



Martlets Hospice

Life is precious... right to the end

Registered Charity Number 802145

NEWS

Spring 2010

**Midnight
Madness**

Champion
a cause

A hospice
without walls

www.themartlets.org.uk

WELCOME ... to the Martlets Spring Newsletter



After what has seemed like a hard winter we're all looking forward to some spring sunshine. We survived the snow thanks to the dedication of our marvellous staff, who made sure there was an amazing

cheerfulness in evidence throughout the Hospice and a real spirit of cooperation. I must say a heartfelt thank you to everyone for their support.

Enclosed you'll find your Spring Raffle tickets, we've got some fantastic prizes up for grabs from a two night stay in a New Forest Hotel to dinner at one of Brighton's top restaurants and tickets to Chelsea Flower Show. Tickets are only £1, buying tickets not only means you have a chance to win one of many exciting prizes, it also raises valuable funds for the Hospice. Our Christmas raffle raised £22,000, so that £1 really does make a difference. If you'd like more tickets to sell at work or to friends please contact the Fundraising Office.

Spring at the Hospice also means the launch of our major fundraising event of the year the Midnight Walk - taking place on Friday June 18th this year. Midnight at last year's event was a real sight to behold. At the sound of the gun hundreds of flashing bunny ears could be seen streaming down the hill from Brighton Racecourse. You'll find all the information you need to enter the Walk in this newsletter, but don't leave it too long as this event always sells out.

Thank you for all your support we really couldn't do this without you!

Martlets Hospice
Wayfield Avenue, Hove, East Sussex BN3 7LW
Tel: 01273 273400 Web: www.themartlets.org.uk

Editorial

Our Newsletter is published twice a year, the deadline for the next newsletter is August 9th. Please send your news, details of your events, or feedback on the newsletter to Lucy Brandram.

Lucy.brandram@themartletshospice.co.uk
Fundraising & Lottery Office
Unit 5, Sussex House Business Park
270 Old Shoreham Road
Hove
East Sussex
BN3 7DX

NEWS from the Hospice

Celebrating Freemasons' Support

We were delighted to welcome over 50 local freemasons to the Hospice for an evening reception on 12 November 2009. Our guests enjoyed tours of the Hospice, updates on our work and huge thanks for their support over many years. Since 1997, the Hospice has received over £118,000 from 98 local freemasons lodges and chapters, from the Sussex Masonic Charities and from the Grand Charity of Freemasons. In December 2009, we received donations of £2,400 from Pelham Lodge, Chaggeley Lodge and from the Sussex Masonic Charities to purchase medical equipment and to pay for a season of entertainments for our Day Hospice patients.

We remain indebted to freemasons for their consistent and ongoing support of our work over many years.

CHEERLEADERS Needed

On Sunday 18th April the first ever Brighton Marathon will take place and over 120 local people are running to raise money for the Hospice. The route will take 12,000 runners all around Brighton & Hove, 26.2 miles around Brighton & Hove to be precise. Here at the Hospice we want to do everything we can to cheer our runners along the way, hearing a crowd of supporters cheering for you is just what you need as a runner! However to make sure we cheer the Martlets Team on as much as possible we need you! We're looking for supporters to join our band of cheerleaders, although we can't offer you pom-poms we will make sure you have flags, noisy clapper boards and anything else we can think of to make a noise.

If you'd like to cheer on the runners for an hour or two on Sunday 18th April please contact Clem at the Hospice, email clem@themartletshospice.co.uk or call Clem on 01273 747455.

Strictly Fever

Did watching Strictly Come Dancing make you wish you could dance? Perhaps you longed to take to the floor again?

Here's your chance - we're offering dance enthusiasts a chance to step back in time and enjoy the elegance and fun of a grand Afternoon Dance.

This exclusive dancing occasion will be held in the luxurious surroundings of the Empress Ballroom at the Grand in Brighton on Sunday 21st March.

The event will be hosted by Ragroof Theatre with a presenter playing tunes from the 20's, 30's and 40's. The programme will incorporate dance displays and brief dance instructions but will allow you ample time to take to the floor. During the afternoon you will be served tea, coffee, a selection of sandwiches and cakes and a welcome glass of bubbly.

Guests are asked to dress for the occasion, so it's the perfect opportunity to dress up in your finest outfit! Why not use this special afternoon to celebrate a birthday, an anniversary or provide a treat to those who love to dance but seldom have the opportunity.

As well as providing a great afternoon's entertainment the profits from the Dance will support the local charitable work of the Martlets Hospice.

Tickets are £25.

Contact Rachel in the Fundraising Office on 01273 747455 or email Rachel.chitty@themartletshospice.co.uk for tickets



Caroline Lower Martlets CEO, Mayor of Brighton & Hove
Ann Norman, members of staff and Midnight Walkers

Mayoral Support

One of the many benefits of being Mayor of Brighton & Hove is the opportunity to choose which locally based charities you'll fundraise for throughout the year. This year Councillor Ann Norman chose the Martlets, alongside the Sussex Heart Charity, the Alzheimer's Society and Friends of Brighton & Hove Hospital. It's a great honour for the Martlets to be chosen as one of the Mayor's charities as well as being another way of continuing to raise vital funds. Ann has been a staunch supporter of the Martlets for a number of years, taking part in the Midnight Walk, getting together a team of council volunteers to help decorate our new shop in Hove as well as turning out for countless photo calls for the local paper. Her support has been above and beyond the call of duty, for which we would like to say a huge thanks to Ann!

Support the Mayor's Charities and come along to some of these fantastic events

Saturday 27th March 10am - 4pm at the Unitarian Church, New Road, Brighton. The Mayor's Arty Party - Come and have a brush with colour, watch six fine artists work their magic. Phillip Dunn, Nick Osborn, Kate Osborne, Cecil Rice, Ilana Richardson and Shirley Trevena will be painting throughout the day at the Unitarian Church in Brighton. Entry is by donation and there will be a tombola, raffle and many other stalls.

