



Southern Area
Hospice Services

Newsletter

Winter 2023



www.southernareahospiceservices.org

YOU ARE INVITED TO LIGHT UP A LIFE THIS CHRISTMAS



Celebrate the memory of someone dear to your heart this Christmas by dedicating a shining light on our exquisite Christmas tree. Join us for this year's heartwarming Light Up a Life Ceremony, which will take place on Thursday, December 14th, at 7:30 pm within the serene surroundings of our Hospice's grounds.

We understand that Christmas can be a challenging time for many, this special evening provides an opportunity for us to come together and pay tribute to those we hold dear.

Come and be a part of this touching event as we gather to relish in carols, meaningful readings, and the heartfelt act of receiving a candle in memory of your loved one. Witness the magic as our majestic tree is illuminated, symbolising the light of those we remember. Know that by honouring your loved ones this Christmas, you are also contributing to the Hospice's mission of caring for someone else's beloved. We would like to sincerely thank our main sponsors Gordon's Chemist and Killowen Contracts.

To dedicate a light on our tree please visit www.southernareahospiceservices.org or call 028 3026 7711.

Light Up a Life Ceremony Dates

**Mid-Ulster Council
Office, Dungannon**
Friday 1st December
10.00am

**Civic Centre,
Craigavon**
Wednesday 6th
December 12.00pm

**St Johns House,
Newry**
Thursday 14th
December 7.30pm

HELPING YOU COPE WITH GRIEF THIS CHRISTMAS

Coping with grief during the Christmas season can be particularly challenging as it is often associated with joy and togetherness. Here are ten tips to help you navigate this difficult time:

1. Acknowledge Your Feelings:

It's essential to recognise and accept your grief. Allow yourself to feel sadness, anger, or any other emotions that may arise. Remember that grieving is a natural process.

2. Create New Traditions:

Consider starting new traditions or modifying existing ones to honour your loved one's memory. This can help you find meaning in the holiday season.

3. Set Realistic Expectations:

Understand that it's okay not to feel festive or joyful during this time. Adjust your expectations and be gentle with yourself.

4. Lean on Support Systems:

Reach out to friends, family, or support groups. Sharing your thoughts and feelings with others who understand can be comforting.

5. Create a Memorial:

Light a candle, create a memorial ornament, or write a letter to your loved one. These rituals can provide a sense of connection.

6. Practice Self-Care:

Take care of your physical and emotional well-being. Get enough rest, eat well, and engage in activities that bring you comfort and relaxation.

7. Limit Obligations:

Don't feel pressured to participate in every holiday event or obligation. Prioritise self-care and only attend gatherings or events that feel manageable.

8. Volunteer:

Sometimes, helping others in need can provide a sense of purpose and healing.

9. Seek Professional Help:

If your grief is overwhelming or persistent, consider speaking with a therapist or counsellor who specialises in grief and loss. We have services available in the form of counselling, reflexology, walking groups and group programmes. Check out our website.

10. Plan Ahead:

If you anticipate a difficult time during the holidays, make a plan for how you will cope. Having strategies in place can help you navigate challenging moments.

Remember that everyone's grief journey is unique, and it's okay to seek help when needed. The Christmas season can be tough, but with support you can find ways to cope and eventually find moments of joy and healing amidst the grief.

Southern Area Hospice Services offer several bereavement services, if you feel you might need some support visit our website www.southernareahospiceservices.org/bereavement-services

CHALLENGE YOURSELF FOR HOSPICE

Open Challenges



Sign up for a fantastic opportunity to combine adventure with a great cause! Participating in open challenges is not only a great way to explore new places but also to raise funds for the Southern Area Hospice Services.

For those interested in participating, it's a great opportunity for personal growth and adventure but also a chance to directly impact the lives of those in need. The funds raised can go a long way in providing essential support to patients and their families during challenging times.

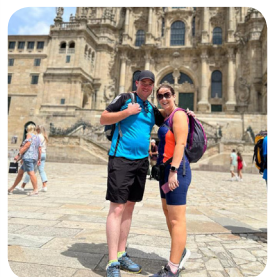
[Learn more here](#)



London Marathon – Sunday 21st April

Spaces are now available for runners to join Team Hospice for London 2024. By signing up to run the London Marathon you'll not only enjoy the excitement of running a world-famous event, but you'll also be making a meaningful impact on the lives of our patients. Package includes flights, race entry and accommodation.

For information, please contact Sarah O'Hare in Fundraising – ohares@southernareahospiceservices.org



Camino de Santiago – The Hospice Way

Join a fantastic bunch of like-minded people of all ages who journey from Sarria to Santiago together. This difficult but rewarding challenge has proven to be a life changing experience for many, with many walkers returning each year in support of Hospice. The group in July 2023 raised an outstanding £47,970.

Dates – 1st – 8th May 2024 & 1st – 8th July 2024.

