



SUMMER EDITION 2022



Southern Area
Hospice Services

Newsletter

www.southernareahospiceservices.org

We are delighted to announce that we are once again planning a busy summer, filled with many ways that you can support our work

**CAR RAFFLE –
WIN A HYUNDAI I10**

**ANNUAL
COFFEE MORNING**

**MIDNIGHT
MEMORY WALK**

**BECOME A
CORPORATE PARTNER**

**JOIN OUR
HOSPICE LOTTERY**

**BECOME A HOSPICE
REGULAR GIVER**



SUPPORT US THIS SUMMER

The demand for specialist Hospice care continues to grow, this year we must raise more than £3 million to provide our services, which is why our fundraising is so important. We turn the money raised into the care we provide, and you help us to do that.

We are delighted to announce that we are once again planning a busy summer, filled with many ways that you can support our work. Our fantastic Car Raffle – with first prize a fabulous Hyundai i10 supported by Saltmarine Cars and NFU Mutual.



Win a
fabulous
Hyundai i10



NFU Mutual

Saltmarine Cars

Win a fabulous Hyundai i10 in our Annual Car Raffle, generously supported by Saltmarine Cars and NFU Mutual.

The car raffle road show will launch in July in the Buttercrane Shopping Centre Newry and will travel the length and breadth of the Southern Trust Area selling tickets for £1 each. If you don't happen to see us out and about, you can purchase your ticket online here www.southernareahospiceservices.org



Our Annual Coffee Morning is also returning on Thursday 15th September, it's been a while so grab your colleagues, friends, and family to raise your cups for Hospice this year. Our Midnight Memory Walk will take place this year on Saturday 24th September, join us as we walk through midnight to remember all of our loved ones at this very special event. Please follow us on social media or visit our website.

BEREAVEMENT SUPPORT



Southern Area Hospice Services offer bereavement support to anyone with a palliative diagnosis/condition, or any family member or carer bereaved due to a palliative illness living in the Southern Trust area. These services are:

• Bereavement monthly drop in group

These group sessions aim to help make the bereavement journey less painful by sharing thoughts, feelings, and helping participants understand the bereavement process.

• Bereavement walking group

Join our Chaplains and Social Workers for a guided, friendly group walk where you can stroll at your own pace and chat to others who have been bereaved. These walks are a great opportunity to get out and enjoy the fresh air. The walking groups rotate between Dungannon and Newry.

• Complementary therapy

If you are struggling to cope with your

grief, and at times find it overwhelming, we are here to help. Complementary therapy sessions can help both emotionally and physically and provide a much needed 'time-out'.

• Counselling

Grief is a very difficult journey, and it is normal to struggle and experience a range of challenging emotions. Attending a counselling session with our bereavement counsellors can help.

• Support for children & teenagers

Support is available for children and teenagers in the form of one-to-one counselling, and bereavement groups.

For more information on our bereavement services, please contact the Patient and Family team on 028 3026 7711 or visit www.southernareahospiceservices.org/bereavement-services

EVENTS



September

15th September – Coffee Morning

Support us on the 15th of September by hosting a Coffee Morning. You can host in your own home, your work or community group.



24th September – Midnight Memory Walk

Invite your family and friends to join our Annual Midnight Memory Walk and take part in this very special event.



November

5th November – Win a Hyundai i10

Winner announced on the 5th of November. Tickets will be on sale in local Shopping Centres for £1 and available online.



May & July 2023

Camino de Santiago 1-8 May, July dates TBC.

Portuguese Route: 117km

Register your interest for the stunning 117km Portuguese route & help raise vital funds for hospice services. Contact Sarah in Fundraising for an information pack or if you have any questions. ohares@southernareahospiceservices.org



Be part of something great!

VHI Women's Mini-Marathon

We would like to give a big thank you to the 47 ladies who travelled to Dublin with us on Sunday 5th June to take part in the 40th Vhi Women's Mini Marathon raising an amazing £13,500.



Get involved, Call Today

028 3026 7711 or visit www.southernareahospiceservices.org/take-part-in-an-event

BIG BUCKET

Our Big Bucket Collection 2022 was a roaring success raising an incredible £40,126. The amazing team of Southern Area Hospice volunteers collected across towns and villages in the Southern Trust Area to help us raise this amazing amount in just one day.

We could not have managed this without the help and support of our brilliant community, volunteers, shop managers, schools, local businesses, and clubs. Thank you!

The 2023 Big Bucket will be on Friday 24th March.



COMMUNITY



Last year alone our local community came together and raised over £562,000; helping us to provide over 2 whole months of Hospice care.

Every pound you raise from your cycles, raffles, challenges events, dances, pub quizzes or sporting events is turned into the care we provide for our patients and their families.

If you can help and have a fundraising idea for our Hospice this year, we would love to hear from you! Please get in touch by emailing fundraising@southernareahospiceservices.org

GIFT AID

giftaid it

We can claim an additional 25p for every £1 you donate – with absolutely no cost to you – when you choose to Gift Aid.

Simply contact us for a Gift Aid form which you can complete and return, you can also Gift Aid any donation at point of receipt, online and through sponsor cards so please just ask.

Make sure you tick the Gift Aid box and complete your full name, address, and postcode – it's as easy as that! More information on our website or give us a call.