Wednesday 31st March, the Mayor's Parlour, Brighton & Hove Town Hall. Contact the Martlets Fundraising Office for more info. If you've ever wondered what goes on inside the Mayors Parlour - come along to her Easter Coffee Morning - you're in for a treat!

Friday 23rd April, Rendezvous Casino, Brighton Marina. Contact the Martlets Fundraising Office for more info. Celebrate St Georges Day in style this year with a special dinner at Rendezvous Casino in Brighton Marina.

Saturday 24th April, Hove Town Hall, Norton Rd, Hove. Contact the Martlets Fundraising Office for more info. From mime artists to dancers you'll have a night out to remember at the Mayor's Variety Show, fun for all the family. Tickets £8 & £5 concessions, £20 family tickets available (up to 4 people)

Call Antonia or Rachel in the Martlets Fundraising Office on 01273 747455 or email Rachel.chitty@themartletshospice.co.uk

CHAMPIONING A CAUSE

Martlets Champions is a new scheme aimed at securing annual donations of £500 a year or £50 per month from local people and local businesses. The scheme will secure a new income stream for the Hospice from higher level donors.

All our Martlets Champions will receive special recognition and will be invited to exclusive events organized by the Hospice. The Champions scheme was officially launched on 25th November, and has become a big success.

The launch reception saw over 30 guests including the Champions founders enjoying tours of the Hospice and meeting with the Hospice staff.



Martlets Champions Chair Kathy Gore said:

'We are delighted to launch this new venture which

we hope will prove attractive to people who are able to give at a higher level to support the vital work of The Martlets Hospice. The Hospice has been struggling to raise sufficient income to fund its work helping local people affected by terminal illness. The launch of Martlets Champions could not have come at a better time and we hope that many people will sign up.'

The Champions Committee set an initial target of £10,000 to raise before March 2010. Seven months into the scheme and they've beaten their target by raising £12,050! All the money raised will be applied to sponsor a nurse on the Hospice InPatient Unit. The target for March 2011 is £20,000.

Champions President

Peter Field
Lord Lieutenant of East Sussex

Chair

Kathy Gore DL

Committee

Roger French OBE DL
Danny Marshall
Matthew Sorokin
Ian Steel
Stephen Vokins
Robin Wilson

Our founder Martlets Champions are:

Ian Askew; Mark & Fiona Beacham; Alan Bedford; Dr George Deutsch; Margaret Ellis; Peter & Margaret Field; Roger & Deirdre French; Kathy & Jack Gore; Alan McCarthy & Claire Webster; Dr Shirley & Professor John Murrell; Ivor Sorokin; Ian & Terrina Steel; Jane Taheri-Kadhoda; Dr Charles & Fiona Turton; Samuel Tyler; John & Meta Wells-Thorpe; Jerry & Clare Westmore; Robin & Fiona Wilson Donatello Restaurant; Faulwood & Herbert Colour Printers; Geneva Investment Group Ltd; Giles Contracts Management Ltd; Daniel Marshall Associates Ltd; Skerritt Consultants Ltd; vokins@home

Carey Mills has been chosen as the Martlets Champions sponsored nurse - we asked her to introduce herself.



"I have worked as a registered nurse at the Martlets Hospice for the past 6 years, I'm now one of the team leaders on the InPatient Unit. I have been qualified as a nurse for over 20 years and my position at the Martlets is my first within palliative care and the hospice environment. I get tremendous satisfaction from my job and whilst at times it can be stressful I cannot imagine working anywhere else. How people are cared for at the end of their lives has always been of interest to me. Having worked mainly within acute hospitals I have seen some examples of poorly handled and managed deaths. This obviously impacts not only on the patient, but also on the relatives' last memories and their ability to grieve. At the Martlets I feel privileged to have the time and expertise to enable people to have the greatest quality of life until they die and to aim to give them a dignified and comfortable death.

Since joining the Martlets I have been encouraged to develop my palliative care knowledge alongside my management skills so I'm currently undertaking modules at Brighton University.

I feel that we are able to provide a consistently high standard of care at the Martlets and am grateful that we are so well regarded and supported within the local community."

We do hope that you'll be interested in joining or you may know someone who might like to be a Martlets Champion. Please note that membership can be shared with partners as applicable.

For further information, including how to join the Champions Scheme please contact Gary Moyle, Martlets Champions Secretary at The Martlets Hospice, on 01273 747455 or email gary.moyle@themartletshospice.co.uk

Find out more about the Champions at www.martletschampions.co.uk



Left to Right: Robin & Fiona Wilson, Roger & Deirdre (seated) French, Fiona & Mark Beacham, Sue Addis

Legal and General Support's the Hospice

In January the Martlets Hospice and Legal & General in Hove celebrated a huge achievement - Legal & General staff have raised over £50,000 for the Hospice in less than two years. This fantastic sum of money has been generated by staff at L&G who wanted to support their favourite local charity.

The Martlets became L&G's Nominated Charity of the Year in April 2007. The first target for L&G employees was to raise £28,000 for patient equipment including specialist beds and reclining armchairs, as well as equipping each bedroom in the InPatient Unit with a digital television and free view box for patients to use whenever they feel like it. Employees choose where the money they raise goes from a wish list supplied by the Hospice. In less than ten months they hit the fundraising target and kept on going! The next service to benefit was the hospice at home service - Martlets@Home - this service allows patients to choose to die in the comfort and privacy of their own home. Through dress down days, sponsored events like the Martlets Midnight Walk and the Noon Walk, office collecting boxes, a book exchange scheme and L&G's employee match funding - staff soon hit their second target of £26,783.