For more information contact Sarah – ohares@southernareahospiceservices.org

More details and full events calendar on our website.

UPCOMING EVENTS



December

Christmas Coffee Morning

This Christmas time why not gather your family, friends or colleagues to Raise Your Cups for Hospice Care. Contact Fundraising for your Coffee Morning Fundraising Pack.



Light Up a Life Ceremony Dates

Dungannon:

Mid-Ulster Council Office Dungannon – 1st December at 10.00am

Craigavon: Civic Centre Craigavon – 6th December at 12.00pm

Newry: St John's House Newry – 14th December at 7.30pm



Big Bauble Bonanza: 6th December

This December we have 10 baubles up for grabs! Each bauble represents 1 day and is filled with fabulous prizes donated by local businesses. To enter, donate £10 to our dedicated Facebook Fundraiser, or call us on 028 3026 7711 Good Luck!



John Dalzell Annual Sit Out: 9th – 23rd December

John Dalzell OBE is already planning for his 32nd Sit-Out. John, who turns 82 this December, has raised over £2.1million to date for our Hospice. The commitment and generosity of John and his team have made a significant difference in the lives of local people. You can support John on his Just Giving page www.justgiving.com/campaign/johndalzell23



Christmas Draw: 11th December

This year we are delighted to team up with SAFE Fuels for our annual Christmas raffle to give away a fantastic £1,000 worth of Home Heating Oil or Cash Alternative! Enter on our website or call Bernie in Fundraising.



Christmas Jumper Day: 15th December

We are delighted that our Christmas Jumper Day Appeal will be returning this year on Friday the 15th of December. (Or on a day that suits you) We are encouraging local businesses, schools, and community groups across the Southern Trust Area to sign up, get into the festive spirit and help raise vital funds for Southern Area Hospice Services. To register call 028 3026 7711 or email austinm@southernareahospiceservices.org



2024

Gala Ball: Friday 1st March

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. Tickets available from Committee Members or by calling 028 3026 7711.



CHRISTMAS GIFT IDEAS



It's that time of year again when we start thinking about Christmas. Last year our Christmas cards and merchandise sales raised over £29,000. We would love for you to support us again in 2023, by purchasing one of our Christmas card designs (packs of 10), gift certificates, candles or Christmas gift items.

We would like to sincerely thank the local businesses and individuals for their generous sponsorship for our Christmas cards this year.

Support the Hospice this Christmas by purchasing an item from our Christmas cards and merchandise collection.

For more details or to place an order, you can:

- Call us at 028 3026 7711
- Visit our website: www.southernareahospiceservices.org/shop/christmas-cards and explore the Christmas card brochure.
- Use the QR code provided for easy online shopping.

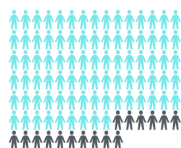


HOW WE ARE MAKING A DIFFERENCE



234

patients cared for in the inpatient unit.



620

referrals to our Community Services. 526 of these were cancer related.



4,738

sessions in our Hospice Hubs or other community setting.

GLEN DIMPLEX AMAZING GARDEN TRANSFORMATION



Glen Dimplex raises £1,427 and accomplishes an amazing garden transformation at Southern Area Hospice Services.

The garden at Fern House was transformed by the amazing team from Glen Dimplex at the start of July this year. What began as a tidy up quickly turned into a complete garden transformation! Their effort certainly paid off as the garden was totally transformed in only 1 day. As well as

volunteering, the team at Glen Dimplex in Newry organised a summer event for their staff with fun activities, team challenges and a grand raffle. In total, they managed to raise a fantastic £1,427.

We are extremely grateful to everyone involved and we are looking forward to working with this fantastic team in the future.

If your company would like to support us, visit www.southernareahospiceservices.org/volunteering

COULD YOU BE A 'FRIEND OF HOSPICE'?



The 'Friends of Hospice' community are a special group of people who make a regular donation to support the work of the Hospice. By making these donations they help make a profound impact on the lives of those with life-limiting illnesses and their families and you can be part of this.

We often receive handwritten

cards expressing heartfelt thanks for the care and support received at Hospice and we would like to share one of these with you.

"Thank you so much for the care and attention that our mother received during her time with you. The patience and the dignified care that you showed to her as well as the support and compassion that you showed to us - we will never forget it. We really don't know how you do it every day, but you were all born to do these jobs. Our prayers were answered when we heard that our mum could spend her last weeks in your care, she deserved to be looked after by the best, and she was."

We would like to invite you to become part of this very special group. As a 'Friend of Hospice' you will receive a welcome letter, a special Hospice pin and a copy of our newsletter to keep you up to date with all the latest information on events, services and campaigns.

To become a 'Friend of Hospice' and join this group of amazing people visit our website www.southernareahospiceservices.org or call us on 028 302 67711.

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