



SPRING EDITION 2023



Southern Area
Hospice Services

Newsletter

www.southernareahospiceservices.org

Staff and Volunteers who go Above and Beyond are honoured



**CHOOSE YOUR
CHALLENGE!**



STAFF AND VOLUNTEERS RECOGNISED AT ARMAGHI PEOPLE OF THE YEAR AWARDS

Congratulations to all the winners of the Armaghi People of the Year awards! The awards recognised individuals who have positively contributed to their communities. It was a special night when BBC TV and weather presenter Barra Best hosted the ceremony at the Armagh Observatory and Planetarium. It is heartwarming to know that there are such selfless and inspiring people in our communities.

Congratulations to John Dalzell OBE for receiving the Special Recognition Lifetime Achievement Award! It is an outstanding achievement to have dedicated 31 years to Southern Area Hospice Services, raising an impressive £2 million and increasing the profile of the Hospice. We are incredibly thankful for John's dedication and hard work over the years and are so pleased that his efforts have been recognised in this way.



"An award that is richly deserved for John's outstanding contribution to Southern Area Hospice Services, we are sincerely grateful for John's time, effort, and commitment," Siobhan McArdle, Fundraising Manager for SAHS said.



Deirdre Breen who received the Fundraiser of the Year award is founder of the Lurgan Friends of Hospice Support Group and it was wonderful to see all her hard work and dedication recognised in this way. Deirdre has been fundraising for the Hospice for over 23 years and together with her Support Group have raised over £ 887,000. She works tirelessly in the Lurgan area both to raise funds for the Hospice and also to increase awareness about the work we do and this award is testament to all of her hard work and dedication. Well done Deirdre we are delighted for you!!

We are so proud of our Hospice Nurse, Rosaleen, for receiving the runner up award for the 'Good Neighbour of the Year' award! This award is a wonderful recognition of her selfless actions and thoughtfulness. It is clear from her nomination that her neighbours have experienced and appreciated the kindness of Rosaleen first hand.



OUR HOSPICE CHAPLAIN RECEIVES MBE



Congratulations to Reverend Matthew Hagan on being awarded an MBE in the King's New Year's Honours List! Matthew is our Hospice Chaplain and Rector of Tynan, Aghavilly and Middletown Parishes, County Armagh. We are so proud of the services he has provided to Hospice healthcare and to the community. His kindness and commitment to helping others is an inspiration to us all.

COMMUNITY SERVICES: SUPPORT FOR CARERS



We can support carers in their caring role and through bereavement across several services.

Caring for someone when they have a palliative illness can be very difficult. Whether someone calls themselves a carer or not, providing support or care for a friend or family member who has been diagnosed with a palliative illness or someone who is approaching the end of their life can be an overwhelming experience. It can be especially difficult for those living with the person they are caring for. Many carers say that they feel a constant anxiety about the person they care for and sometimes these feelings impact their ability to live a normal life.

If you are caring for someone with a palliative illness, help and support is available at Southern Area Hospice

Services. The Caring Well, Thinking Well 3 week group programme allows carers to take some time to themselves, connect with others in similar circumstances and talk in confidence to our team. The programme is available in Dungannon and Newry. Visit our website for dates and how to sign up.

Carers can also avail of counselling and reflexology sessions.

"After my first reflexology treatment I slept much better than I have done in weeks."

If you are caring for someone who has a palliative illness, or know someone that might benefit from our services, visit our website to learn more <https://www.southernareahospiceservices.org/community-outreach-services>

EVENTS



VHI WOMENS MINI MARATHON 4th June 2023

We are delighted to be a part of the VHI Women's Mini Marathon again this year! This is an incredible event that brings together thousands of women from all over the world. Last year, our team of 47 amazing women managed to raise £14,000 for Hospice care, and we are looking forward to seeing even more women joining us this year!

SIGN UP TODAY! #TeamHospice2023

Registration deadline: 7th April 2023.

You can register by calling the Fundraising Office on 028 3026 7711 OR through Eventbrite by scanning the QR code below.



SCAN ME



SKYDIVE

Want to make some awesome memories that you'll never forget? Book a skydive adventure and get the adrenaline pumping! It's an unforgettable experience, we'd love to have you and your friends or work colleagues join us!

Find out more by getting in touch with James or visiting our website.



MARATHONS

If you're looking for great marathon opportunities in Belfast, Dublin, Boston, NYC, Berlin, Paris, or the Great North Run Half Marathon, get in touch with James for more information.

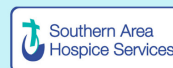
ANNUAL TOWPATH WALK SUNDAY 23RD APRIL



ANNUAL TOWPATH WALK

Join our amazing Hospice volunteer, Deborah Kennedy, as she takes on her 32nd Annual Towpath Sponsored Walk on Sunday 23rd April. It is a 6 mile walk starting at the Basin Walk in Newry at 12pm sharp. For more information contact Laura in fundraising on 028 3026 7711.

CHOOSE YOUR CHALLENGE



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Take on a challenge this year for Southern Area Hospice Services. Challenges help raise vital funds for Hospice services every year, enabling us to continue to provide invaluable care for local patients and their families in the Southern Trust Area.