"The partnership between the Hospice and L&G has been hugely successful" said Gary Moyle from the Martlets fundraising team "we can't thank the staff enough for their dedication and hard work in raising such an incredible sum of money for the Hospice."

Someone who has supported the Martlets whilst working for L&G in Hove is Jo



Bottom Right
Jo Barnard and
Frances Borrar
standing above

Barnard. Jo first heard about the charity in 2003 " My Nan was diagnosed with cancer, and very sadly she died at the Hospice, this was not long after I'd started working at L&G. As a family we got so much support in the time she was there. I was able to spend almost every day sitting with her and it was so nice to be surrounded by people going through the same thing as we were. One of the really special things about the Hospice is that once Nan died the help and support didn't stop."

It sounds as if Hospice staff will go that extra mile for their supporters as well. Jo explains "Last year we were all invited to visit the Hospice to see where our money had gone. It was a chance to see what a

difference our work had made to people's lives. When you raise money for a bigger charity you never really know where the money's gone - to be able to see the difference is very special. It's that personal touch which is so important when you're working hard to raise money"

Frances Borrer the CSR Manager at Hove L&G explained why they chose the Hospice,

"Our partnership with the Martlets has been so successful because many of our employees have first -hand experience of the great work that the Hospice does. The Martlets is very close to our Hove office and to the hearts of many employees here"



Glorious Gardens Appeal

In June the beautiful Hospice garden will be open to the public - come and catch it in full bloom on Saturday 12th and Sunday 13th June from 2pm - 5pm. Are you proud of your garden, would you like to show it off to the general public? We're looking for green fingered supporters to open their gardens this summer. You can open your garden at any time through the summer. Some keen gardeners get together with their neighbours to open on the same day, offering all kinds of extra attractions from homemade cakes to croquet on the lawn. What you decide is up to you!

If you're interested in opening your garden why not give Antonia a call in the Fundraising Office and discuss it. Tel 01273 747455 or email Antonia@themartletshospice.co.uk



Midnight Madness



"There is a wonderful atmosphere and it's a bit different. It seems to attract such attention during the event that it makes you feel proud to be a part of it."

Join us for a night to remember on Friday June 18th 2010

"I was so happy to finish it! And to be able to raise more money towards the cost of my Mum's care, she was at the Martlets in 2007."

Each year, in mid June, over 1000 women take to the streets of Brighton, armed with flashing bunny ears and cowboy hats they walk to raise funds for the Martlets.

The Midnight Walk is a 13 mile walk starting at midnight from Brighton Racecourse, an annual event, and our biggest fundraiser. The 2009 Midnight Walk raised a staggering amount, over £165,000 in sponsorship for the Hospice. As you may already know all our services are provided free of charge to local people. However did you know that to meet our patient's needs it costs £11,815 a day. So you can see just how far £165,000 goes.

Anyone can take part in the walk, most of our walkers aren't super fit, what you really need is some determination mixed with a healthy sense of adventure!

"Knowing that we are helping people that need it there is a real sense of achievement and emotion at the end."

Frequently Asked Questions

Is there a minimum age to take part? Under 16's must be accompanied by an adult, who takes full responsibility for them.

Do you ask for a minimum sponsorship amount? No, we ask walkers to raise as much money as possible; even £50 does make a difference. The entry fee is not a donation to the Hospice.

I'm not very fit and 13 miles is a long way, will I be able to do it? Yes, we'll send out a training plan when we send your sponsorship forms, lots of our walkers don't walk regularly and still complete the course.

What's the Walk route? It starts and finishes at Brighton Racecourse, more details will follow shortly.

How do I raise money for the Hospice? We recommend you ask everyone you know, from work colleagues to family and friends. We'll send you sponsor forms, you can also set up an online fundraising page which makes it much easier to ask people who you don't often see.

Can men take part? This is a ladies only event but we still need men to help us marshal the route and cheer our ladies on.

How much of my sponsorship goes to the Hospice? Your registration fee covers the cost of the walk so every penny you raise goes directly to the Hospice for patient care.

Do we get breakfast after the Walk? You do, a delicious breakfast with unlimited tea & coffee.

"I loved the atmosphere and chatting with friends. Also I knew I was raising money for such an amazing place which cared for my husband in his last days."

How Do I Register?

Walk registration is £12, you can register online www.martlets-midnightwalk.co.uk, pick up an entry form from any of our shops, the Hospice, the Fundraising Office or download an entry form from the website.

Please note this year we are being supported by Sports Systems who are helping us by processing all our walk entries. You'll need to send your completed entry forms to Martlets Midnight Walk, c/o Sports Systems, Regency House, 61 Walton on the Hill, Tadworth KT20 7RZ.

Martlets Care Agency

Quality care in your own home

Martlets Care Agency has been operational for over two years. For many people in Brighton & Hove our Care Agency has become an important part of their life.

The Martlets Care Agency staff have provided respite care for Babs and John in their own home twice a week over the last six months.

John explained "It's made a terrific difference to Babs, it means she can now go out, meet friends and see family. For me the three hours goes so quickly, it really shakes the old grey cells up! The ladies that come are delightful - we've always got something to talk about"

Respite makes a huge difference to people's lives. Martlets Care Agency also offers many other tailor-made packages of care. These can include:

- Help with everyday tasks such as washing, dressing and medication.
- Practical support including eating and drinking, food preparation, light domestic tasks, shopping, laundry and assisting with visits outside of home.
- Breaks for the carer. Anything from just a few hours a day, to a complete overnight break.
- Short or long term support following surgery or a hospital stay.

Martlets Care Agency supports people to remain independent in their own homes.

