'.

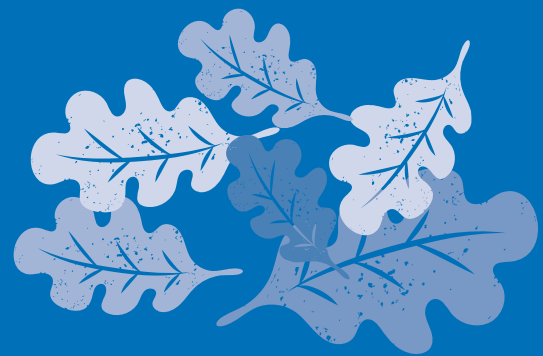
In 2023-24, we supported more than 700 people across West Suffolk and Thetford. None of this would have been possible without the generous support of our community.

Each year it costs around £210,000 to deliver our bereavement services, and demand for these services is rising every day. As a charity, we need to secure enough funds to ensure we can be here to help when people need us.

Our generous Guardians pledge to give £2,000 a year to help provide security and sustainability for our services.

*"I made a phone call and they literally saved my life..."*

*...it was wonderful to be able to talk anonymously to someone in a safe space and just let everything out..."*



# Make a lasting difference by becoming a Guardian today

Our services are here to support anyone in the local community who has been bereaved including adults, children, and families.

We supported Jo Birch and her young daughter Maddie after her husband, John, died in 2015.

John was diagnosed with stage four small cell lung cancer when Maddie was just four years old.

When John's pain became too difficult to control, a hospital doctor recommended contacting the Hospice. Soon after, John, Jo, and Maddie joined us on our inpatient ward.

Jo remembers: "The minute we walked through the door we were overwhelmed with a sense of peace and comfort. It's such a happy, friendly place and that radiates from the staff. We walked in and it was like we were at home.

"I'll never forget him turning to me when he was in the Hospice and saying, 'you can be my wife now, not my nurse.'

"As well as so, so much else, that's what the Hospice gave me – the chance to be a wife again. They gave us the gift of time together and we soaked it up.

"When he did pass, I'd always expected it would be dramatic, but it wasn't, it was beautiful, it couldn't have been more perfect. The last thing he said to me was that he loved me, one of the nurses put his arm around me and he passed, it was beautiful.

"I always say that the Hospice staff and volunteers are angels, to me they always will be, for those precious few weeks they gave me my husband back and they gave our daughter her Daddy. I will be forever grateful."



Maddie was just four years old when her Dad died. Fortunately, she was able to attend our specialist children's bereavement programme, Nicky's Way. The programme aims to normalise expressing and talking about grief. To help children feel less isolated and give them the tools to develop their own coping mechanisms.

In her own words, the programme taught her: "... it's ok to cry, be angry, or feel sick or scared because there's always someone there for you."

Now, Maddie is a kind, happy, compassionate young person and she and her Mum remain close friends of the Hospice. By becoming a Guardian today, you will be helping children like Maddie and parents like Jo.

Have you lost someone?

Have you lost someone? you could lose anyone like a pet a brother a sister a dad a Mum or grandparents or a friend or a cousin if you have those are some few things you could do. if you talk to a parent a grandparent or anyone you trust get some help at school or from a friend. hit a pillow or run around the garden for 30 mins. you should know its ok to cry be angry or feel sick or scared because theres always some there for you. but its not ok to hit your siblings pets or anything because your angry. you could also try calm breathing. So do all those things and u will feel much better!!!

Written by Maddie while receiving Nicky's Way support.

# Become a Guardian today

## As a Guardian you will:

- know that you are helping grieving people in their most difficult times
- receive regular updates on our work
- have the opportunity to visit the Hospice and meet the team
- be invited to special events
- have the opportunity to give your feedback and ideas on the development of our services.

Our dedicated Philanthropy Team, and your fellow Guardians, are looking forward to welcoming you.

## How to join

Guardians pledge to give £2,000 a year towards our bereavement services.

You can pledge to give annually by cheque or card, or you can set up a Direct Debit for your preferred frequency.

**Complete the form to become a member today.**

If you have any questions, please contact our Philanthropy Team on 01284 715566 or email [partnerships@stnh.org.uk](mailto:partnerships@stnh.org.uk).

*Together we can ensure no one in our community has to face grief alone.*

**Complete the form to become a member today.**

### Gift Aid

Remember, if you are a UK taxpayer, you can make your donation go further by providing a Gift Aid declaration. Under the HMRC scheme this will allow us to claim back 25p of tax from every £1.

And if you are a higher-rate tax payer, you can claim back the difference between the rate you normally pay and basic rate on your self-assessment tax return.

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because  
you matter

**St Nicholas**  
Hospice Care

Title:  First Name:   
Surname:  Address:   
Email:  Postcode:   
Phone no:

**Keeping in touch:** As a Guardian, you'll receive regular updates on the impact of your support, along with further news and opportunities to get involved with the Hospice through phone and mail. Please tick the boxes to confirm if you're happy to receive communications by email and SMS: Email:  SMS:

If you don't want to hear from us, or wish to change how we contact you, please email [supportercare@stnh.org.uk](mailto:supportercare@stnh.org.uk) or phone 01284 715566. Learn more at [www.stnicholashospice.org.uk/yourdata](http://www.stnicholashospice.org.uk/yourdata).

## Your donation Please indicate your pledge with a tick

**I pledge to give £2,000 a year and enclose a cheque payable to 'St Nicholas Hospice Care'.**

**I wish to give St Nicholas Hospice the sum of £2,000 a year, to be paid by Direct Debit instalments as follows:**

Annually (£2,000)  Quarterly (£500)  Monthly (£167)

**Please debit the above from my account on or around the 5th / 25th (delete) starting from:**

### Instruction to your Bank or Building Society to pay by Direct Debit

Name and address of your Bank or Building society

Name(s) of Account Holder(s)

Bank/Building society account number  Branch sort code

Signature(s)  Date

**Service User Number**

**Reference**

**Instruction to your bank/building society**  
Please pay St Nicholas Hospice Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with St Nicholas Hospice and, if so, details will be passed electronically to my bank/building society.

**DIRECT Debit**

Banks and building societies may not accept Direct Debit Instructions from some types of account.

## Gift Aid Declaration

If you are a UK taxpayer, we can reclaim 25p for every £1 you donate at no extra cost to you.

*giftaid it*

Yes, I want to Gift Aid this donation and any donations I make in the future or have made in the past four years to St Nicholas Hospice. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Today's date:

Please notify St Nicholas Hospice if you want to cancel this declaration, change your name or home address or no longer pay sufficient Income and/or Capital Gains Tax.

# About St Nicholas Hospice Care

We are an independent local charity, providing high-quality, specialist palliative care, emotional and practical support, so that no one in West Suffolk and Thetford has to face dying, death or grief alone.

Our multi-disciplinary teams enable people to have a good quality of life, for as long as possible. We care for people on our ward in Bury St Edmunds or wherever they call home. And we look after their family and friends too, because when someone is facing the end of their life, it affects everyone around them.

It costs around £8 million a year to provide our services. Although we receive some statutory funding, this only covers around 20% of our costs, meaning we are totally reliant on the generosity of the local community who support us with donations, fundraising, and spending in our charity shops.



## *Find out more*

To find out more about St Nic's or to make a donation, you can visit our website or use the contact details below:

**enquiries@stnh.org.uk**  
**www.stnicholashospice.org.uk**  
**01284 715566**

Scan using your mobile device's camera app.



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