



## St Christopher's Fun Walk – help make it our best ever

**This year's Fun Walk takes place on Sunday 22 May 2011 in and around Keston Common**



The Fun Walk takes place every other year – it's the biggest event in our calendar and one not to miss. By registering early and getting the date into everyone's diaries, you could make it a terrific day out with family, friends and work colleagues.

The last walk in 2009 was incredible with more than 3,000 people taking part. When that many people get together to support a cause close to their hearts, it creates a really special atmosphere that people of all ages and all abilities can enjoy. With a choice of 3, 5, 8 or 11 mile walks there is something for everyone. There are no limits to the fun you can have by dressing up or simply enjoy a countryside stroll with entertainment and refreshments on the way.

To motivate you even more, we have trophies for the oldest and youngest walker, the individual, team and the school raising the most money as well as best fancy dress costume.

Registration is now open and it's really easy. You'll find a registration form enclosed with this newsletter or register online at [www.stchristophers.org.uk/funwalk](http://www.stchristophers.org.uk/funwalk)

So please put your best foot forward for St Christopher's and help us to make this the best Fun Walk ever. We look forward to walking with you!



**"Our Fun Walk is a really enjoyable community event that brings over 3,000 people together for a lovely ramble. This tremendous show of support for St Christopher's always touches us. I very much hope that you and your family and friends will be able to take part and help us to achieve this year's £250,000 target. Your support makes so much difference to the patients and families in our care."**

**Barbara Monroe DBE**

*Chief Executive, St Christopher's Hospice  
pictured below with her award when  
made a Dame in June 2010*



**St Christopher's services cost over £14 million each year. Just over a third comes from the NHS which means we must raise more than £9 million to continue to deliver our patient and family services free of charge and run our innovative education and research programmes.**

**Write a Will Week · 28 February – 4 March** The date of our Write a Will Week is now confirmed and offers a great opportunity to make or update your will free of charge (as long as it is not overly complicated). St Christopher's and future generations of people in our specialist care will be very grateful to you if you are able to include a gift of any size to support our work. For details of the local solicitors who are so kindly participating, or for any other information about leaving a legacy to St Christopher's, please call Belinda Kearns on **020 8768 4573** or email her at [b.kearns@stchristophers.org.uk](mailto:b.kearns@stchristophers.org.uk)



# Making a difference together

## New year – new *Go Active!* you

If your new year's resolution is to get fit, signing up for a sporting event and going active for St Christopher's could give you all the motivation you need.

We have lots of places in running events throughout the year and there are also many other sporting activities taking place that could enable you to raise funds through sponsorship. You don't need to be a fitness fanatic, it's the taking part that counts.

Check out our *Go Active!* diary on the back page. If you're looking for something different, get in touch and we'll help you to find the challenge or activity for you – perhaps you'd prefer a parachute jump?!



One of our *Go Active!* runners in the Virgin London Marathon 2010

We hope that reading these pages will inspire you to help St Christopher's even more than ever. Together we can make sure that more people in our community get the kind of care at the end of their lives that we would want for our own families. We couldn't do what we do without you.

Here are just a few ideas on how you can get together with your family, friends and colleagues to raise much-needed funds:

- Coffee mornings – very easy to organise and great fundraisers.
- If you are a whizz in the kitchen, how about inviting your friends for a 'come dine with me' style evening and collect donations from your diners for taking part in your event!
- More and more people are asking for donations to their favourite charity instead of gifts for their birthdays, weddings and other celebrations. There's a huge feel-good factor in knowing that you're helping people who may be more in need than you.

For help, ideas and materials, or if you're interested in fundraising volunteering, please contact one of our Community Fundraisers:

Liz Sowden on **020 8768 4575** or at [e.sowden@stchristophers.org.uk](mailto:e.sowden@stchristophers.org.uk)

Gemma Hoosain on **020 8768 4570** or at [g.hoosain@stchristophers.org.uk](mailto:g.hoosain@stchristophers.org.uk)

## Chilly festivities at St Christopher's

Warmest thanks to all those hardy people who bravely struggled through the snow and ice in December to support St Christopher's events.