Contact Us

For more information and to discuss care options

Martlets Care Agency 01273 829943
Or email enquiries@martletscare.co.uk
www.martletscare.co.uk

Martlets Care Agency
Wayfield Avenue
Hove BN3 7LW

Second LONDON TO BRIGHTON BIKE RIDE announced !

After the sell out success of our first Friday Night Ride to the Coast we've already planned another on Friday 3rd Sept. The ride leaves Hyde Park Corner in London at midnight and riders will be back in Brighton in time for breakfast on the seafront. For more info contact Antonia in the Fundraising Office.

Indian Summer

**A SUMPTUOUS INDIAN BANQUET IN THE BEAUTIFUL
GARDENS OF STANMER HOUSE, BRIGHTON**

Friday 10th September
at 7.30pm

*The gardens will be transformed into an Indian Palace,
complete with traditional dancers and live music*

Tickets £tbc including an Indian banquet

To buy tickets and for more info contact the Fundraising Office 01273 747455
or email Rachel.chitty@themartletshospice.co.uk



VINTAGE Delights

Time for a wardrobe spring clean?

The recession has meant Martlets Shops are busier than ever - which is great news of course - but it also means asking for more stock donations. This spring we're asking you to look for that special outfit, the one you loved, wore once and have never worn again. We've all got something like that in the back of the wardrobe. These are the kind of special donations that we're asking for; it will make a big difference to our shops. We are also looking for gold jewellery, even if it's broken we can still use it. So please, when you have your spring clean remember to take your donations to your local Martlets shop. If you can't make it to one of our shops call us to arrange a collection 01273 721188.

Vintage loving fashionistas queued to get their hands on the beautiful clothes and jewellery that filled our Church Street shop for Vintage Me in October. The event was a runaway success, raising over £5000 in a weekend. So we decided to make Vintage Me a regular event - the next Vintage Me takes place on **Saturday 27th February 10am-5pm & Sunday 28th February 10.30am - 5pm** at Church Street Shop. If you can't make this date, don't worry, we will be holding another one later in the year.

Relive the style and glamour of a Golden Age or discover it for the first time at our exclusive

AFTERNOON DANCE

at the Grand Hotel Brighton

**SUNDAY
21ST MARCH 2010
2.30 PM - 5.30 PM**

Tickets £25 includes light refreshments and a glass of bubbly

Hosted by
Agrooft Theatre

with music from the 20's, 30's & 40's

To book your ticket call Rachel in the Fundraising Team 01273 747455 or email Rachel@themartletshospice.co.uk

BRIGHTON & HOVE SOIREE ROTARY CLUB



Martlets Hospice
Life is precious... right to the end
www.themartlets.org.uk

Volunteer APPEAL

We're looking for volunteers to work for a few hours a week in our charity shops. Volunteers are needed in all of the charity shops in Hove, Brighton, Saltdean, Peacehaven and Lewes. Various shifts are available throughout the week and on Saturdays. The shop volunteer is a varied role and shop experience is not needed although volunteers do need to enjoy working with the general public. Volunteers will be serving customers, displaying stock, handling cash, accepting donations and dealing with enquires. Each Martlets volunteer will receive a full induction and the Hospice shops offer ongoing training and support.



"If you are fit, enthusiastic and have a few hours to spare each week, then we'd love to work with you!" said Helen Rogers HR & Voluntary Services Assistant for the Hospice Shops. For a Volunteer Registration Pack or more information, please contact Helen Rogers on 01273 766681 or email helen.rogers@themartletshospice.co.uk

Our Martlets Shops

Warehouse and Furniture Showroom
Unit 5 Sussex House Business Park
270 Old Shoreham Road
Hove
BN3 7DX
Call 01273 721188 for delivery & collection

2 Church Street
Brighton
BN1 1RE
Tel: 01273 690132

87 Blatchington Road
Hove
BN3 3YG
Tel: 01273 779079

18 Longridge Avenue
Saltdean
Brighton
BN2 8LH
Tel: 01273 306200

53 High Street
Lewes
BN7 1XE
Tel: 01273 478560

170 South Coast Road
Peacehaven
BN10 8JH
Tel : 01273 588808



Left to right: Eve Collins, Ann Davies, Caroline Lower, Ann Norman, John Powell

A sparkling NEW SHOP in Hove

In January we celebrated the opening of our newest shop. 87 Blatchington Road was officially opened by the Mayor of Brighton & Hove Ann Norman, with one of our trustees John Powell and Caroline Lower our CEO. Staff and volunteers worked incredibly hard to completely redecorate the shop. It's now filled with quality clothes, furniture, homeware, linens and jewellery. The buy one get one free offer on clothes is still on, so make sure you pay the shop a visit very soon!

87 Blatchington Road, Hove. Open Monday - Saturday 9.30 am - 5pm



*We're looking for volunteers
to work for a few hours a
week in our charity shops.*

Ebay Mystery Corner

Correctly guess what the mystery objects are
and what they sold for on Ebay to win a bottle
of bubbly !



Look carefully at the three objects - you'll need to correctly guess the purpose and selling price of two to be in with a chance of winning a bottle of bubbly. Please send your answers on the postcard you'll find in the mailing or alternatively post to Martlets Newsletter, Fundraising and Lottery Office, Freepost SEA 2529 Hove, BN3 7ZZ.

Closing date for entries is Monday May 3rd. First correct entry out of the hat will win the bottle of bubbly.



A Hospice Without Walls

Our Martlets @ Home team provide end of life care in people's own homes, they enable people to choose where they would like to die. Providing hospice care at home, grants many people's last wish - to die in the privacy and comfort of their own home. Our team can help people overcome temporary medical crises as well as supporting families and carers to look after a loved one dying at home. The service has recently expanded to provide a Respite service for carers.



