

# The Bulletin

**Welcome to our new Chairman!**



**Trustee Derwyn Jones becomes Chairman as Guy Clinch steps down**

Derwyn joined the Board of Trustees four years ago after becoming aware of the charity through his wife, Gillian, who has been a volunteer at Chestnut Tree House for six years. During that time, he has worked with the Marketing and Communications teams within the organisation to help increase awareness of St Barnabas and Chestnut Tree House and help grow the fundraising income for both hospices.

He brings over 20 years' experience in the Communications and Marketing Services industry to the role of Chairman of Trustees. Starting as a Management Consultant with BT in their contact centre business, in the mid 90's he joined Sitel Corporation where he held senior roles in Operations and Sales and Marketing within EMEA and the United States.

In 2000 he became General Manager of Dell's consumer division in Europe, being part of the team that led Dell to become the global leader in personal computers. He spent four years as Group Managing Director of Golley Slater, a UK leading Marketing Services company before leading the management buy-out of The Panther Group in 2006. The group was then sold to Parseq which included Pell & Bales, one of the UK's leading fundraising companies. Derwyn



served as Group Chief Executive from 2013 until August 2015 and is now a Management Consultant, advising marketing services and technology companies.

Derwyn said, "I am very proud to take on the role of Chairman and keen to use my experience to continue the good work of our outgoing Chairman, Guy Clinch, and to work with my fellow Trustees and the Senior Management Team to take the charity forward. We are on the brink of the next evolution with new developments at St Barnabas House and the expansion of Chestnut Tree House to enable us to reach out to more people in our local community who desperately need our help. I am looking forward to meeting more of our dedicated staff and wonderful volunteers in my new role – they are a real inspiration. It is an exciting time for both hospices as they enter new phases and I hope to be able to make a difference to such a forward-thinking organisation."



Derwyn and Gillian have lived in Sussex for nearly 30 years and enjoy travelling but when they are at home, they like nothing more than walking their border collie and making the most of the beautiful countryside. Derwyn is also a keen runner and will be taking on the Brighton Marathon in April for us.



*A BIG WELCOME TO DERWYN !*

**Thank you to our Trustees and Chairman, who are all volunteers** ❤️



# Meet a Clinical Nurse Specialist from the St Barnabas House Community Palliative Care Team

## Introducing Nikki Willis (pictured below right), Nurse Specialist in Palliative Care for St Barnabas House.

Nikki lives locally in Worthing with her partner and dog. Nikki's step-daughter is an important part of the family. Nikki is expecting her first baby in spring, which her family are looking forward to. She joined the Community Palliative Care Team 2 years ago. She has worked at St Barnabas for 4.5 years.

Nikki has worked in palliative care for 9.5 years. During this time she has worked at two other hospices as a Registered Nurse. During her RN training, and as a qualified nurse, Nikki always maintained a passion for palliative care.

Here she talks to Sue Carter, CPCT Community Service Manager about her role and motivations for pursuing a career in palliative care:

### 1. What made you become a nurse?

I always wanted to work with people, and, when at college, I found a hospital placement rewarding to provide comfort and promote well being to patients.

### 2. How did you decide to work in palliative care?

I liked the principle of providing holistic care, whether that be through symptom management, providing basic hands on care and communicating effectively.

### 3. How did you get to be a CNS?

I was keen to develop and undertook degree modules and link roles to increase my knowledge and communication skills to a specialist level. I was successful in completing a Developmental Role in the nurse specialist team which has allowed for progression from an RN to CNS. It was a guided transition with set competencies.

### 4. What is the difference between being a CNS at the hospice and being a Macmillan Nurse?

The role is basically the same. We are funded by the hospice whereas Macmillan nurses are funded by Macmillan.

### 5. What are the 3 best things about your job?

It is what I came into nursing for – I provide holistic advice, support and care for those nearing end of life.

I act as a resource/point of contact to help relieve the anxiety/distress for patients/carers facing end of life which can make a real difference.

Anticipatory planning with patients allows them to have a say with regards to how they want to be looked after as they approach end of life.

### 6. What are the 3 most challenging aspects of the job?

Limited resources and increasing demands.

Limited ability to plan workload, due to unpredictability of calls coming in.

