



SPRING EDITION 2022

 Southern Area
Hospice Services

Newsletter

www.southernareahospiceservices.org



COMING SOON:
New Community Services

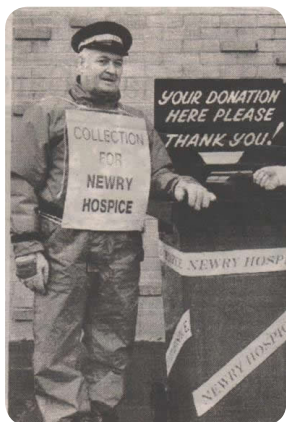


**HOSPICE CARE IN
DUNGANNON**



20 YEARS OF VOLUNTEERING:
Neville and Myrtle

80-YEAR-OLD JOHN DALZELL HAS RAISED OVER £2MILLION



John Dalzell OBE completed his 30th Annual Christmas Sit Out for Southern Area Hospice Services and achieved his highest yearly total of £156,046, bringing

his overall total to £2,000,000. John celebrated his 80th birthday during his sit out on Hill Street in Newry in his trailer. His birthday celebrations did not deter him from organising his team located all over Newry for the 2-week run up to Christmas.

John, who is a newly appointed Ambassador for Southern Area Hospice Services has been supporting the Hospice since 1991 (when he used a wheely bin to collect donations). Throughout these 30 years John, as well as generating an incredible amount of money, has done amazing work raising the profile of the Hospice. John was named on the New Year Honours list 2021 and was presented with his OBE by The Lord Lieutenant (Down) in September of that year.



SPOTLIGHT ON DUNGANNON

Our Hospice Day Therapy Centre in Dungannon, based in South Tyrone Hospital is a lifeline to many patients who are living with a palliative condition, and they strive to help those who attend to achieve the very best quality of life.

Vincent and Barbara-Anne are one such couple from Dungannon who are happy to share their story.

In 2019 when Vincent was just 45 years old, he was diagnosed with a cancerous lesion on his pelvis. Just a week later Vincent suffered a stroke and further tests revealed he had POEMS syndrome which had caused both the lesion and the stroke. During the following months Vincent received radiotherapy, followed by chemotherapy and then physiotherapy to work on increasing his mobility. He was making good progress towards being more independent when the pandemic hit, and these vital

services were no longer available to him.



It was then that Hospice care was first mentioned to Vincent and Barbara-Anne and they have shared their story with us...

"Those first few months of the pandemic were incredibly difficult for us; it was a really scary time for everyone but when you are also living with an illness like Vincent is, it was so frightening and often we felt lost and overlooked. Vincent's mobility really suffered, and he was in pain. When respite Hospice care was offered, we were so afraid to accept it and it took some time for us to agree. But we are so glad we did and in July 2020 Vincent was admitted to Hospice care

in Newry. It was nothing like we imagined and though visiting was still restricted we could sit in the garden and chat in the beautiful summer weather. The Hospice had everything Vincent needed, he started physio again, his pain was treated straight away by the doctors and that alone made a big difference to him.

Vincent stayed in Hospice for 3 weeks and there he got to know Jenny, who has become a great support to us. Vincent now attends the Hospice Day Therapy Centre in Dungannon where once again Jenny cares for him and where he has regular physio and reflexology sessions which make such a difference to him.

If we were asked to describe Hospice care, we would say it is like being cared for by family - where you are seen as a person not an illness or symptoms to be managed."



Our team in Dungannon, Jenny, Clinic Staff Nurse, Wendy, Physiotherapist and Mary, Complementary Therapist..

We are looking forward to welcoming the new staff joining the team soon.

NEW HOSPICE SERVICES COMING SOON

Southern Area Hospice Services are delighted to announce that we are developing our Community Services. Once up and running, we will provide a wider range and greater volume of care and support services to patients with palliative or end of life needs, and their families and carers.