Maddie and her husband Frank used the Day Hospice and Martlets @ Home services for nearly two years.

"I was lucky enough to look after Frank at home very nearly till the end, when he was admitted to the IPU. He wasn't in there for very long, only a little longer than a day so he wasn't really aware that he'd left home.

I used to look forward to the Martlets @ Home girls coming; they were always so bright and breezy, especially helpful for me when I was looking for professional advice. It's reassuring to know that there was always someone there for us, even if you thought it was a silly little thing that maybe you shouldn't worry them with, I was never ever made to feel as if I was bothering them.

I can't speak highly enough of the care it's really wonderful.

Everyone is so kind, it's an amazing place and I wanted to give something back.

Even now, when I volunteer at the Hospice, I find it such a friendly place, I spent so long here, in and out of the Day Hospice with Frank that everyone seems to be popping into the Hospice shop to say hello."



Liz is a registered nurse with the Martlets @ Home team, Liz has worked with the Martlets @ Home team for five years.

"Looking after people in their own home gives me great satisfaction and I'm glad we're able to give patients the freedom to choose where they want to be. It also gives you time to support the patient's family - you can work with relatives to talk through their fears, often helping the family prepare and offer them comfort. Obviously you can't take away all their anxieties about what's happening to their loved one but you can make them feel supported.

I've found that it's so important to make people feel empowered: it's very easy for them to become disempowered and to feel like they aren't any use or can no longer do anything to help their loved one. But by asking relatives and friends to do the small things, even just picking up drugs from the pharmacy, you can make a huge difference to the way they feel. People need to know they can do something and that they are useful. It can be such a traumatic experience: by being there we can reassure the patient and their relatives about what is going to happen."

Key Facts

- Last year Martlets @ Home cared for 228 patients, 80% had an advanced cancer diagnosis
- 95 patients died in their own home
- 45 patients were admitted to the IPU where they had chosen to die
- 12 patients were admitted to hospital
- It costs us £140 a day or £980 a week to nurse each Martlets @ Home Patient

A Great Xmas Pudding Race

We know you've only just cleared away the last of the Christmas decorations and are probably looking forward to some spring sunshine. However, a supporter has just approached us with a novel idea to raise some money which we couldn't wait to tell you about!

THE Great Xmas Pudding Race is coming to Brighton for the first time in December 2010. It's bound to be one of the wackiest races you'll ever see; the Pudding Race will raise money for the Martlets Hospice and Cancer Research UK.

The race is a challenge of dexterity, balance, speed and general silliness. You'll be balancing your pudding on a tray whilst negotiating a perilous obstacle course. You'll need to get together a team of seven people. The challenge will be staying on your feet, with your pudding. Fitness is not a requirement!

The race is being organised by a group of volunteers from Brighton & Hove. For an opportunity to get involved, set up a team or donate, please call Ryan Bromley on 07863 347800, or email him at ryan.bromley@cancer.org.uk



Thursday 1st July 2010

Dog night at Coral Greyhound Stadium, Hove

3 course meal, entrance and race card all for £20 per person. £5 to sponsor a dog - all sponsors will be named on the night.

Fancy naming your own race? For just £100 the race is yours and you'll be presenting the trophy to the winner, with a photo to mark the occasion.

A raffle will be held in aid of the Martlets on the night.

Tickets on sale in the Fundraising Office call 01273 747455.



Sponsored by



Simply Blinding
0800 0267 666

Showtime Productions Presents

Supporting the
Martlets Hospice
Life is precious... right to the end

ABBA GOLD

Dress up, Sing and Dance the night away to all your favourite hits inc.

Money, Money, Money ★ Thank you for the Music
Waterloo ★ Fernando

★ Dancing Queen and lots more... ★

SUN 21 MARCH 2010

mat 2.30pm eve 7.30pm Tickets £11 - £21



BOX OFFICE: 08448 717 650 (bkg fee)
www.ambassadortickets.com/brighton



Who's knocking on your door? Meet our full time Lottery Canvasser

The New Year started with a bang for the Martlets Lottery - we celebrated our biggest ever draw with 7330 players on January 1st! Part of this success is down to our Lottery canvassers, Shelia Green, our Lottery Manager gave us the inside story. "The Martlets Hospice lottery currently has two canvassers who go door-to-door throughout the Hospice catchment area recruiting new members to our lottery. These hard working and conscientious gentlemen are out in all weathers and do a wonderful job of promoting the Hospice and our lottery and help bring in funds to ensure that the Martlets can continue its vital work."



One of these hard working gentlemen is John Gibbons and he kindly answered a few questions for us:

How long have you been working for the Martlets Lottery

and what prompted you to apply for the job?

"I started working for the hospice in September 2008. Previously I'd been working in a similar role for a larger national charity. Although I was a passionate believer in the work of the charity, I was unhappy at the lack of support I was receiving from the management there. I reasoned that the Martlets, being a smaller organisation and being well known for its compassion and humanity would also extend that to

consideration of its staff. I think I made a wise choice!

Naturally I was also interested in the work that the Martlets does. I came into the charity sector so that I could be proud of the work that I do, knowing that it was for the general good. With the Martlets I can fully realise that aim."

What's the most unexpected thing that has happened to you while out canvassing for the Lottery?

"No bolts of lightning or alien abductions, nothing like that. I wasn't expecting the depth of support from all age ranges and sectors of society for the lottery, so I was pleasantly surprised by the amount of public support there is out there. I've had respectable ladies of a certain age chasing me down the garden path in order to take part; now that's encouraging!"

Our canvassers can also visit businesses, care homes, sheltered housing, clubs and societies to do a short presentation about the Martlets, how our lottery works and the contribution it makes to the running of the hospice. If you would like one of our canvassers to visit your organisation, please call Sheila on 01273 747455 ext 4.