Fragmented community services at times.

### 7. What does an average day look like for you?

Arrive in office – triage incoming work from end of previous shift.

Prioritise workload with team colleagues.

Make/receive telephone calls with patients/ relatives and arrange visits according to urgency of need.

*Continued over...*



Attend patient visits, liaising with GP/DN/other external professionals as required to make requests/suggestions/ referrals.

Respond to telephone calls between visits.

Reprioritise according to need/palliative care emergencies.

Liaise with other health and social care providers as required.

Complete documentation.

May also need to attend internal and external meetings.

### 8. How do patients access CNS support?

Referrals are made via GPs, Hospital Consultants, DN, other healthcare professionals. A CNS will then tailor support to patient need.

### 9. What is the hospice community team doing to make services easier for patients to access support out of hours?

Increasing hours of support from 1st February from 8am to 9pm.

Later in year, working with CCG commissioned co-ordination centre to provide overnight on call service

### 10. What advice would you give to someone hoping to become a CNS?

Be prepared for what the role entails – spend several days with CNS to gain insight into the role.

Be prepared for a challenge;

Be flexible;

*Be aware of the huge rewards that making even a small difference can make.* ♥

## A brave family from Littlehampton...



Jeanette Baker, 45, of Highdown Drive, Littlehampton was diagnosed with a brain tumour in March 2015. She is currently being cared for by the In-Patient Unit and likes to spend as much time as she can with her family. Jeanette is married to husband Chris and has two young boys, Conner (8) and Bradley (10). On both Christmas Day and Boxing Day hospice staff went the extra mile to transport Jeanette home to enable her to be with her family for Christmas.

John Hodges, Maintenance, our Grounds and Housekeeping Manager transported Jeanette

safely from the IPU to her family home for Christmas. He was accompanied over the two days by Nursing Assistants Ian Hassell, Susan Greco, Marion Nixon and Sandra Smith.

Jeanette's sons, Conner and Bradley Baker have been fundraising to say thank you for the wonderful care their Mum has received. They have completed two of their own fundraising challenges for St Barnabas House – a sponsored silence, followed by a sponsored reading challenge, raising £115.92.

Connor and Bradley have now started a sponsored swimming challenge, where they will try to swim as many lengths as possible at their local pool between now and Easter. They have set up a JustGiving page [www.justgiving.com/ConnorandBradleysSwim](http://www.justgiving.com/ConnorandBradleysSwim). So far they have swum an amazing 155 lengths and raised a further £674!

Jeanette said "I am so proud of all the hard work St Barnabas House does for us. It makes me feel so humble for all the hard work and volunteering they do here. I am really proud of my boys for their efforts. I would like to thank Meriel Hall who met my boys last summer and suggested a sponsored silence - they haven't stopped fundraising ever since!"

Our thanks also go to Jeanette's household and neighbours of Highdown Drive, who have also raised over £2,500 for St Barnabas House from their annual Christmas Light Competition. ♥



# Welcoming new Trustee David Pegler...

I work in the investment industry and am one of the founders of Brighton Capital Management. Between 2009 and 2014 I was head of Brewin Dolphin's Brighton business. Previously I had a long spell working in the city with 6 years at UBS Wealth Management and 12 years at Cazenove.

I began my career as a trainee actuary and have almost 30 years of investment experience. My key skills are investment communication with private clients, intermediaries and charities, together with portfolio construction and technical analysis. I am a Chartered Fellow of the Chartered Institute for Securities & Investment.



Outside of work I am a keen cyclist, ultra-distance runner, Ironman triathlete and a qualified British Triathlon Federation coach.

I am delighted to have been offered the opportunity to join the Board of Trustees and assist the Finance Committee. I hope that my investment experience will be valuable and look forward to contributing in any way I can.

St Barnabas and Chestnut Tree House have a special place in my heart, ever since my business sponsored the inaugural Snowman Ball and I got to know more about the wonderful team and the excellent support they provide families needing hospice care within the local community.

## Peter Lock's death a sad loss

We were very sad to hear of the death of one of our longstanding volunteers, Peter Lock, on 11 January. Before becoming a volunteer, Peter was one of the first members of staff at the old St Barnabas building at Columbia Drive, having formerly been a theatre technician at Worthing Hospital where our founder, Dr Gusterson, recruited him.