Our Christmas Festival raised £6,000 with 200 people enjoying arts and crafts, food and gift stalls, and even meeting Santa. And, despite being held on a bitterly cold afternoon, our annual Remembrance Tree service in the hospice grounds had over a thousand people attending to remember loved ones by sponsoring lights on the tree. Dame Barbara Monroe and The Rev Dr Andrew Goodhead led the service, with musical help from Sydenham Girls School Choir and The Crystal Palace Band. To date, the event has raised over £52,000.

Thanks to all our generous volunteers and supporters who helped to make both these events so special.



Dame Barbara Monroe and children in front of the Remembrance Tree

**Work of art for The BIG Art Affair... can you help?** London's newest and most innovative art fair – [www.thebigartaffair.com](http://www.thebigartaffair.com) – will be showcasing urban, contemporary and modern art by emerging, young professionals and some of the UK's most established artists at Dulwich Hamlet Stadium, 19-22 May. This exciting event will be raising funds for St Christopher's. The BIG Art Affair will bring together the work of sculptors, printmakers, painters and photographers to be viewed in a stylish, relaxing environment. We're looking for a really interesting piece of art for St Christopher's to exhibit. Can you help by loaning or donating something special? To find out more call Paul Fennelly on **020 8768 4572** or email him at [p.fennelly@stchristophers.org.uk](mailto:p.fennelly@stchristophers.org.uk)



## Throw a royal wedding street party for your community and help support St Christopher's

The royal marriage of Prince William to Kate Middleton on Friday 29 April has got us thinking about street parties and how they could be a terrific way to bring communities together for some fundraising fun. The day has been declared a Bank Holiday and local councils have been asked to make it easy for communities to throw their own street parties.

There are all kinds of ways you could celebrate and support St Christopher's. You could donate a percentage of ticket sales, do a raffle and organise games and activities. Contact your local council and ask for a street party registration form and get in touch with the St Christopher's fundraising team for help and ideas.



## Christmas raffle

Congratulations to all the prize winners in our Christmas Raffle. Top prizes included a brand new Nissan Micra; a £1,000 holiday voucher and a weekend break for two. Pictured left are mayoral representatives from our local councils with Dr Nigel Sykes and Stephen Wood from Ancaster.

## HRH Princess Alexandra visited us in December



Our patron HRH Princess Alexandra made her annual visit to St Christopher's in December – pictured from left to right are Nigel Sykes, Medical Director, Dame Barbara Monroe, Penny Hansford, Director of Nursing and Rodney Bennion, Chairman

## A day in the Anniversary Centre

**We thought you'd like to read about how a day at St Christopher's Anniversary Centre made a big difference to a lady in our care.**

"Last week I spent the day here for the first time. When I saw my daughter she couldn't believe the change in my mood. I just felt so much more confident, which helps me to cope with all the things that normally weigh me down. I arrived about 11am and stayed until around 5pm.

"The most important thing was that someone sat down and helped me fill out all those terrifying benefit forms which had been sitting on the hall table for weeks. I went to a group in the gym. Can you believe it? My daughter couldn't – circuit training I think they called it. I tried out various bits of equipment and the treadmill helped me to feel more confident on my legs.

"We had a lovely lunch and I met some other people going through the same sort of things. My nurse caught up with me and we had a private chat and checked out all my pills. People don't realise that to get all this done in one go changes everything."



The patient rehabilitation gym at St Christopher's Anniversary Centre

# Your donation and information request form

## About you

Mr  Mrs  Ms  Miss  Other title

Forename(s)

Surname

Address

\_\_\_\_\_

Postcode

Telephone

Email

## About your gift

My gift is of  £25  £50  £100  £150  £1000  £ Other \_\_\_\_\_

I enclose a cheque made payable to **St Christopher's Hospice** or

Please debit my  Visa  Mastercard  Maestro  CAF account

Card no

Start date / Expiry date / Issue  MAESTRO ONLY

Security  LAST THREE DIGITS ON BACK OF CARD

Signature **x**

Date

I do not need my gift to be acknowledged

## Make your donation worth more with Gift Aid

I would like St Christopher's Hospice to reclaim the tax I have paid on any donations I have made in the previous four years (but no earlier than 6 April 2000) and any future donations I make. I understand that I must have paid Income Tax or Capital Gains Tax in the UK equal to the tax that will be claimed. Currently H M Revenue and Customs will give us 28p for every £1 you give.