If you would like to be in with a chance of winning £1000, and support your local hospice, join the Martlets Lottery. It costs just £1 a week, to join either visit our website www.themartlets.org.uk or call our Lottery Manager on 01273 747455 ext 4 or pick up a form from any of our shops.

Showtime Productions

ABBA GOLD are returning to Brighton for 1 day only on Sunday 21st March 2010 complete with a Live Band on stage to perform 2 knockout shows.

Put on your wigs, platform shoes and prepare to sing and dance the night away to all your favourite hits. Have a fabulous feel good evening with all the family.

All profits supporting patient care at the Martlets Hospice.

Both shows are very kindly sponsored by SIMPLY BLINDING 0800 0267 666.

Abba Gold matinee at 2.30 pm & evening show at 7.30pm at the Theatre Royal Brighton. Tickets: £11-£21. Box Office Tel 08448 717650.

Autumn with Showtime Productions 2010

Welcome to Broadway & The West End. Showtime Productions presents an evening of pure musical excitement with songs from all the top musical theatre shows. You'll be treated to hits from Les Miserables, Phantom of the Opera, Cats, Oliver, Sister Act, Chicago and Evita to name but a few. It'll be a fabulous feast of great songs from the world's top composers and it promises to be a great evening at The Theatre Royal Brighton. Further details will be available at www.themartlets.org.uk shortly.

Don't miss this year's BIG BAND NIGHT on Saturday 4th December at Hove Town Hall - this event was a sell out last year so don't leave it too late to order tickets. Box office 01273 563063

Did you know you can now join Showtime Productions PRIORITY mailing list? Call 01273 563063 to be kept up to date with our shows.

MARTLETS HOSPICE 2010 SPRING DRAW

What you could win . . .

1st Prize: 2 night stay for 2 people with dinner, bed and breakfast at any hotel within the *New Forest Hotel* group

2nd Prize: Afternoon tea for 4 at Amberley Castle

3rd Prize: Midweek overnight stay for 2 people, with breakfast, at Grand Hotel, Brighton

Plus other fantastic prizes including . . .

Garden Furniture Voucher, Mystery Day Trip for 2, Chelsea Flower Show tickets, £75 Voucher for dinner at Due South Fish Restaurant in Brighton, Spring Plant Selection, Juicer, Fantastic Beach Pack

All proceeds will support patient care at the Martlets Hospice.

Our thanks go to those who generously donated prizes.



How far would you go for your local Hospice?

Hadrian's Wall Weekend Trek 6th August 2010 A tough 3 day challenge

Hadrian's Wall originally ran from coast to coast and spanned 72 miles. Today, only sections of the wall are left which cuts through the beautiful Northumberland National Park. Starting at Lanercost Priory, you'll trek for 25 miles alongside the remaining sections of the Wall, admiring ancient monuments, beautiful scenery and the skill of the Roman engineers who built this famous landmark, now a UNESCO World Heritage site. You'll camp at a lovely campsite just outside the small town of Haltwhistle.

To secure your place you'll need to pay a deposit of £49 and then raise a minimum of £550 in sponsorship for the Hospice.



Super Sky Dives

A 12,000 ft tandem sky dive is a thrill of a life time, one not to be missed. Imagine falling forward into the clouds, diving down through the air as you start freefalling at over 120mph. Once the parachute opens everything slows down, you'll have an incredible bird's eye view across Kent and on a clear day you can see all the way to the shores of France!

You can jump at any time of the year for the Hospice or take part in our Mothers Day Skydive in March each year. The tandem jump costs £395, this includes a £175 donation to the Hospice, anything you raise over this total will come directly to the Hospice.



Kindly supplied by Air Affair

Land's End to John O'Groats Cycle 28th September 2010 A tough 13 day challenge



Cycling from Land's End to John O'Groats, the furthest possible distance in the British Isles, is a classic challenge that many dream of. Starting at Land's End on the southwesterly tip of England, you'll pedal your way through Cornwall,

over Dartmoor and north to the Welsh border, skirting the Lake District into Scotland, via lochs and mountains to the North coast and John O'Groats. The entire ride will cover almost 1000 miles in 12 days, passing through some of the most stunning and remote countryside in the British Isles.

This is a tough challenge but a fabulous way to see the country!

To secure your place you'll need to pay a deposit of £249 and then raise a minimum of £2,850 in sponsorship for the Hospice.

Great Wall of China Trek 14th October 2010 A moderate 11 day trek

Stretching 6000km in a dotted line across China, building on the Great Wall started in the 5th Century BC. As it snakes across the mountains it conjures up a sense of history which is difficult to grasp until you have had the opportunity to experience it. The trek passes through woodland and terraced farmland, following the contours of the beautiful hills and mountains in remote areas north of Beijing. You'll trek alongside the old sections of the Wall as well as the restored sections with smooth flagstones and lots of steps!

This challenge is physically demanding but you'll enjoy some fabulous scenery and a fascinating insight into a rich culture and history.

To secure your place you'll need to pay a deposit of £299, and then raise a minimum of £2,950 for the Hospice.

For information about any of our challenges or if you are taking part in your own challenge to raise funds for the Hospice please contact clem@themartletshospice.co.uk or call Clem on 01273 747455

Fourth annual Hike 4 Hospices!



**Saturday 21st, Sunday 22nd
August 2010**

Walk the South Downs and help our Hospices in
Chichester, Worthing, Brighton and Lewes

Hospices need your help now - one day you may need theirs

Enter online at www.hike4hospices.com or call
01903 743261 to get your entry form



NEWS features

Nicki and Gary's London to Brighton Run - What a day!