Peter's initial role at St Barnabas was to care for the patients in the morning and in the afternoon to turn his hand to anything that might need attention from painting old iron beds to chasing away the ponies that used to stray into the hospice's vegetable patch! Peter was also very active in local amateur dramatics and, as well as putting on shows and events for the patients, was often found singing in the corridors.



Once retired, Peter very kindly continued to volunteer for St Barnabas for many years. He will be missed by everyone at the hospice.

## Appeals Success - thank you!

Our 2015 Christmas Appeals for both hospices, and Light Up a Life for St Barnabas House, were a great success once again, raising lots of awareness and funds for both hospices.

Our Donor Marketing Officer James Millen would like to thank the families who shared their stories, and the generous support of donors from far and wide.

The St Barnabas Christmas appeal has raised almost £10,500, while Light Up a Life received over 1,000 donations and raised more than £34,000. The combined total is enough to pay for over 66 hours of all care services provided by the hospice.

The Chestnut Tree House Christmas Appeal has raised over £101,000 – this could cover the cost of over 155 overnight stays at the House for children we care for.



*Well done James!*



# New office for East Sussex team!

**Chestnut Tree House East Sussex Team will be operating from their new premises as of Monday 1 February.**

The new address will be:

**Chestnut Tree House East Sussex Office**

**Unit 4 Pacific House**

**Sovereign Harbour Innovation Park**

**1 Easter Island Place**

**Eastbourne**

**East Sussex**

**BN23 6FA**

**Telephone 01323 725095**

The office will provide a base for the Chestnut Tree House East Sussex Team. This is a small team of around 15 people consisting of community nurses and fundraisers aided by a small number of volunteers.

We are keen to recruit more volunteers –

all ages and abilities very welcome, whether as a regular commitment or a few hours now and then!

We are currently caring for 55 families in East Sussex but there are more families who need our help in this area. Having a base in East Sussex will enable us to reach out to more families and provide care in their own homes as well as helping to raise awareness of the hospice's work and encouraging new supporters.

Tracey Luker, Head of East Sussex Fundraising, said:

*"With a growing demand for us to provide hospice care in the families' own homes, we need to expand our Community Team and therefore need a larger base in East Sussex in order to do fulfil this need. The move to Pacific House will give us more room to accommodate our growing service, better access to main transport routes improving travelling times across the county, more storage for equipment and a pleasant working environment for our staff and volunteers in a modern and well-equipped building. We look forward to settling in!"*

*Thank you to staff and volunteers for helping to accommodate the move*



**The Cuckfield Christmas Tree Festival took place 11-13 December. £7,571.52 was raised for Chestnut Tree House. It was the Festival's 13th year, which to date has raised £56,035 for charity.**

Paul Goldfinch, one of the festival planners, said: "This is a very special event which the local community put their heart and soul into. I would like to thank everyone for their support. This was my last year of being involved with the Festival and it was an honour to raise such a significant amount for Chestnut Tree House. Their representative Jo Smith was a pleasure to work with. I wish everyone at Chestnut Tree all the best for the year ahead."

Jo Smith (pictured right), Community Fundraiser for Chestnut Tree House, would like to thank her team of fantastic volunteers who helped with this event - Kathy Walling, Lucy Groenewoud (CTH staff), Michael Good, Mark Ward, Amanda Gibbs, Tom Lane, and Caroline Ford and Nick Price, who gave a talk for Jo.



*Well done Jo!*

# Community Companions

The Community Companion volunteers had a Christmas get together at the end of November to hear about the plans for expansion of the project and celebrate the important contribution they make to the support of the patients they visit. There was cake and mince pies and an opportunity to catch up with fellow Companions. Community Companions will be extending to take referrals from District Nurses in 2016 and we hope to recruit 50 new Community Companions next year. If you know someone who you think would fit the bill let us know!

Contact Voluntary Services on 01903 706360 or email us on [volunteers@stbh.org.uk](mailto:volunteers@stbh.org.uk).