This new Community Service will offer:

- Living well with a palliative illness 6-week therapy programme
- Bereavement and counselling service for patients and families affected by palliative illness
- Family and carer support and advice when looking after a loved one with a palliative condition

A team of specialist nurses, social workers, physiotherapists, and complementary therapists will provide these new services, either in patients' homes or at our Hospice Day Therapy centres in Dungannon and Newry.

For more information on what is available and how to access this service please visit www.southernareahospiceservices.org



Spring Events Calendar 2022



April

Sun 24th April 2022 – The Gullion Tour Sportive

Cycle with Armagh Down Cycling Club in the footsteps of Irish Warriors across the Cooley Mountains and take in all the sights of The Ring of Gullion.



May

Sun 8th May 2022 – Charity Abseil

Abseil 100ft down Belfast Castle whilst taking in the most spectacular views from across the city.

Sat 28th May 2022 – Skydive for Hospice

After the year we have had, it's time for something exciting. Is a Skydive on your bucket list?



June

Sun 5th June 2022 – VHI Women's Mini Marathon

Every year, we travel to Dublin with a group of ladies, ready to take on the largest all-women's 10k in Ireland in doing so raise money for the Hospice!



2022 Marathons

Our fundraising team are currently recruiting for several marathons to raise vital funds for Hospice. These include:

Berlin – Saturday 24th September 2022

London – Sunday 2nd October 2022

NYC – Sunday 6th November 2022



“Get involved, Call Today”

OVERSEAS ADVENTURES



Take on the challenge of a lifetime, make new friends, create amazing memories, and raise funds for Southern Area Hospice Services. Challenge yourself on one of our amazing overseas open challenges such as London to Paris Cycle or Ben Nevis Trek. Check out our website for further details or email fundraising@southernareahospiceservices.org

CORPORATE CHRISTMAS GIFTS THAT CONTINUE TO GIVE ALL-YEAR-THROUGH

A massive Thank You to all the companies who chose to donate to our 2021 Corporate Gift Appeal instead of buying Christmas gifts. Unlike the usual presents, which would be long consumed by this stage, the funds raised by our Christmas Corporate Gift Appeal are continuing to support our patients and their families to receive the care and support they need. The total for 2021 amounted to a phenomenal £140,203!

Join Our 500 Club!

Join a club of like-minded small business owners. Our aim is to reach 500 small businesses to donate a minimum of £120 each in 22/23 which will raise an incredible £60,000 overall.

If you would like to learn more about how your company can get involved contact Jane Dixon on dixonj@southernareahospiceservices.org or call 028 3026 7711



Photo: Graham Group Building Division, Gary Holmes, MD, and Gareth Brown, Project Manager, who kindly donated to our Corporate Christmas gift, along with Jane Dixon our Corporate and Partnerships Manager for Southern Area Hospice Services.

WEDDING FAVOURS



Sometimes the finest gift is one that helps others.

Did you know we can provide beautiful and thoughtful wedding favours for your special day and in return, you will be helping to provide vital Hospice services for local patients and their families? Last year, we were very grateful to have sixty-two couples support us on their big day. With the hope of a brighter year for weddings, we need your support now more than ever. If you would like to consider supporting us through our wedding favour range, you can browse our brochure on www.southernareahospiceservices.org/wedding-favours

CELEBRATING TWO DECADES OF VOLUNTEERING FOR THE SOUTHERN AREA HOSPICE SERVICES

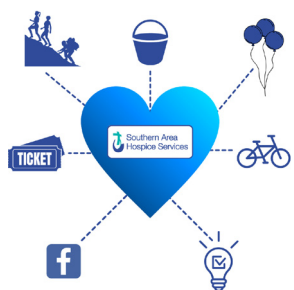


Neville and Myrtle Pogue have been actively volunteering and fundraising with the Southern Area Hospice for over 20 years. The well-known Benburb couple have played a pivotal role in raising vital funds as well as increasing the profile of the Hospice and its services in their local community since they began in 2000. Neville and Myrtle initially began volunteering for the Hospice and attended many events throughout the years speaking about Hospice services. This support steadily increased over time as the couple felt because

the Hospice services were available to them, their family, friends, and their wider community, they wanted to do more and so their fundraising journey started. The 'duo' began to help organise fundraising events and eventually opened their own gift shop with the funds raised going to the Southern Area Hospice.