With a fundraising target of £3.2 million this year, your Hospice needs you more than ever. We have a challenge to suit everyone, whether that be Skydiving at 15,000ft, Hiking Ben Nevis, the Camino de Santiago or Running a marathon. You will be supported by our fundraising team every step of the way, Choose your challenge and get in touch today!

Mount Toubkal Trek: 21st-26th September 2024

We are travelling to Morocco on our overseas trekking challenge for 2024. This action-packed trip will involve trekking up Mount Toubkal, the highest peak in North Africa.

Interested? Come along to our information night on Monday 17th April in Newry Conference Centre (Parish Centre) at 7.30pm. More details on our website or email James (mccaffreyj@southernareahospiceservices.org) for an information pack.



Cuilcagh Boardwalk Sunday 25th June 2023



NEW! Cuilcagh Boardwalk: 25th June 2023

Join us on Sunday 25th June as we walk one of Co. Fermanagh's most scenic routes. The Cuilcagh Boardwalk is approx. 12km and takes on average 2-3 hours to complete. We would love for you to join us. Whether you are walking in memory of someone special or just want to take part in the challenge, everyone is welcome. For more information contact Laura in our fundraising office or visit our website. We look forward to seeing you there!

REMEMBER A LOVED WITH A LEAF ON OUR MEMORY TREE



We invite you to dedicate a leaf on our beautiful, hand sculpted memory tree, which is situated in the corner of the Hospice gardens.

Each leaf is personally engraved, and it is such a meaningful way to honour and remember our loved ones who have passed away. It brings comfort to many families and friends who visit the Hospice gardens.

The leaf maybe for a family member who passed away in the Hospice, or for someone you want to remember who passed away recently or a long time ago. These leaves remain a wonderful tribute to those lives we want to remember and celebrate. Our Memory Tree is easily accessible anytime you wish to visit to spend time remembering a loved one.

For further information on our Memory Tree please contact Laura in our Fundraising Office.

COULD YOU DONATE £5 A MONTH?

 <p>£5</p>	 <p>£10</p>
<p>A MONTH</p> <p>over a year could help provide 2 hours of bereavement support.</p>	<p>A MONTH</p> <p>over a year could help provide 5 hours counselling support for a person who has just received a palliative diagnosis.</p>

Regular Giving is a great way to support ongoing Hospice Care. By donating as little as £5 a month you'll help us reach more people in our area and provide the care and support needed, 24 hours a day, 365 days of the year.

As a regular giver, each month, you will receive: A welcome letter from one of our Hospice nurses, an exclusive pin badge and a quarterly newsletter with Hospice developments and service updates.

"I donate £10 a month because my dad was cared for in the Hospice during the last 2 weeks of his life, we were incredibly overwhelmed by the care, not only for him, but for us as a family.

Regular Giving Supporter.

Become a regular giver today by calling us on 028 302 67711, email doyled@southernareahospiceservices.org or sign up online at www.southernareahospiceservices.org/donate-regular-giving

MEET THE TEAM



Sheila started working in Southern Area Hospice Services when it was the St. John of God Hospital and owned by the Sisters of St John of God. Sheila assisted the nurses on the maternity, surgical, and medical floors, serving meals and looking after new-born babies. Sheila took up a full-time post in 1976 working as a receptionist and then as P.A. to the CEO and Medical Director, and continued working here for 26 years, through the transition in 1989 from a maternity hospital to the Newry and Mourne Hospice.

Sheila now works in reception and loves her job, she said "The role of a receptionist can be emotionally and mentally demanding at times but very, very rewarding. You are dealing with all walks of life and all kinds of situations and a smiling face, a kind word to a person or patient arriving means so much." In her role she gets to meet a wide variety of people who give generously to the Hospice. Sheila shares, "I do hear some sad and great stories as to how and why people wanted to fundraise for us.". Sheila always greets our visitors and patients with a warm smile and a quick "hello, how can I help". She always gives anyone who comes through the doors whatever time they need to talk, reminisce, or gather their emotions while reassuring them. "To those kind people who arrive at Hospice to donate, she reminds them, "this is not our Hospice it is your Hospice because without you we could not continue this wonderful work."

You can read more about what it is like to work at Southern Area Hospice here <https://www.southernareahospiceservices.org/what-its-like-to-work-at-sahs>

COLLINS AEROSPACE EMPLOYEES RAISE OVER £26K



Pictured from left is Laura Rowntree, Fundraising Officer at Southern Area Hospice Services, with Michele Mulholland, Louise Clarke and Joy Cousins from Collins Aerospace.

A range of fundraising initiatives by the employees of Kilkeel aircraft seating manufacturer Collins Aerospace has seen the company raise over £26k for Southern Area Hospice Services, as its 2022 charity partner of the year.

Over 800 employees at the company took part in a range of fundraising initiatives throughout 2022: raising a total of £26,522.60. Fundraising events included a £ for 1b weight loss challenge, charity skydive, Raid Pyrenees Charity cycle challenge, launch of a Collins Cookbook, and donation envelopes at a number of the company's employee events. If you would like to get your company involved or to find out more about becoming a charity partner please get in touch with Damien on 028 3026 7711 or visit our website.

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

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



SCAN ME