*"I am thrilled with how this service is growing and allowing us to support more patients and their carers."*

**Sophie Rantzau, Voluntary Services Manager**



## STOP PRESS! NEW COMPANIONS NEEDED

### - Did you know:

Community Companions are now in their fourth year and going from strength to strength.

Since launching, Community Companions have:

- supported 246 patients and their families
- carried out over 3000 visits – which equates to over 5,700hrs

We want to reach even more people in our community and we urgently require more volunteers to help us to achieve this.

For more information please contact Lucy Ashton on 01903 706360 or email us on [volunteers@stbh.org.uk](mailto:volunteers@stbh.org.uk) to find out more.

*We look forward to speaking to you soon...*





# Staff and Volunteer News...

## Hello and welcome...

- Emily Gurney - Housekeeper STB Bank
- Gillian Morley - HR Administator
- Lincoln Pennant - RDC Driver
- Katy Hooper Bank - Care Support Worker CTH
- Nicola Sparks Bank - Care Support Worker CTH
- Heidi Belchamber - Care Support Worker CTH
- Susan Harris - Lottery Administrator
- Shaun Webster - Retail relief Assistant Manager
- Georgina Cook - Community Fundraising Officer, Eastbourne
- Lianne Eagle, Lecturer in Palliative Care, STB
- Eleanore Stedman - Taylor Discharge Coordinator STB
- Jenny Murrell - Community Fundraising and Events Admin - STB
- Lisa Ingall - Bank Nursing Assistant STB

## Farewell and thankyou...

- Chloe Holt - Community Fundraising Assistant
- Kevin Akehurst - Technical Information Administrator
- Karen Guido- HR Officer (see you soon)
- Lisa Ingall - Hospice at Home Healthcare Assistant
- Gillian Morley - Assistant Administrator CTH
- Nicky Sparks - Care Support Worker - CTH
- Jo Waterfall - Retail Shop Assistant - Durrington
- Rosie Wookey - Nurse Specialist

Rottingdean & Saltdean  
Lions Club Sponsored  
Swim

**SUNDAY 16  
OCTOBER 2016**

ENTER A TEAM, HAVE  
FUN, RAISE FUNDS

Roedean School Pool

For an entry pack contact Ian Christie:

Tel: 01273 960437 or 07917155048

Email: [ian\\_christie@yahoo.co.uk](mailto:ian_christie@yahoo.co.uk)

All Funds raised will support:

- Your team's nominated charities
- Chestnut Tree House children's hospice
- other Lions' Community projects



## Seagull safety

We have installed a pretend hawk, flying above the two storey building at St Barnabas House.

This is to deter the seagulls from returning this season.

Last year the number of seagulls increased, made a lot of mess, were pecking roof seals and above all were very aggressive.



# Staff and Volunteer News...

**It is with great sadness but much gratitude that we bid farewell to Ian Hassell, and wish him the best of luck on his next adventures!**

Pictured here with John Hodges (top right), Susan Greco and Jeanette Baker on Friday 8 January 2016, Ian Hassell spent his last day after 14 years of service with St Barnabas House caring for Jeanette and other patients on the IPU.



Ian said: "For the patients staying on the In-patient Unit at Christmas, we're all aware that this will often be their last. So it's important to strike the balance between celebrating Christmas Day while being mindful that Christmas Day can be the most difficult day.

During the Christmases I have worked there have been some memorable moments – I particularly remember one patient who asked if she could listen to the Queen's speech on the radio. I said I could do better than that, so we sat and watched it together on the television. It was a special moment.

Helping John Hodges to get brave Jeanette home to her young family was a real privilege and is a special and happy memory among so many that I will remember from my 14 years working for such an inspiring organisation."



On Wednesday 27 January an impressive turnout of staff gathered to bid farewell to Susie White, Front Office Administrator for St Barnabas House.

"Saying goodbye to Susie was a sad day for all at St Barnabas House. Susie started working for the hospice in

October 2005, having previously worked at the Body Shop and running her own business of two ladies' fashion shops.

Susie has not only been a welcoming, smiling face for visitors but has also used her business skills to negotiate with suppliers to obtain the best possible prices, saving the hospice large amounts of funding over the years.

A special thank you from me for all of the hard work Susie has done, and particularly for her part in helping to get the new hospice operational after the move from Columbia Drive.