If you would like to get involved in volunteering or fundraising for the Southern Area Hospice, please contact our Voluntary Services Department on 028 30267711 or 07436800438 or email vs@southernareahospiceservices.org

COMMUNITY FUNDRAISING



Fundraising is all about bringing the community together to make a difference to the lives of local people. Whether you are an event expert or fundraising for the first time everyone can get involved, and we would love to hear from you! Community fundraising can take the form of any event - big or small. We are here every step of the way to help make your fundraising a success! Every quiz, walk, hike, raffle, and birthday fundraiser help us to continue providing our care services to our patients and their families.

Here is a Fun Fact: in 2021 our supporters raised over £40,000 through creating Facebook Fundraisers in aid of Southern Area Hospice Services! This year, you can help us by "donating your birthday" and creating a Facebook Fundraiser to support your local Hospice.?

If you have a fundraising idea for Southern Area Hospice, please give us a call, email: fundraising@southernareahospiceservices.org or send us a Facebook message today!

RETAIL SHOPS



Our retail staff and volunteers are delighted that our shops in Newry, Rathfriland and Banbridge are back open for our wonderful customers. We would also like to remind you that we are able to accept donations in all our shops.

The Retail Team had a busy December including the Newry Store with their very successful Christmas event selling seasonal gifts and clothes. We also participated in The Wonderful Winter Fair in Brownlow House, assisted by

our volunteers and the previous Ms Northern Ireland Anouska Black. The event was a great success, selling collectables and vintage jewellery from the shops.

All our shops are now very well stocked and don't forget If you can't make it into our shops, keep an eye online for a bargain on our eBay shop.

For opening times and contacts for our shops please visit www.southernareahospiceservices.org/hospice-shops or stay up to date with Southern Area Hospice Shop on Facebook and Instagram.

HOSPICE LOTTERY

Join our Hospice Lottery for just £1 per week!



By joining our Hospice Lottery, not only will you be in with the chance of winning guaranteed weekly prizes of £300, £200 & £100 plus, a rollover prize of up to £5,000 but you will also be providing Southern Area Hospice with a vital source of regular income. Join our Hospice lottery for only £1 per play, today at www.southernareahospiceservices.org/lottery-support-us or call our Lottery Office on 028 3026 7711 Good luck!

*Over 16s only.

SPONSOR A HOSPICE NURSE

A small donation every month can ensure we are here every day.

Our wonderful nurses are the beating heart of Hospice, and we recognise the changes they have had to adapt to during the pandemic but, as always, in the most professional and caring of ways. By supporting our work, by making a regular donation you are helping to support our future.

Louise Stewart, Clinical Sister at Southern Area Hospice Services commented on her role in Hospice during this challenging time:

"People often say to me that my job must be so difficult – that is true but it is also extremely rewarding and humbling, and I feel privileged every day to be involved in making a difference to both patients and their families by supporting them

in any way I can. I will always try to do what I can to make a difference for a patient. It is a lovely feeling to be part of such an amazing team here at Southern Area Hospice Services, and even more so during these difficult times."

By sponsoring a nurse for as little as £10 per month you will be helping our Hospice to care for and support patients and their families today, tomorrow and into the future. Regular committed support is so important to Southern Area Hospice Services as it allows us to plan for the future needs of our patients in the knowledge that we can depend on a regular source of income.

In return you will receive a welcome letter from a nurse, a pin badge to wear and regular updates letting you know how your money is helping us to continue our much-needed work.



Sponsor a Nurse today...

To sign up to Sponsor a Nurse visit our website at www.southernareahospiceservices.org/sponsor-a-nurse or call the fundraising team on **028 302 67711**

We can only continue to care because you do.