## Other methods of support

I'd like to suggest the following company or trust to support St Christopher's

I'd like more information about

leaving a gift in my Will to St Christopher's

organising a fundraising event

taking part in a *Go Active!* or Challenge event

supporting St Christopher's as a group or company

Please complete this form and return it – together with your donation – to  
**St Christopher's Hospice, 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ**  
Telephone **020 8768 4500** Email **info@stchristophers.org.uk**

**Data protection** We would really love to keep in touch with you and send you all our news and information about events. Please tick here if you would rather not hear from us.  St Christopher's Hospice is registered charity 210667

## Challenge your team to a freefall for

**St Christopher's** How about getting a group together for a team freefall parachute jump? These take place in Maidstone and are loads of fun although not for the faint-hearted. Past participants tell us that this is a terrific team-building exercise, so pluck up your courage and give us a call to find out more.



# Corporate sponsorship opportunities

## Sponsor our Fun Walk and get the message out to 50,000 local people

St Christopher's Fun Walk (22 May 2011) is our biggest, most publicised and most talked about event and we're seeking sponsorship from local organisations to help us to make this year more successful than ever.



We have a range of sponsorship opportunities including medals and t-shirts. The Fun Walk is promoted to 50,000 people locally and 3,200 people took part in 2009. South London Press will be promoting the event once again as our media partner.



## Business breakfast at St Christopher's

We're inviting local businesses to start the day with an informative and enjoyable breakfast at St Christopher's on Thursday 14 April between 8 and 9.30am.

This will be a great opportunity to find out about the specialist care we provide for local people as they approach the end of their lives. It's also a chance to learn about the potential PR benefits that an association with St Christopher's, a highly-regarded organisation at the heart of your community, can bring. And, of course, it's a valuable opportunity to network with other local firms. We thank South London Business for kindly sponsoring the event.

**"South London Business is delighted to be sponsoring St Christopher's inaugural business networking breakfast. Encouraging businesses to network and support one another is incredibly important in the current challenging economic climate, but is doubly rewarding knowing that we are also supporting such an incredibly worthy local charity:"** Ross Feeney, Director of Business Support



For more information about any of these initiatives, please call Paul Fennelly on 020 8768 4572 or email him at [p.fennelly@stchristophers.org.uk](mailto:p.fennelly@stchristophers.org.uk)



St Christopher's Hospice  
51-59 Lawrie Park Road, Sydenham, London SE26 6DZ  
Tel 020 8768 4500 Fax 020 8659 8680  
Email [info@stchristophers.org.uk](mailto:info@stchristophers.org.uk) [www.stchristophers.org.uk](http://www.stchristophers.org.uk)  
St Christopher's Hospice is registered charity 210667

## Diary dates 2011

**Friday 28 January · 6.30pm**

### Quiz night at St Christopher's

Call Brian Sells on **020 8777 3359** for more information.

**Saturday 19 March · 7.45pm**

### Dulwich Symphony Orchestra Concert

All Saints Church, Lovelace Road, London SE21 8JY. Tickets £8 including complimentary drink, concessions £5 and under-16s free. More details at [www.dulwichsymphonyorchestra.org.uk](http://www.dulwichsymphonyorchestra.org.uk)

**Saturday 19 March · 2-6pm**

### Fashion Show

Dulwich & Sydenham Hill Golf Club. Fashion show, garments for sale and raffle. Tickets £10 including snacks and soft drinks. For tickets or if you have good quality clothes to donate, please call Gill on **020 8650 0140**.

**Saturday 7 May · 11am-2pm**

### Open Garden at St Christopher's Hospice

Stock up on plants and garden items or simply relax and enjoy the live music in the hospice grounds. Entrance £2.

**Friday 13 May**

### The Dragonfly Ball

Four course meal, raffle/auction at The Warren, Bromley, Kent. Tickets £65. Call Stephanie on **07909 444159**.