PORTADOWN COMPANY IRWIN M&E RAISES OVER £5000



Irwin M&E Ltd., based at Carn Industrial Area in Portadown, raised a fantastic £5,025.76 for Southern Area Hospice Services. This is the single largest donation they have made to charity. Employees at all levels within the company got involved through a combination of events including a coffee morning, participation in the Belfast City Marathon and a raffle.

Pictured opposite is back row left to right: Richard Megarity, John Canavan, Jordan Brown, Simon Woods, Keith Stewart, and Jane Dixon, and front row left to right: Kerri Coleman, Shauna Devlin, and Laura White.

SIGN UP FOR ONE OF OUR CORPORATE CHALLENGES AND HELP MAKE AN IMPACTFUL DIFFERENCE



This Autumn we're kicking off our Corporate Fundraising Challenges with our Champions League, commencing on 1st September. This is a great teamworking challenge, we give your company £50, and you and your team have 50 days to increase it as much as possible. Or why not nominate a colleague and choose between Abseiling 100ft down Belfast Castle on Sunday 4th September or Skydiving 10,000 feet on Saturday 8th October? There are many ways for your organisation to get involved in supporting your local hospice services, get in touch to find out more, we'd love to hear from you. If you would like to know about how to get your company and colleagues involved, please get in touch with Jane Dixon, dixonj@southernareahospiceservices.org.

VOLUNTEERS



We are recruiting new people to join our dedicated volunteer team.

Volunteer vacancies

- Events
- Patient drivers
- Administration assistants
- Kitchen ward assistants

If you have some time to spare, feel you want to help a local charity, learn some new skills, meet new people, or just want to keep busy, volunteering for the Hospice might be for you.

These opportunities are available across the Southern Trust, and you will receive support from the Volunteer Co-ordinator as well as induction and training. You can read more about what is involved on our website www.southernareahospiceservices.org/volunteer-vacancies.

BE PART OF OUR FUTURE THROUGH A GIFT IN YOUR WILL



Leaving a gift in your Will, no matter how large or small, is a simple way to make a lasting impact.

Your generous gift - no matter the size supports our future and is one of the kindest ways you can show your support to the Hospice and make a lasting difference.

Make a Will today. Make a difference tomorrow.....

Making a Will with the assistance of a solicitor gives you peace of mind and ensures that your wishes are carried

out as you choose. If you already have a Will it is easy to amend to include a gift to your local Hospice. Minor changes do not require a new Will and your solicitor will guide you through the process.

To discuss the simple steps involved in leaving a gift to Southern Area Hospice Services, or if you have any questions, please contact Denise, in complete confidence and with absolutely no obligation on 028 302 67711 or email doyledd@southernareahospiceservices.org.

To receive your free Legacy information pack please visit our website at www.southernareahospiceservices.org/leave-a-gift-in-your-will

*Over 16s only.

JOIN OUR LOTTERY TODAY BY SIMPLY COMPLETING & RETURNING THIS FORM

1. Please choose your preferred method of payment, fill in and return to: Lottery Office, Fern House, 3 Courtenay Hill, Newry, BT34 2EA

Title First Name Surname

Address Postcode

Telephone Email Date of birth / /

2. Payment by Cash or Cheque Payable to Southern Area Hospice Services Lottery.

I enclose **Cash** ☐ **Cheque** ☐ **£52** ☐ **£26** ☐ **£13** ☐ **Other £**

3. Payment by Card or call 028 3025 1333 to make payment over the phone

I authorise you to take the amount specified from the card detailed below **£52** ☐ **£26** ☐ **£13** ☐ **Other £**

Cardholders Signature Date of birth / /

Name on Card

Card Number

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PLEASE NOTE:
Once payment is
processed we do
not hold your card
details on file

Start Date

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Expiry Date

--	--

Security Code

--	--	--

Last 3 digits on signature strip

Issue No.

--	--

Switch / Maestro

4. Payment by Standing Order Please ensure you have completed section 1

Account Holder Name:

Account No: Sort Code:

Bank Name & Address:

..... Postcode:

Signature:

Please state Standing order commence date:

I wish to pay the sum of:

£52 every 52 weeks ☐ **£26 every 26 weeks** ☐ **£13 every 13 weeks** ☐ **£4.34 every month** ☐

Bank Use: Please pay:

First Trust Bank, 42-44 Hill Street, Newry, BT34 1AU

Account Name: Southern Area Hospice Lottery Ltd.

Account Number: 215 81033 Sort Code: 93 83 78

Lottery Number:

5. (Please use this Lottery number as receivers reference number on bank statement until you receive further notice from us in writing)

Your support is vital to the work we do and thank you for it. We also respect your privacy and would assure you that SAHS fully complies with UK data Protection Act (1998). Your contact details are required to confirm payment. We would like to hold your details in order to contact you about fundraising, campaigning and services provided.

Your support is vital to the work we do, we will use the personal information you provide us with to process your donation. We would also like to use this to contact you with our newsletters, service updates and fundraising requests.

☐ To opt in to receiving updates through the **post** please tick this box ☐ To opt in to receiving updates by **telephone** please tick this box ☐ To opt in to receiving updates by **email** please tick this box ☐ do not wish to receive any communications from hospice, please tick this box

For more information on how we look after your information please see our Privacy Statement on our website www.southernareahospiceservices.org

Alternatively you can join online at
www.southernareahospiceservices.org/lottery-support-us