The reception is a very important part of the charity and Susie's bubbly personality and commitment to go the extra mile will be missed." **Jeremy Cox, Deputy Chief Executive**





# Reindeer Run success across Sussex for Chestnut Tree House



**Christmas 2015 saw 34 nurseries, schools, colleges and groups across Sussex grabbing their antlers to take part in the Chestnut Tree House Reindeer Runs campaign, raising over £30,000 for Chestnut Tree House.**

Lots of exciting Reindeer Run events took place and this Christmas saw more variety than ever, with all sorts of activities happening – from skipping challenges to scavenger hunts, as well as themed PE lessons and laps around the playground.

Teachers told us how their pupils were very excited to be raising money for Chestnut Tree House by doing something festive

Kim Thornton, Headteacher at Boxgrove C.E.P School, said:

“Having visited Chestnut Tree House at their Open Days event in October 2015, our School Council were keen to inspire and engage the rest of the school in participating in this year’s Reindeer Run. On the last Monday of term the children set off for their half hour run in the school grounds adorned with antlers and red noses. They crossed the finishing line (with some very red cheeks too!) ready to enjoy mugs of hot chocolate topped with marshmallows. Being a small school with 70 pupils, the School Council had hoped to raise about £200. The final total was just over £1,000 - an absolutely incredible amount for such a worthwhile cause. On behalf of the School Council,

I would like to thank the fantastic response and generous support of the whole school community.”

**Community Fundraiser Tracy Bowdery said: “We are so grateful to everyone who took part to make this the best Reindeer Run ever! Thank you so much to everyone who took part or sponsored a reindeer!**

**The amount raised is amazing. £30,000 is enough to pay for over four days of all care our services, both at the House and out in the community.**



Arun Community Church Nursery



Boxgrove Primary School



Churchers College



Midhurst Rother



House and out in the community.



## Eastbourne Shop Revamp!



Our Eastbourne shop has changed its look, and now features amongst the shop fittings, stylish new upcycled furniture, which has been lovingly painted by our warehouse volunteers. A big thank you to Manager, Denise, Assistant Manager, Tracey, and to our lovely volunteers for staying late on Thursday night to get it all ready for our customers on Friday. Come along and browse for a bargain and maybe even get some ideas as to how you can upcycle 'pre-loved' furniture yourself!



Eastbourne Assistant Manager, Tracey and Manager, Denise.

The shop is at 176-178 Terminus Road, Eastbourne BN21 3BB and is open 9am-5pm, Monday to Saturday and 10am-4pm on Sunday.

## Flying the Flag at Chichester's First Birthday Celebrations

Shop Manager Helen Smith and her staff and volunteers, will be celebrating the 1st Birthday of our wonderful Chestnut Tree House shop in Chichester on **Wednesday 17 February**.

The theme is the '**Best of British**' and we shall be celebrating in a traditional British way with tea and a Union Jack themed birthday cake, which will be cut by the Mayor of Chichester.

We wish Helen, her team and everyone who attends, a wonderful day!



## Hello and Goodbye!



A warm welcome to Shaun Webster (pictured left), who has joined us as our second Relief Shop Manager.

Jan Tindall, Assistant Manager at our Chestnut Tree House shop in Brighton has now left us, and we'd like to thank Jan for all of her hard work and wish her luck for the future.

## 5 Year Service Award →

Congratulations to Simon Shipp, Retail Distribution Centre van driver, who received his 5 year service award from Jan Harper, Head of Retail.



## Christmas winners

Retail ran a Christmas Competition amongst their shops in December.

Head of Retail, Jan Harper said, "I would like to thank all of the managers, staff and volunteers for their hard work and enthusiasm. There were some very imaginative ideas, window displays and promotions for December and particularly for the Christmas competition, and it was very difficult to single anyone out as everybody did so well."

### The results were:

#### • Best Christmas Window →

1st Place was the Chichester shop for their stunning window display, and runner up was Uckfield, whose Christmas decorations extended from the window and right through into the shop.

#### • Best percentage sales growth year on year up to the 24 December

1st place was Eastbourne and the runner up was the Seaford shop.