On Sunday 20th September Nicki Brenchley, Gary Hatcher and some other extreme runners met at 6am to begin the 56 mile cross country route from London to Brighton. "There were no arrows or marshals to help, just a small map book with the odd comment like "it's a bit tricky through Aperfield" or "trust your compass". Not a lot of help to a female with very poor navigational skills and who only managed an O level in Geography on her second attempt!" said Nicki.

"In the end it was impossible to read our maps it was that dark. So we followed the crowd. Then at mile two I stepped off a kerb and my left calf screamed at me. I was devastated and I was in agony with a torn calf muscle. I had come all this way, trained for six months; my friends and family were at checkpoint one (7 miles away) expecting me. I had raised all this money for the Martlets Hospice, I had to finish. I couldn't go back to work on Tuesday and say that I had given up after two miles."

Despite being in agony Nicki kept going, she had to walk up the hills and gingerly crossed the styles, but she and Gary finished this incredible race. In the end Nicki did more than just finish the race; she was the first woman across the line, in 9hrs 51 minutes.

"I can't say I enjoyed any of the 54 miles after the first injury but it's now easier to walk so I can forget the pain and reflect. I did this run for the

challenge and it certainly was. By doing it I have raised, with the help and generosity of so many people, over £4,500 for the Martlets Hospice. My pain will go, I will run again and enjoy the countryside and the pleasure I get from running across the Downs with my friends. But there are many people out there whose pain only goes when they die. That's what kept me going."

Support from people like Nicki and Gary is part of what makes the Hospice such a special place - we couldn't do it without you - thank you for all your incredible hard work!

If Nicki and Gary's extreme run has inspired you, have a look at our Challenges Feature. Nicki has been in touch to let us know that she has just started running again and recently completed an 8 mile race!



Noon Walk

Martlets Noon Walk 2009 was a sunny success

On Sunday 4th October 250 men met up at the County Cricket Ground in Hove to put their best feet forward for their local hospice. The thirteen mile walk took the Noon Walkers from Hove to Saltdean and back, there were walkers in fancy dress, a couple of men with their dogs. Most men walked with their friends to remember someone they had lost



at the Hospice or simply to support the Martlets. And support their local hospice they did - the 250 Noon Walkers raised an incredible £58,467 in sponsorship for the Martlets.



"It's the second year we've held the Noon Walk and with more than treble the number of men taking part this year it's been a overwhelming success. We're really pleased with the level of support local men have given the event and want to thank everyone involved in making the event such a success!" said Antonia Shepherd our Events Manager.

The Noon Walk was generously supported by Kathmanudu, Seattle Hotel, Pure Creatives, The Argus, Juice FM, Sussex County Cricket Club and Brighton Square.

The 2010 Noon Walk will take place on Sunday 3rd October - so put the date in your diaries - we'll be in touch with an entry form in the next few months.



Make a promise today ...

Gifts made in Wills provide 20% (or just over £1million) of our annual income. Many of the people who give us money in their Wills have been affected personally by the care we give. Others support us because they want to help secure the future of our work. Gifts made in Wills range from under £100 to over £250,000, and we are very grateful for every donation we receive.

Our legacy leaflet explains why gifts made in Wills are essential to our work and provides more information about leaving a gift in your Will.

For a copy of the legacy leaflet contact our Legacy Officer Gary Moyle on 01273 747455 or email gary.moyle@themartletshospice.co.uk

Make a gift to the Hospice in your Will for free

If you're thinking of leaving a gift to the Hospice in your Will you can do so at no

cost using our free codicils scheme.

Two local firms of solicitors - Crosby & Moore Solicitors in Hove and Griffith Smith Farrington Webb Solicitors in Brighton - will write free codicils (additions to existing Wills) for anyone who wants to make a gift to The Martlets Hospice in their Will.

Contact

Rosie Haines
Griffith Smith Farrington Webb Solicitors

Tel: 01273 384049

Jacqueline D'Hazzard
Head of Wills and Probate
Crosby & Moore Solicitors
Tel: 01273 229340



"As a nurse on the InPatient Unit, it is so encouraging to all of us here to know that people care enough about us and everyone we help to make a Gift to the Hospice in their Will"

More information

For more information about legacies and the free codicil scheme visit our website at www.themartlets.org.uk or contact our Legacy Officer Gary Moyle on 01273 747455 or email gary.moyle@themartletshospice.co.uk

Stop Press: As we go to print the Mayor's Charities have just announced another event on Saturday 21st March, a one off open morning at the Sussex Masonic Centre. More details from the Fundraising Office on 01273 747455.

Whose Oscar is it anyway? 5th June 2010 - Firle Place, Sussex

The Friends of East Sussex Hospices invite you to enjoy an evening of music and comedy from the Golden Age of Hollywood with a performance of "Whose Oscar Is It Anyway?" by kind permission of The Viscount and Viscountess Gage.



Firle Place, home of the Gage family for over 500 years, is an exquisite country estate nestled under the Downs and guests are invited to picnic in the gardens before the performance to be held in the beautiful 18th century indoor riding school. The sparkling cast have performed extensively in theatre, film, radio and prime time television and the black-tie evening includes a thirty minute complimentary champagne interval said to be "the best drinks party in the Sussex summer calendar".

Sponsorship and programme advertising opportunities are available and we expect the evening to be well attended by influential Sussex supporters and widely reported in the local media. Tickets are £60 (priority seating) and £50.



To book please contact Mrs Dianne Steele by telephone on 01435 813630 or by email at disteel@talktalk.net.