**Thursday 19 – Sunday 22 May**


### The Big Art Affair

Dulwich Hamlet Stadium, Dog Kennel Hill, London SE22 8DB. See inside this edition of *Newslink* for details. For more information and if you have a work of art to loan or donate, call Paul Fennelly on **020 8768 4572** or email him at [p.fennelly@stchristophers.org.uk](mailto:p.fennelly@stchristophers.org.uk)

**★ Sunday 22 May**

### St Christopher's Fun Walk

Starting at the Greyhound pub, Keston Common. Join 3,000+ supporters for this terrific community event. With a choice of 3, 5, 8 or 11 mile walks there is something for everyone. Details enclosed with this newsletter and on our website at [www.stchristophers.org.uk/funwalk](http://www.stchristophers.org.uk/funwalk)

 **Follow us on Facebook – search for 'St Christopher's Hospice Official Fundraising Page' – and click on the 'like' button to keep up with our latest news**

**Saturday 25 June · 11am-4pm**

### Family Fun Day at St Christopher's

A popular family favourite with stalls, entertainment and attractions, beer tent, BBQ and more. Adults £1, children free. For more information or to book a stall call Gemma on **020 8768 4570** or email her at [g.hoosain@stchristophers.org.uk](mailto:g.hoosain@stchristophers.org.uk)

**Sunday 26 June · 12 noon**

### 60s and 70s Music Garden Party at St Christopher's

Music, drinks and barbecue. Call Brian Sells on **020 8777 3359** for tickets.

**Friday 1 July**

### St Christopher's Hospice Annual Golf Day

Hever Castle Golf Club, Hever, Edenbridge, Kent TN8 7NP. Golf plus dinner, raffle and auction. Contact Belinda Kearns on **020 8768 4573** or email her at [b.kearns@stchristophers.org.uk](mailto:b.kearns@stchristophers.org.uk)

**Saturday 9 July · 7.45pm**

### Dulwich Symphony Orchestra Concert

All Saints Church, Lovelace Road, London SE21 8JY. Tickets £8 including complimentary drink, concessions £5 and under-16s free. More details at [www.dulwichsymphonyorchestra.org.uk](http://www.dulwichsymphonyorchestra.org.uk)



## Help us get our new Dulwich shop up and running

Our new flagship store in Lordship Lane, East Dulwich opens early spring. We need 40 volunteers to help us staff the shop seven days a week. And we'll need good quality items to sell. Whether you donate your time or something special for us to sell, you can be certain that your gift to St Christopher's will make a difference to the people in our care. To get involved right from the beginning, please call Stuart Maslin on 020 8768 4514 or email him at [s.maslin@stchristophers.org.uk](mailto:s.maslin@stchristophers.org.uk)

## Go Active!

To request our *Go Active!* pack or to sign up for any of the events below, contact the community fundraising team on **020 8768 4570** or **020 8768 4575**.

**Sunday 17 April**

### Virgin London Marathon

Do you have a place in this inspirational event? If so we would love you to run for St Christopher's. To find out more about joining our team or cheering our runners on during the day, call Liz on **020 8768 4575** or email her at [e.sowden@stchristophers.org.uk](mailto:e.sowden@stchristophers.org.uk)

### Bank Holiday Monday 30 May Bupa London 10,000

We have places in this superb central London 10K race. If you are new to running, it's a great way to start. Call Liz to find out more on **020 8768 4575** or email her at [e.sowden@stchristophers.org.uk](mailto:e.sowden@stchristophers.org.uk)

**Sunday 10 July**

### British 10K Race

To secure a St Christopher's place in this fantastic central London running event call **Gemma** on 020 8768 4570 or email her at [g.hoosain@stchristophers.org.uk](mailto:g.hoosain@stchristophers.org.uk)

### Sunday 10 July and Sunday 7 August Parachute Jump for St Christopher's

A truly exhilarating day at Headcorn Airfield, Maidstone. Do something daring – for more information call Gemma today on **020 8768 4570** or email her at [g.hoosain@stchristophers.org.uk](mailto:g.hoosain@stchristophers.org.uk)

 **Follow us on Twitter**  
<http://twitter.com/stchfundraising>