



# Hospice Guardians

Securing the future of our care

*Pledge your support for our services*

*because  
you matter*

**St Nicholas**  
Hospice Care

A Registered Charity No. 287773

# The Hospice Guardians programme

## Welcome and introduction

### Who are Hospice Guardians?

Hospice Guardians are a group of kind, compassionate supporters who care deeply about their community. They donate regularly to ensure our services are here for local people facing dying, death and grief.

### Why are they needed?

Each year, around 1,800 people in our community face the end of their lives. For them, it's likely to be one of the hardest times of their lives and for their loved ones, too.

At St Nicholas Hospice Care, we believe no one should have to face these difficult times alone.

We're committed to providing high-quality, specialist palliative care, emotional and practical support to the people who need us. We do this on our inpatient ward in Bury St Edmunds, across the community, and wherever people call home in the West Suffolk and Thetford areas.

However, this is only possible with the support and generosity of the local community.

People like our Hospice Guardians, who help ensure our services can be here for the people who need them.

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



# Hospice Guardians help ensure that no one has to face dying, death or grief alone.

We believe hospice care isn't just about dying; it's about living as well as possible, right to the end.

With the support of our Hospice Guardians, our teams strive to give people the best quality of life possible despite their illnesses.

This might mean managing pain and other symptoms in the patient's home or on our inpatient ward; giving personal care; providing physiotherapy to keep someone mobile; offering counselling; or helping them to make special memories with loved ones.

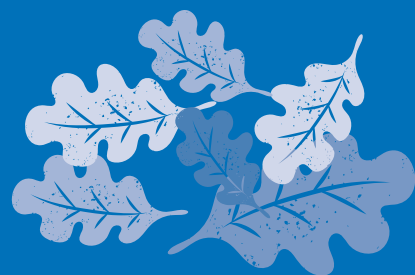
We care for the whole person, including their family and friends, because when someone is at the end of their life, we know it affects everyone around them.

**Delivering our services costs around £22,000 a day each year. While we receive some statutory funding, this only covers around 20% of our costs.**

This means our ability to continue offering care and support to local people is reliant on the generosity of supporters like you.

*"You have all been shining lights in the darkest time for us. We will be forever grateful.*

*"Whether it was a visit from a nurse, advice from a volunteer, a kind voice at the end of the phone or counselling us through our thoughts and emotions – it was so gratefully received."*



## “...the chance to be his wife again.”

Our services are here to support anyone in the local community. People like Jo, John and their daughter, Maddie.

When John was diagnosed with lung cancer, they were told it was stage four.

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 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.

“Before he moved to the Hospice, I had been his nurse. I don't think I had realised just how much time that had taken from us, how much time together we had lost.

“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.

“We were able to spend time with our three-year-old daughter as a family.

“Maddie loved being at the Hospice, as well as looking after her Dad; the staff looked after us all. On his birthday, we were out in the beautiful garden with everyone around when he looked up at me and said, ‘I've never felt so loved.’

“When he did pass, I'd always expected it would be dramatic, but it wasn't. It was beautiful, and it couldn't have been more perfect if he'd written it himself.

“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. For those precious few weeks, they gave me my husband back, and they gave our daughter her Daddy. I will be forever grateful.”



Maddie and John



Following John's death, Maddie was able to attend our specialist children's bereavement programme, Nicky's Way. This programme aims to normalise expressing and talking about grief, helping children feel less isolated and giving them the tools to develop their own coping mechanisms.

While receiving support from Nicky's Way, Maddie wrote the letter below. She had learnt that: "... 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 Hospice Guardian today, you will be helping children like Maddie and parents like Jo and John.

Have you lost someone?

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Have you lost some one? 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!!!

# Become a Hospice Guardian today

## How it works

- We ask every Guardian to pledge to give £2,000 a year or more for a minimum of three years.
- If possible, we claim Gift Aid on your donations from HMRC, increasing the value by 25p for every £1.
- Donations and Gift Aid from all Guardians are combined in a ring-fenced fund for maximum impact.
- Each year, the fund supports a specific project, service or area of need.

## How to join

- Complete the form on the next page, take a picture and send to [supportercare@stnh.org.uk](mailto:supportercare@stnh.org.uk), or complete and return it by post.
- You can pledge to give annually by cheque or card, or you can set up a Direct Debit for your preferred frequency.

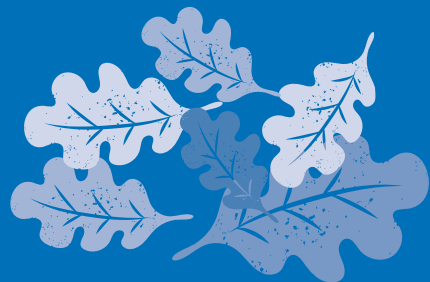
If you have any questions, please contact our Philanthropy Team on 01284 715566 or email [partnerships@stnh.org.uk](mailto:partnerships@stnh.org.uk).

## As a Guardian you will:

- Know that you are helping people through the toughest of times;
- Receive news and updates about the impact your donations make;
- Be invited to special events;
- Have the opportunity to visit the Hospice and meet our teams;
- Connect with other like-minded compassionate people.

**Our dedicated Philanthropy Team and your fellow Hospice Guardians look forward to welcoming you.**

*“Together we can ensure no one has to face dying, death or grief alone.”*



because you matter

St Nicholas Hospice Care

# Hospice Guardian pledge form

Title:  First Name:

Surname:

Email:

Phone no:

Address:

Postcode:

**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 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.

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.



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.

Please return this form to: Fundraising Team, St Nicholas Hospice Care, Hardwick Lane, Bury St Edmunds, Suffolk IP33 2QY or take a photo and email: [supportercare@stnh.org.uk](mailto:supportercare@stnh.org.uk).  
St Nicholas Hospice Registered Charity No 287773



# 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 multidisciplinary 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. We also look after their family and friends 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](mailto:enquiries@stnh.org.uk)**  
**[www.stnicholashospice.org.uk](http://www.stnicholashospice.org.uk)**  
**01284 715566**

Scan using your mobile device's camera app.



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