Beneficiaries of the Friends of East Sussex Hospices are:

Chestnut Tree House Children's Hospice • Demelza Hospice Care for Children Hospice in the Weald • Leo House at Home • St. Catherine's Hospice St. Michael's Hospice • St. Peter & St. James Hospice • St Wilfrid's Hospice The Martlets Hospice

March

Wednesday 3rd March 7 - 9pm Clarins 10 Years Younger
Boots, North Street, Brighton. An exclusive preview of new Clarins products, learn the tricks of the trade and enjoy special offers, a raffle and goody bags. Tickets £10 from the Fundraising Office 01273 747455 or email Rachel.chitty@thematletshospice.co.uk

Sunday 21st March 2.30pm & 7.30pm Abba Gold
Theatre Royal, Brighton. Abba Gold are one of the most influential tribute bands of all time. Tickets from £11 - £21, Matinee - 2.30pm & Evening 7.30pm. Box Office 08448 717650 or www.ambassadorickets.com/brighton

Sunday 21st March 2.30pm Afternoon Dance at the Grand The Grand Hotel, Brighton. Take to the floor, relive the style and glamour of a Golden Age and dance the afternoon away with Rag Roof Theatre. Tickets from the Fundraising Office 01273 747455 or email rachel.chitty@thematletshospice.co.uk

Tickets £25 incl light refreshments and a glass of bubbly

Saturday 27th March 10am - 4pm The Mayors Arty Party Unitarian Church, New Road, Brighton. Come and have a brush with colour, watch six fine artists work their magic. Tombola, raffles and stalls. Entry by donation.

Wednesday 31st March - Spring Raffle Draw - make sure you've sent your tickets back!

Wednesday 31st March 10.30 - 12pm Easter Coffee Morning Mayor's Parlour, Brighton Town Hall. Enjoy coffee in the Mayor's Parlour, everyone welcome. In aid of the Mayor's Charities. Contact the Martlets Fundraising Office for more details.

April

Friday 9th April Martlets Spring Quiz 7.30pm Jim Parks Bar, Sussex County Cricket Ground, Hove. Test your general knowledge, of teams up to six people. Bring your own supper, cash bar. Quiz starts promptly at 7.30pm. Tickets £7.50 from the Fundraising Office 01273 747455 or email Rachel.chitty@thematletshospice.co.uk

Sunday 18th April 9am Brighton Marathon Help us cheer on the Martlets Marathon runners, over 100 runners are supporting the Hospice. To join our cheerleaders please contact Clem in the Fundraising Office clem@thematletshospice.co.uk or call 01273 747455

Friday 23rd April 7.30pm The Mayor's St Georges Day Dinner Rendezvous Casino, Brighton Marina. In aid of the Mayor's Charities. For more information contact the Martlets Fundraising Office 01273 747455

Saturday 24th April 7pm The Mayor's Variety Performance Hove Town Hall, Hove. Starring Brighton & Hove Actually Gay Men's Chorus, Brighton Theatre Group, The Spotlight Players & Mulligan School of Irish Dancing. Tickets £8, £5 and group ticket for four £20 Contact the Martlets Fundraising Office 01273 747455

Sunday 25th April Music for Life 4pm - 11pm The Brunswick Music Venue, Holland Road, Hove. A live music fundraising event, featuring performances from well known Brighton musicians. Tickets from 01273 733984 or contact the Martlets Fundraising Office 01273 747455

May

Saturday 29th May 10am - 1pm Annual Coffee Morning
17 Fernhurst Crescent, Hollingbury. Raising funds for the Martlets Hospice and Dorset Gardens Methodist Church. Entry £1

June

Saturday 5th June Whose Oscar is it Anyway? Friends of East Sussex Hospices, Firle Place, Sussex. The Friends of East Sussex Hospices invite you to enjoy an evening of music and comedy from the Golden Age of Hollywood. Tickets £60 (priority seating) & £50 To book contact Mrs Dianne Steele on 01435 813630 or email disteele@talktalk.net.

Saturday 12th & Sunday 13th June 2pm - 5pm Martlets Hospice Open Garden Wayfield Avenue, Hove. Visit the stunning Hospice garden in full bloom this summer. Entry by donation.

Sunday 13th June Celebrate 75 years of Brighton & Hove Buses Madeira Drive, Brighton. Say "hello" at the Martlets stall and help us celebrate 75 years of the Brighton & Hove Bus Company.

Friday June 18th 12am Midnight Walk Brighton Racecourse, Race Hill, Brighton. Ladies join us for a night to remember. Entry £12 enter online www.martlets-midnightwalk.co.uk or pick up a form from the shops

July

Thursday 1st July 7.30pm A Night at the Dogs Coral Greyhound Stadium, Hove. The evening includes a delicious three course dinner, admission and a race card. Sponsor a dog for just £5 or name your own race for £100. Tickets £20 contact Rachel in the Martlets Fundraising Office on 01273 747455

Saturday 10th July 2-5pm Dane House Care Home Open Garden find it on 52 Dyke Road Avenue, Brighton, BN1 5LE

August

Saturday 21st & Sunday 22nd Hike for Hospices South Downs Way. Walk the South Downs Way and help your local hospice. Enter at www.hike4hospices.com or call 01903 743261 for an entry form.

September

Friday 10th September 7pm An Indian Summer Stanmer House, Brighton. You'll be served a sumptuous Indian banquet in the garden, accompanied by live Indian music and dancers. £tbc more details will be available shortly.

October

Friday 1st October Bangers & Mash Quiz Night Sussex County Cricket Club. General knowledge quiz teams of up to six people. Quiz starts promptly at 7.30pm. Tickets £15 contact Rachel in the Martlets Fundraising Office on 01273 747455

Sunday 3rd October Noon Walk Sussex Cricket Club. Our 13 mile sponsored walk just for men, walk from Hove to Saltdean and back. Entry £tbc and full details available very shortly.

Saturday 23 October Bridge Afternoon Patcham Bridge Club. Contact Antonia in the Fundraising Office for more info.