



Southern Area  
Hospice Services

# Newsletter

Summer 2023



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**Win a Brand-New Kia Picanto!**

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[www.southernareahospiceservices.org](http://www.southernareahospiceservices.org)

## WIN A BRAND-NEW KIA PICANTO!



We are so excited to launch our Annual Car Competition, proudly supported by NFU Mutual and Shelbourne Motors. Our staff and volunteers are looking forward to getting out and about with the car road show again this year. The car will start off in the Buttercrane Shopping Centre in Newry and will travel the length and breadth of the Southern Trust Area.

Stay up to date with our roadshow locations on social media and our website.

Last year's winner Ian said *"My mum had been selling tickets on behalf of the Hospice for over 20 years and I have been buying them for just as long. It was and still is a delightful prize, and a great competition in support of one of the very best causes."*

Tickets are £1 and will be available to buy at various locations throughout the Southern Trust Area and on our website [www.southernareahospiceservices.org](http://www.southernareahospiceservices.org).

## 51 WOMEN TOOK PART IN THE VHI WOMEN'S MINI MARATHON



A big thank you to the 51 women, including 11 staff, who travelled to Dublin on Sunday the 4th of June to take part in the Vhi Women's Mini Marathon. A total of 20,000 people took part in the 10km long run, in the blazing 20°C heat. It was an amazing day, with many memories made and promises to sign up next year! This fantastic group have raised over £15,000 so far with money still coming in.

## FAMILY BEREAVEMENT NIGHT



Our Family Night is for families with children under eighteen who have lost a parent to a palliative illness. No one wants to be part of this group, but it has been a valuable support for families experiencing grief.

Our enthusiastic Patient and Family support team facilitate Family Night, and we have appreciated the expertise and input of Rachel Smith. Rachel is a consultant in therapeutic support specialising in pre and post bereavement and has been working in this field for 16 years.

Family Night is a time for families to be together both with each other and other families experiencing the loss of their Mum or Dad. We always start with games! Fun is the name of the game. Then there is an opportunity for the parents to have a chat while the children do

activities, which have a different focus each month. The main aim of Family night is to be together and not feel alone in grief. To end our evening, we all enjoy the amazing pizza from La Dolce Vita, who have been so kind in supporting this.

One dad who attends with his daughters has said, *"Family night is such a big deal for my girls, they prioritise it over other things they love like youth club. They really look forward to it. Initially I went for them, but now I really look forward to it too and really enjoy meeting other parents. I learn a lot from them. Some have older kids than me so it's helpful to listen to some of the challenges they are facing and how they cope. Family Night has fast become a not to be missed night on our calendar!"*

The Family Bereavement Nights run monthly on the last Thursday of each month. If you feel you or someone you know could benefit from attending our Family Bereavement Night, visit our website to learn more.



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## EVENTS

### September

#### Coffee Morning



Could you host a Coffee Morning, in your business or with your family and friends to raise funds for your local Hospice? Every Cup Counts! For more information on hosting a Coffee Morning, big or small, contact Bernie in our Fundraising Team at [murphyb2@southernareahospiceservices.org](mailto:murphyb2@southernareahospiceservices.org)



#### Midnight Memory Walk – Saturday the 30th of September

The Midnight Memory Walk is a very special event for a lot of people who take part every year. It is wonderful way to spend time with family and friends to remember and share stories about your loved ones.



### November

#### Win a Car

The roadshow will be out and about from July and the winner will be announced at the start of November. Tickets will be on sale in local Shopping Centres for £1 and available online.



### 2024

#### Gala Ball

Our 52nd Annual Hospice Gala Ball will take place on Friday 1st March 2024 in the Canal Court Hotel & Spa with music by Sugartown Road.



#### London Marathon

Be part of one of the World's leading sports events in April 2024 by taking on the London Marathon and raise funds for your local Hospice!

2023 runner Paul Moore spoke about his London Marathon experience and said, "It was such a unique and memorable experience that brings you friendship, miles, medals and memories. What more could you ask for?". For more information contact Sarah in Fundraising at [ohares@southernareahospiceservices.org](mailto:ohares@southernareahospiceservices.org).



#### Is running a Marathon on your bucket list?

This year we had an amazing number of participants in the Belfast Marathon for both relay and the full marathon. We also have runners talking part in the Dublin, Berlin, New York, Tokyo Marathons, and the Great North Run. We are so thankful for all our supporters in the running community.

If you are interested in running in an event for Southern Area Hospice, contact James at [mccaffreyj@southernareahospiceservices.org](mailto:mccaffreyj@southernareahospiceservices.org)

More details and full events calendar on our website.

## WEDDING FAVOURS



Sometimes the finest gift is one that helps others.

The Hospice can provide beautiful and thoughtful wedding favours. Last year, 49 couples chose to support Southern Area Hospice Services by purchasing wedding favours for their guests.

Kids Wedding Activity Packs are also available to purchase. Keep the little ones occupied with an A5, 12-paged activity booklet.

