

Autumn 2024

# st nic's

news from **St Nicholas** Hospice Care

*because  
you matter*

**St Nicholas**  
Hospice Care

A Registered Charity No. 287773

## Inside:

How you can help us  
address the national  
hospice funding crisis



# Thank you, for celebrating with us



**On August 24, 2023, we began celebrating 40 years of St Nicholas Hospice Care. St Nic's was born out of the belief that there should be 'something better' for those facing terminal illness and their loved ones.**



Those words, spoken 40 years ago by our founder Rev Canon Richard Norburn, MBE, remain true to this day.



We're proud to have been part of our community for four decades – we've cared for you and your loved ones, and you've cared for us.

Our special Thankful event - a service of remembrance and celebration at St Edmundsbury Cathedral in May - brought hundreds of people together.

It was truly wonderful to see the families of those we have supported, alongside supporters, fundraisers, volunteers, members of staff, and those who were there at the very beginning, come together.

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## 'Because You Matter'

As part of the events and activities to mark our milestone 40th year, the Hospice was gifted a sculpture entitled 'Because You Matter' by Lavenham-based sculptor Kate Denton. The sculpture's title reflects our mission to help all those who are facing the end of life, together with their families, to continue to live a full life until the end. Made of fibreglass, the sculpture depicts two figures: A male at the lower level who is sitting, as he is no longer able to stand, being helped up to a higher level by a caring female who is holding his outstretched hand in both of hers. The piece will be auctioned to raise funds for us.



Kate Denton alongside her husband, Anthony Faulkner

## Paintings tell a story of compassion and support

Michael Pollington, our Corporate Governance Manager & IG Lead, has created a series of paintings entitled 'Darkness to Light' to illustrate the Hospice's support over the past 40 years.



Michael Pollington

Michael spent three months and over 200 hours creating the eight pieces, which tell a story of a hospice journey, starting with St Nicholas seeing a need to help, and finishing by depicting how the Hospice is there for people through death, dying and grief.

These acrylic creations have been displayed at several venues, and will also be on show at some of our Light Up a Life events.



# 40 faces, 40 years: celebrating the stories that define our journey

**Our journey over the past 40 years has been shaped by many compassionate people who have helped build our legacy, those we have cared for, and those who have supported us. Over the past year, we've been collecting stories as part of our 40 Faces of St Nic's, which you can read on our website. Here we share the Oatridge family's story.**

The Oatridge family's experience with St Nic's started after Mark, husband to Alison and dad to Callie and Miki, received the diagnosis that he had a brain tumour.

Mark and his family were told that he would need an operation, which carried significant risks. They were told the operation had been a success, but, at a follow-up appointment, Mark and Alison received worse news.

Mark had a glioblastoma, a life-limiting condition with an expected lifespan of six months without treatment and possibly up to eighteen months with it. Mark underwent fifteen rounds of radiation and eight cycles of chemotherapy but by December

2022, Mark's symptoms worsened, and Alison realised they needed more support. That's when St Nic's stepped in.



Callie says: "Their help was immeasurable. Dad was assigned a Hospice Nurse called Hannah, who visited mum and dad regularly. She was caring, patient and informative, and made sure that we had everything we needed. Mum and I benefited from the Hospice's counselling service. Volunteers even took time out of their day to drop things around and chat to mum."

"The Hospice really were amazing, that's really the only word I can use to describe it," adds Alison. "Hannah used to visit us quite a lot and she was a great support not just for Mark, but for me as well."

"Being able to ring the Hospice for advice and support was really important. There was always someone to listen and someone to offer help when we needed it."

Mark wished to spend his final days at home and the Hospice's community nursing team made this possible. Mark passed away at home on October 6, 2023, surrounded by his loved ones.

Callie says: "Dad did not want to leave his girls. If he had to leave this world, he wanted to do it where he was happiest, home with us. It is thanks to the work of the Hospice that we were able to respect dad's wishes and make his last days as comfortable as we could."

Earlier this year, Alison opened her garden in support of the Hospice as part of Thetford Open Gardens. Together, Alison and Mark had created a cottage-style garden, and participating in the open gardens was something Mark had encouraged Alison to do.



To read more of our 40 Faces of St Nic's please scan the QR code.



# *Hospice funding crisis: a message from our CEO Linda McEnhill*

**Facing a national crisis in hospice funding, we confront the reality of recent cuts by Norfolk and Waveney Integrated Care Board (ICB), which exacerbate an already challenging landscape.**

For 40 years, our hospice has provided compassionate care to those facing dying, death and grief, supporting countless families through their most challenging moments.