#### • Best Christmas Promotional Idea

1st place was Montague Street, Worthing, whose ideas included living mannequins in their shop window! They also raised over £160 in one day, by offering customers the chance to have their photo taken in the 'photo booth framed window snow scene'.

The runner up was the Bognor shop for involving all of the team, Barclays Bank and their customers to raise over £2000 in one day, as reported in the last staff bulletin.



Chichester



Uckfield interior



Worthing



Uckfield window



# News from the St Barnabas Day Hospice

Fee, Fi, Fo, Fum...

## Day Hospice panto mayhem



The multi-talented and vivacious Day Hospice team hosted their annual Pantomime – **Jack and the Bean Tin** - on Wednesday 20 and Thursday 21 January.

The Oscar winning performance goes to Stephen Gurr for his moving rendition of Jack's mother, while Best-Supporting role was won by Day Hospice Manager Kaz, who gave a wonderfully flatulent performance of Milky-White.

Patients, staff and volunteers enjoyed the shows, thanks to everyone who helped to bring together the beautiful set, costumes and sound effects. It was an (almost) faultless performance!



## MyLife

MyLife is a new initiative from the Day Hospice Team. Open to people recently diagnosed with life-limiting illnesses and a friend or family member, the project is a series of events intended to celebrate positive living while giving a broader understanding of the services offered by St Barnabas.



The Day Hospice team fully understand that the idea of coming to a hospice, especially for those newly diagnosed, can be a scary prospect, so they have planned these light-hearted events to serve as an informal introduction, and to demonstrate that the hospice is about living life as fully as possible.

The events are targeted towards different groups of people, some of whom may not normally wish to come to the hospice for fear of what it represents, or for those who simply do not know about the services offered. It is hoped that through these events people will be better placed to make informed decisions

should they need our services in the future.

**For more information or to book your place at an event, please contact us on 01903 706378 or email [mylife@stbh.org.uk](mailto:mylife@stbh.org.uk).**

You can also visit the website - [www.stbh.org.uk/mylife](http://www.stbh.org.uk/mylife) - please help spread the word about these events by telling your friends and family. Posters can also be downloaded from the website.

Glimmer and Gloss  
Monday 21 March 2016, 11am – 2pm  
Bodger's Challenge  
Monday 23 May 2016, 10am – 3pm  
Shoot the Family  
Monday 25 July 2016, 10am – 3pm  
Tasty Pics  
Monday 26 September 2016, 7pm – 9pm  
Spoils and Oils  
Monday 28 November 2016, 11am – 2pm

# News from Chestnut Tree House

**Wishing everyone a happy New Year - children and staff say goodbye to 2015...**



Chestnut Tree House Activity Leaders organised a wonderful New Year's Eve party for children staying at the House. Pictured: Charlotte McDermott celebrating with Care Support Worker Fiona Lee.

Staff said: "As part of the celebrations we did a scavenger hunt to find all the party items we would need for our party, then we had party games and a disco with laser lights and bubbles.  
**We had such fun!"**



## Special outing!

Siblings, parents and grandparents of children being cared for by Chestnut Tree House enjoyed a flight simulator trip at CAE aviation training centre near Gatwick Airport in December.

Everyone loved it from, young to old.

Parents and children enjoyed solo and group flights in the simulators. The view was overlooking Lapland and they saw Santa fly by whilst checking out where the elves lived and trying to spot which house was Santa's. The other children were visited by staff dressed up as Disney characters while they were waiting.

We were treated to a lovely lunch, including sandwiches, cake, mince pies, pop, bucks fizz, tea and coffee.

There was a visit from Santa with a gift for each child and young person on the trip.

Other parents had an opportunity to go in the Boeing 737 simulator while two young people had an opportunity to fly the other simulator for a little longer, without the accompaniment of Santa!

### Comments from the day:

**"This is the best Chestnut Tree visit!"**

**"We are speechless!"**

**"What an experience!"**





The Big Heart Auction will feature over 200 artworks by professional artists from across Sussex and further afield, as well some celebrities, and art pupils and students from across Sussex.

There will be something to suit all tastes and budgets, from artworks by children's illustrators, to fine art, textiles, printmaking and photography.

The final exhibition of all artworks will be at Brighton Dome 1 - 4 July 2016 (opening times 10am - 5pm) and all will be featured on the online eBay auction site 1 - 10 July 2016.