You can view the full wedding favour range on our website [www.southernareahospiceservices.org](http://www.southernareahospiceservices.org).

## EMPLOYEES FROM THE DEPARTMENT FOR INFRASTRUCTURE HELP TO SPRUCE UP OUR MUCH-LOVED HOSPICE GARDEN



Twelve employees from the Department for Infrastructure in Belfast recently volunteered their time to weed, cut back bushes, clear space as well as paint some of our garden furniture.

The Hospice Garden is used by patients, their families and friends, it allows them to sit together and enjoy the garden outside their Hospice room. It is a very special place for a lot of people. The Department for Infrastructure's volunteer work is a valuable contribution to the Hospice and the patients and families we care for.

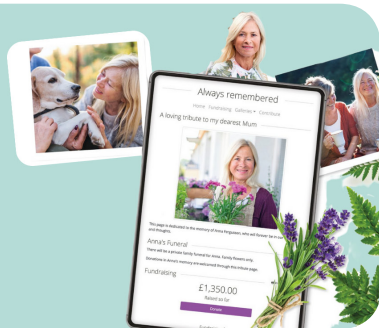
Noeleen Haughian, from the Workforce Planning Department said: "The team helped tend to the much-loved garden, ensuring it remains a wonderfully tranquil space for the patients at the Hospice. Our team are more than happy to volunteer their time to help our such an amazing charity that has helped so many people, and we have been volunteering at Southern Area Hospice for over 11 years."

If you would like to get your company involved in corporate volunteering at Southern Area Hospice Services, contact us on 028 3026 7711 or visit our website [www.southernareahospiceservices.org](http://www.southernareahospiceservices.org).

## DONATING IN MEMORY

### Create an online Tribute page

Create a long-lasting tribute in memory of a loved one and share special memories with friends and family.



### Donating in Memory

We understand that everyone feels differently after losing someone special. There are a number of ways you can choose to remember them:

- Create a tribute page
- Funeral Collection
- Dedicate leaf on our Memory Tree
- Donation in memory



Memories that last...

For more information visit our website or contact us on 028 302 67711



We understand that losing a loved one can be an incredibly difficult time and that bereavement affects each person in a unique way. We know how important it can be for families to remember their loved ones and that this can be very personal for everyone.

We recognise that having a special place to keep memories is important which is why

in conjunction with Much-Loved we are happy to offer our new tribute pages.

A tribute page is a permanent online memorial that can be accessed anytime and from anywhere, unlike social media posts that can be lost or forgotten. You can share your tribute page with your friends and family and invite them to contribute their own stories photos, music and memories. As time passes, your tribute page will become a beautiful collection of personal tributes, honouring the life and legacy of your loved one.

Donating in memory of a loved one is a lovely way to remember and it will also help us continue to provide compassionate care and support to patients, families and their carers who need us now and in the future.

For more information on ways to remember your loved one visit our website, scan the QR code or call us on 028 30267711.



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## MAKE A WILL MONTH – OCTOBER 2023



### MAKE A WILL MONTH OCTOBER 2023

We are delighted to be launching our first 'Make a Will Month' in October 2023. During the month of October we will be offering our supporters the chance to write their Will for free, with the support of local solicitors in return for a donation to Hospice. Suggested donation: £95 for a basic single Will, £150 for a pair of basic mirror Wills or £50 for a basic codicil to an existing Will.

This is the ideal opportunity to get your affairs in order and protect your loved ones the way you want.

Keep an eye out for updates on participating solicitors across social media and our website in the coming months. For more information contact Denise Doyle by email at [doyle@southernareahospiceservices.org](mailto:doyle@southernareahospiceservices.org) or by phone on 028 302 67711.

## BUNZL IRELAND 'AROUND THE WORLD IN AID OF CANCER' FUNDRAISING INITIATIVE RAISES €29,888



Bunzl Ireland's incredible charity event has filled them with an overwhelming sense of pride and accomplishment. Over the course of this remarkable journey, they walked, ran, and cycled the circumference of the world, covering a staggering 40,075 kilometres and raising a total of €150,000 for 5 selected charities of which Southern Area Hospice was a worthy beneficiary.

They selected a hospice in Northern Ireland and the Republic of Ireland due to their presence in both regions. They

chose Southern Area Hospice, for its outstanding provision of specialist palliative care to patients and their families in the Southern Trust Area of Northern Ireland. Killian Martin, Marketing Lead for Bunzl Ireland commented, "Hosting our charity event boosted our colleague's morale and engagement. It created a sense of purpose and fulfilment amongst our colleagues, and they got the opportunity to contribute to a meaningful cause while having fun."

Visit our website for more information on how your company can support Southern Area Hospice Services.

## 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

--	--

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](http://www.southernareahospiceservices.org)

**Alternatively you can join online at**  
[www.southernareahospiceservices.org/lottery-support-us](http://www.southernareahospiceservices.org/lottery-support-us)



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