The decision by the Norfolk & Waveney ICB has seen us lose £80,000 of statutory funding. While the ICB may see these cuts as necessary in the short term, the long-term impact on our community could be devastating. Without warning the people of Thetford are at risk of being left without hospice services. During Hospice Care Week (October 7-13) and beyond we will be adding our voice and campaigning for increased statutory funding to safeguard the quality and availability of compassionate end-of-life support.

**It costs around £8m to run St Nic's each year. That's equivalent to £22,000 per day. Our statutory funding only covers around 20% of our costs. Our patients and their families must feel secure, knowing their needs will be met with dignity and compassion.**

**Almost every hospice in the UK is budgeting for a deficit in 2023/24, with Hospice UK estimating a shortfall of £77 million across the sector. St Nic's is one of those hospices.**

# *Act now and help us ensure hospice care for the future*

**We need your help more than ever.**

According to Hospice UK, one in five hospices are planning to reduce services due to financial constraints. This trend threatens the quality of end-of-life care that so many depend on.

Without stability, a reduction of services is inevitable. Rising costs and an overdependence on voluntary income are pushing hospices to the brink. We must urgently resolve the national funding crisis to safeguard essential end-of-life care services.

Please, pledge your support and add to our voice. Write to your local Member of Parliament (MP) to demand a sustainable funding model for hospices.

## *Your voice can make a difference.*



Scan the QR code to read more about this and find out more about writing to your MP.

**If you live in Thetford and want to share your views on the provision of end-of-life care in Thetford you can write to: NHS Norfolk and Waveney ICB, County Hall, Martineau Lane, Norwich, NR1 2DH or email: [nwicb.contactus@nhs.net](mailto:nwicb.contactus@nhs.net).**



# Nicky's Way makes a difference

**After the death of their uncle and nanny, Vicky Butler sought bereavement support from our Nicky's Way Service for her children.**

Vicky's brother was supported by the Hospice at home before his death in early 2023. Here, Vicky shares a little bit about their experience and the difference our help made.

"I have two young children, Dylan and Zoe, who really struggled after the loss of their uncle and then their nanny.

"Nicky's Way has really helped the kids understand what's been going on and helped with

their emotions, feelings and frustrations.

**"Without Nicky's Way, they would still be in a very sad state, they have helped them to be happy and make positive memories while still remembering those lost loved ones.**

"The support and encouragement are second to none, and I can't recommend their services enough. I will forever be thankful for all they have done."

Vicky and her family also had the chance to enjoy a festive visit to Melford Hall.

"We were very thankful for the gift to go and have the day together to make some happy memories, and really appreciate everything that Nicky's Way has done."



Vicky Butler and her family



Kindly supported by the  
**Simon Steady  
Memorial Fund**



## Car boot sales lead to more than £25,000

**Since 2016, St Nicholas Hospice Care volunteers, Derek and Lindsay Judd, have been going the extra mile for the charity by setting up at Barton Mills car boot sale and selling items.**

The pair, who volunteer in the charity's Mildenhall shop two half days a week, take goods that cannot be sold in the shop (for various reasons) and would usually find themselves wasted and turn them into money raised for the Hospice's shop.

So far, Derek and Lindsay have raised an amazing £25,286.10.

Lindsay explains: "What gave me the idea, I suppose, was seeing stuff that we couldn't sell in the

shop that might be of perfect use to someone going to waste, and I thought it was just such a shame.

"When we first started in 2016, we raised £300 in that year, which, as we didn't know what to expect, we were really pleased with how it went. We enjoy doing it; it does take over our house sometimes, but we do enjoy it."

Exciting news! Our Donation Centre has relocated to The Bartons Retail Park alongside our Barton Road shop, which has also expanded.





# Thank you to our supporters

It costs £22,000 a day to fund our services. We get some funding from the NHS, but we still need to raise more than £17,500 a day. Here are just a small number of our wonderful supporters that make reaching this target possible.



Due to the amazing efforts of the organisers, Thetford Open Gardens raised more than £14,000 this year.

Two reverends said goodbye to their locks and braved the shave to raise more than £5,737.61. Reverend Canon Sharon Connell (our Head of Chaplaincy Services), and the Reverend Lesley Norburn (daughter-in-law of the Hospice's late founder, Canon Richard Norburn (MBE)), decided to team up to raise funds in recognition of our 40th year. Lesley also donated her hair to Little Lady Locks, which provides free real-hair wigs to children who have lost their hair through cancer treatment or other conditions.



Jan and Jenny, who volunteer at our St John's Street shop, have raised an amazing £432 for us with a bingo night.

Harry Howell, with team mates Luke, Coral, Ken and Tom, completed the Loch Ness 24 Hour Team Relay Trail Race and raised £1,555.

Alistair Angus took on the challenge of running 100 x 1-mile loops of Suffolk Park in under 24 hours, raising £3,176.38 for us.