All artworks will also be featured on our website [www.bigheartauction.org.uk](http://www.bigheartauction.org.uk)

# The big heart auction 2016

The Big Heart Auction 2016 art collection is coming to Chichester's Candida Stevens Gallery from 15 to 17 February 2016.

Don't miss this chance to see a unique selection of 200 artworks from Sussex artists in a variety of mediums.

**We are urgently seeking volunteers** who are interested in Art to help out at the first event in Chichester, as well as other exhibitions taking place across the county. See the table below for details:

| Date              | Location                            | Times                        | Volunteer Role   |
|-------------------|-------------------------------------|------------------------------|--|
| 15, 16, 17 Feb    | Candida Stevens Gallery, Chichester | 10am - 1.30pm / 1pm - 5pm    | Exhibition manning  |
| 17, 17 May        | The Dome, Worthing                  | 9am - 1.30pm / 1pm - 5pm     | Exhibition manning   |
| 6, 7, 8, 9 June   | Towner Gallery, Eastbourne          | 10am - 1.30pm / 1pm - 5pm    | Exhibition manning   |
| 21, 22, 23 June   | St Mary in the Castle, Hastings     | 9am - 1pm / 1pm - 6pm        | Exhibition manning   |
| 30 June           | The Dome, Brighton                  | 5pm - 10pm                   | Exhibition set-up  |
| 1, 2, 3, & 4 July | The Dome, Brighton                  | 10am - 1.30pm / 1.30pm - 5pm | Exhibition set-up & manning  |
| 5 July            | The Dome, Brighton                  | 9am - 11am                   | Exhibition break-up  |

If you or anyone you know could help, please call Angie Bacon on 01903 706326 or email [fundraising-volunteers@stbh.org.uk](mailto:fundraising-volunteers@stbh.org.uk) for further details.



We are delighted that Sir Quentin Blake has donated a print of his quirky illustration 'The Art Bird' which will be on display together with artworks from local art students and from some of the children at Chestnut Tree House.

# Photo Friday for non-Facebookers

Here are some of the staff and volunteers who have featured on Facebook in the last few weeks

**Jack Larkham has been Business Development Officer for St Barnabas and Chestnut Tree for nearly a year.**

*"I always wanted to work in the charity sector, and my role involves working with all departments to support common solutions to help the charity move forwards."*



**Becki Gardner has been Nursing Assistant at St Barnabas for 18 months.**

*"I love being able to bring a smile to someone's face, even in some of their darkest times. Sometimes it is the smallest thing that can brighten a patient's day."*



**Anne Beckley has been a Coffee Shop volunteer at St Barnabas for 5 years.**

*"After I retired I wanted to volunteer. My father-in-law passed away 10 years ago in the old St Barnabas at Columbia Drive, and I decided that St Barnabas was where I wanted to give my time."*

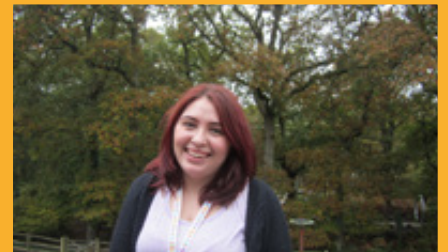


**Karen Bentley has been Retail Distribution Centre Manager for 4 years.**

*"My job is so versatile, every day is different and I really do work with some great people. If anyone has stock they would like to donate to our charity shops, I'm your lady."*

**Heidi Barber has been a Community Care Support Worker at Chestnut Tree since last July.**

*"I'm so lucky to be able to work at Chestnut, I love seeing all of the amazing children and their families; I'm so blessed to be able to help make a difference."*



**Malcom Garland has been a Garden Volunteer at St Barnabas for two and a half years. He is also a keen fundraiser and has raised nearly £10,000 with his family.**

*"My wife passed away nearly four years ago and I always felt comfortable here. It's like home for me - everyone you meet is so kind." I love helping and fundraising and to give something back to such a wonderful charity."*



If you would like to feature on our Facebook 'Photo-Friday' please contact  
Jayne Todd - [jayne.todd@stbh.org.uk](mailto:jayne.todd@stbh.org.uk) / Tel: 01903 706310



# Chestnut Tree House

## Current Volunteering Opportunities

### SHOP ASSISTANTS

Savvy sales people or those with a passion for fashion wanted to join the shop teams across the area.

