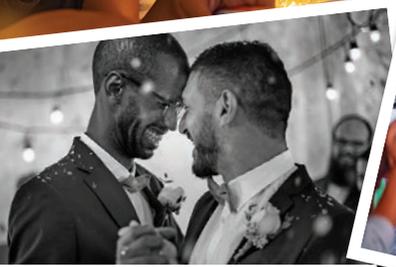


Gifts in Wills



Help create a community where everyone is able to live and die well, with care, compassion and dignity, because everyone deserves that right.



Did you know?

“Just under 30% of our funds come from the NHS, the rest is from people like you giving voluntary support including gifts in Wills”

Lisa Parrish, director of care (right)



Our lives are all made up of stories we cherish and that make us who we are. A gift in your Will can help give hope and comfort to another person's story.

While we can't change the inevitable, we can change the way we respond to people and how we help them. We listen to their stories and concerns and we support them through an incredibly difficult time with the dignity and respect they hope for. Your support will help many more local people to be cared for with comfort and respect right to the end of life. Everyone deserves that right.

Thank you so much for considering a future gift in this special way of giving.





St Helena Hospice

St Helena Hospice is holding me together. I don't know how they completely understand how I'm feeling, but they do. They treat me as though I'm the only person wanting help and support. They understand from inside out and would do anything to help.

They are amazing people.

St Helena Hospice patient

Our vision

St Helena Hospice believes everyone living with an incurable illness has the right to live and die with choice, compassion and dignity. Families deserve to be cared for and anyone coping with loss should be supported through their grief.

Our vision is to create a community where everyone knows that as the end of their story draws near, they will be cared for and die where they choose to be; where loved ones have the opportunity to make the most of life together, surrounded by people who care and support one another.

This belief drives us to provide the best end of life care and bereavement support to everyone in north east Essex, not just today but for years to come.



Having St Helena Hospice's support meant we didn't have to worry about all the other stuff; being able to just focus on spending time together was the nicest thing.

Ryan and Danielle's story

Shortly after his 25th birthday Ryan died at the hospice, where he wanted to be, after being cared for at home. With the support of St Helena Hospice he was able to spend his last remaining months making memories together with the love of his life, his wife Danielle.

Our Hospice in the Home teams supported Ryan to remain at home for as long as possible. Then, during a short trip away together, Ryan made the decision that he would like to go to the hospice. Once admitted, he and Danielle were able to spend time enjoying a visit from their dogs, popping out to see family for afternoon tea, and spending time chatting, playing music and joking with friends. Then the couple would settle in together for the evening to watch TV in Ryan's room.

"He was only in there five days which was really nice because that was exactly his wishes. He wanted to stay at home for as long as possible, but he wanted to be in there for the end. The hospice made him so comfortable and were so accommodating to any requests we had.

"I will always be grateful to St Helena Hospice for supporting us in a dignified and individual way that let me continue to be involved in caring for Ryan, as we both wanted, but giving us the extra helping hands so we could continue to spend invaluable time together.

"I will always treasure the happy memories we made and feel grateful for the time we had together."

Our promise to you...

Did you know 1 in 5 patients and families that we care for are supported by donations made from gifts in Wills?

Leaving a gift in your Will is a special and personal decision. That's why St Helena Hospice would like to make these promises to you:

- 1 We understand that your loved ones come first; we promise to treat you and those closest to you with compassion and respect.
- 2 We promise to use your gift wisely and cost-effectively so that it has the greatest impact on the people we care for.
- 3 Your privacy is important to us. You don't have to tell us your decision and any information you do provide will be completely confidential.
- 4 You can change your mind about leaving a gift in your Will at any time, and we promise to respect your decision.
- 5 We will always be happy to answer any questions you may have and explain the work of St Helena Hospice in more detail and how your gift will make a difference to local people facing incurable illness and bereavement.
- 6 We will ensure that our work continues to provide the best end of life care and bereavement support to the people of north east Essex for years to come.



When you think about how you would like to write the end of your own story, how wonderful would it be to think, after you have taken care of those closest to you, that you could leave something incredible behind to help future generations facing an incredibly challenging time.

When the time is right for you to remember a charity in your Will, please remember St Helena Hospice.



“The greatest thing we can ever do is help another person. It doesn't matter that you don't know them, but that you are going to give them a gift. A gift in this case of a dignified death. A gift that will help their family come to terms with the loss of a loved one. You can't give someone a greater gift.”

Reverend Susan Wiggins, left, with her late husband.

How to leave a gift in your Will

What happens to our money and the things that are most precious to us when we die should not be left to chance. Writing a Will ensures your affairs are in order, final wishes are met and those closest to you are looked after in the future. You might also want to think about how your values can live on by supporting causes close to your heart with a gift in your Will.

Did you know that a gift of even 1% can make an incredible difference to St Helena Hospice and those closest to you will still inherit 99%?

If you would like to support St Helena Hospice with a gift in your Will, you will need our address and charity number: **St Helena Hospice, Myland Hall, Barncroft Close, Highwoods, Colchester CO4 9JU. Registered Charity 280919**

We would be happy to answer any questions that you may have about gifts in Wills and while we cannot offer legal advice, if you'd like guidance about making a Will or leaving us a gift, we can help to point you in the right direction.

Please contact giftsinwills@sthelena.org.uk or call our fundraising team on **01206 931 468**.

There are 3 simple ways that you can make or update your Will.

- 1. Contact a local solicitor** - A local solicitor will be able to help you complete or update your Will and we can provide a list of local solicitors if that is helpful.
- 2. Make a Will online** - Visit our website or call our fundraising team for more details.
- 3. Make an appointment** with a solicitor who is participating in the St Helena Hospice Wills Month - During one month of the year, participating local solicitors waive their Will writing fee in exchange for a suggested donation to St Helena Hospice. Our website will be kept up to date with when this is taking place.



Without St Helena Hospice
I don't think I would be here, and I think
a lot of people can say the same.

Janet, hospice patient.

Janet and Mike's story

When Janet was admitted to the hospice, it looked as though she would not survive the night. With symptom control, pain management and care, she was soon enjoying homemade soups freshly made in the hospice kitchen, while looking out onto the view of the garden.

"The thing I couldn't get over was there was such a lovely feeling when you went into the place. A very caring, loving feeling. It was just like a hotel with a lot of lovely people and a lovely atmosphere.

"It was especially nice for my husband that he could come and have a meal with me of an evening."

During her stay, Janet could address her concerns about her future by talking with a counsellor and with our chaplain. Her husband, Mike, had the opportunity for counselling too and to share his experiences with other people caring for their loved ones. These relationships continued after Janet was well enough to go home, along with visits from Hospice in the Home nurses to manage her pain.

"The chaplain carried on visiting us at home right until lockdown. She would do communion with us which was wonderful to have that at home. And the counsellor gets in touch every so often to ask if I need a little chat. Absolutely wonderful. I feel that the care they give you at the hospice doesn't stop when you leave."



Bereavement support team 01206 984 274

Referrals: 01206 890 360

The hospice: 01206 845 566

Fundraising: 01206 931 468

All the quotations in this booklet are from people St Helena Hospice has supported.



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