On September 10, 60 cyclists set off to take on the Bury St Edmunds Rugby Club's 50th Anniversary Memorial Cycle Ride. The challenge marks 50 years since the Ermenonville air disaster that killed 346 people including 18 members of the rugby club in 1974.



Our Skydive Day soared for 2024. We had more people than ever before sign up as we celebrated 40 years of St Nic's.

We are pleased to share that our Skydive Day has raised more than £28,000, the most we've ever raised.

Sponsored by Hugh J Boswell, it was a fantastic day, which saw 35 brave individuals take the leap for us and throw themselves out of a plane at 13,000 feet.

# 40@40 SKYDIVE

for St Nic's



Sponsored by



Hugh J Boswell



because  
you matter



St Nicholas Hospice Care

## sunset walk

As the sun set over Bury St Edmunds on a warm June evening our brand-new fundraising event filled the town with music as fundraisers walked to the beat all in the name of a good cause.

The event, which we are so pleased to be able to say has raised an amazing £117,715 saw 1,000 fundraisers don their comfiest trainers.

Sponsored by Greene King, the walk, which started and finished in the Abbey Gardens, was filled with laughter and camaraderie, alongside more tender moments during which walkers remembered loved ones. Thank you to all of those who took part, volunteered, donated and sponsored. Our Sunset Walk, again sponsored by Greene King, will return in 2025 on June 21.



## Christmas Tree Recycling Service

9-17 January 2025 in the IP14, IP24, IP27, IP28, IP29, IP30, IP31, IP32, IP33, CO10, CB8, and CB9 postcode areas

Suggested  
donation of £10  
to go to

**St Nicholas  
Hospice Care**

Call **01284 747622** or visit  
**[stnicholashospice.org.uk/  
christmas-tree-recycling](https://stnicholashospice.org.uk/christmas-tree-recycling)**  
before midday Monday, 6 January



We are grateful to TCL Landscapes and Grange Farm Christmas Trees for supporting this initiative by recycling trees for us. Full terms and conditions on website.



## Upcoming events

3-11 October - Suffolk Art Society's Autumn Exhibition at St Edmundsbury Cathedral



4 October - Clay Shooting Corporate Day

7-13 October - Hospice Care Week 2024

31 October - Step back in time: Parting gestures. Talk by Dr Pat Murrell



16 November - Tenebrae at St Peter & St Paul Church, Lavenham

23 November - St Nic's Does Elvis and Neil Diamond

1 December - St Edmunds Trail organised by Positive Steps

6 December - Christmas Jumper Day

12 December - Step back in time: A tale of Christmas past. Talk by Dr Pat Murrell. Dr Murrell will be hosting further talks in 2025. Please visit our website for further details.

15 December - Festive Fun Run

21 June, 2025 - Sunset Walk



22 June, 2025 - Thetford Open Gardens

For more events and information, scan the QR code



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

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

*You are invited, should you wish, to have the names of your loved ones read out at an event.*

You can do this by visiting our website: [stnicholashospice.org.uk/lightupalife](http://stnicholashospice.org.uk/lightupalife)



**Let their memory shine for St Nicholas Hospice Care**  
Join us at one of our remembrance events

**24 Nov** Sudbury 3pm  
St Gregory's Church, CO10 1BA

**26 Nov** Lavenham 7pm  
St Peter and St Paul Church, CO10 9SA

**01 Dec** Hospice 3pm  
Hardwick Lane, IP33 2QY  
**Booking required**

**08 Dec** Bury St Edmunds 4pm  
St Mary's Church, IP33 1RT

**10 Dec** Mildenhall 7pm  
Kings Church, IP28 7EF

**12 Dec** Newmarket 7pm  
All Saints Church, CB8 8ES

**14 Dec** Haverhill 3pm  
St Mary's Church, CB9 8AX

**15 Dec** Hospice 3pm  
Hardwick Lane, IP33 2QY  
**Booking required**

**TBC** Thetford  
To be confirmed

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If undelivered please return to  
St Nicholas Hospice Care, IP33 2QY

St Nicholas Hospice Care

## Festive Fun Run



**Sunday 15 December, 10am**  
**Culford School, IP28 6TX**

**Sign up now**



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[www.stnicholashospice.org.uk](http://www.stnicholashospice.org.uk)  
St Nicholas Hospice (Suffolk) Ltd.  
A Registered Charity No 287773

## Our shops

### Bury St Edmunds – Barton Road

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

### Bury St Edmunds –

#### St John's Street

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

### Sudbury

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

### Long Melford

10 Hall Street, Long Melford  
CO10 0JF Tel: 01787 468626

### Mildenhall

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

### Newmarket

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

### Haverhill

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