### MAINTENANCE

Skilled tradespeople wanted to provide assistance to our Maintenance Officer.

### HOUSEKEEPING

We are looking for extra help for our housekeeping team, to assist in keeping the house clean and tidy.

### VEHICLE UPKEEP

We are looking for people who can help carry out vehicle safety checks and help us keep our vehicles clean.

### EVENTS VOLUNTEERS

If you would like to volunteer on a more ad hoc basis, helping at our many fundraising and awareness raising events and activities, please see the listing on the Fundraising Opportunities page for upcoming dates, or contact Angie Bacon on 01903 706326.

**For more information or to request an application form, please contact Voluntary Services on 01903 706315 or email [volunteers@stbh.org.uk](mailto:volunteers@stbh.org.uk)**

# St Barnabas House

## Current Volunteering Opportunities

### LAUNDRY ASSISTANT

Helpful person needed to assist with ironing and simple sewing tasks and keeping the laundry area clean & tidy.

### HOSPICE OUTREACH

Confident, approachable person wanted to assist our Hospice Outreach Project vehicle at local hospital locations.

### COMMUNITY COMPANIONS

Friendly people, with a desire to help others in the community are wanted to join our team of volunteers who provide social and practical support to patients and carers.

### EVENING RECEPTIONIST

Welcoming, friendly person needed to be a first point of contact for those contacting and visiting the hospice during Saturday evenings, 5pm to 8pm.

### SHOP ASSISTANTS

Savvy sales people or those with a passion or fashion wanted to join the shop teams across the area.

### OUTPATIENT DRIVERS

Safe drivers needed to provide comfortable transport to help patients attend appointments at the hospice.

### EVENTS VOLUNTEERS

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For more information or to request an application form, please contact Voluntary Services on 01903 706315 or email [volunteers@stbh.org.uk](mailto:volunteers@stbh.org.uk)



# Volunteers we need you...

## Fundraising opportunities

There are plenty of volunteering positions in 2016 that we need your help with.

Please contact **Angie Bacon** about them on **01903 706326**.

### Brighton Half Marathon

**Sunday 28 Feb**

Cheering Squad.

Shifts available between 9am & 3pm.

Brighton route.

### Brighton Marathon

**Sunday 17 April**

Cheering Squad and Bucket Collections.

Shifts available between 9am & 3pm.

Brighton route.

### Shuffleboard Olympics

**Fundraising Stand**

Mar/Apr 2016 exact date TBA.

6.30am to 10.30am.

Lancing Parish hall.

### Worthing 10k

**Sunday 5 June**

Marshalling, Bag Drop, Cheer Team.

7.30am to midday.

Worthing seafront.

### Night To Remember– Midnight Walk

**Saturday 25 June to**

**Sunday 26 June**

Route Marshalling, Serving refreshments, Handing Out Medals.

Shifts available between

10pm Saturday & 8am Sun (26/06).

Starting at Worthing Leisure Centre.



### Chichester Priory 10k

**Sunday 7 Feb**

Bucket Collections and Route Marshalls.

9am to 12:30pm.

College Lane, Chichester.

### Big Heart Art Auction

**15, 16 & 17 February**

Exhibition Manning.

10am till 1:30pm or 1pm till 5pm.

Candida Stevens Gallery, Chichester.

### Brighton Half Marathon

**Sunday 28 Feb**

Cheering Squad.

Shifts between 9am & 3pm (TBC).

Brighton route.

### Eastbourne Half Marathon

**Sunday 6 March**

Refreshment stand.

Shifts available between 8:30am & 1pm

Eastbourne.

### Piazza Italia

**Good Friday 25 March**

Awareness / Fundraising Stand.

Bucket Collections.

9am till 1pm or 1pm till 5pm.

Carfax, Horsham.

### Brighton Marathon

**Sunday 17 April**

Cheering Squad and Bucket Collections,

Shifts between 9am & 3pm.

Brighton route.

**B**   
**St Barnabas  
House**



**C**   
**Chestnut  
Tree House**