

Autumn/Winter 2011

The Sara Lee Trust Newsletter



Providing complementary therapies, creative arts therapies, sanctuary days and counselling to people living with Cancer, Motor Neurone Disease and HIV/Aids in Hastings, Rother and Rye.

Hello from the Editor

Welcome to the Autumn/Winter edition of our newsletter. As usual it's packed full of wonderful feedback from our patients; tips from our therapists; updates from our Trustees, the therapy team, and a rundown on our fundraising activities.

As fundraiser for the Trust, I have the job of compiling our bi-annual newsletter and although it can seem a bit daunting, as I usually have several other things to do at the same time!, I always find it a most rewarding experience as reading all the quotes and stories from those whose lives have been touched by the Trust helps remind me, why our work is so very important and how critical it is that we keep the funds coming in.

I hope you enjoy reading this issue – and hopefully we will see you at one of our forthcoming events.

Maria Gonet, Fundraising Manager

The Sara Lee Trust – what we do

Our aim is to support patients through their illness. Complementary to medical care, the Sara Lee Trust offers time, meaningful touch, nourishment and support so that each person may live life as fully as possible, even with a life threatening diagnosis. Our service also extends to carers and families and we provide over 2,250 treatments each year.

- We provide complementary therapies to patients at our treatment rooms in St Leonards and Rye.
- We employ a Community therapist who visits those unable to attend our treatment rooms, in their own homes.
- The complementary therapies we currently provide include: – acupuncture, aromatherapy, relaxation, reflexology, shiatsu and visualisation.
- Creative arts therapy, sanctuary days and counselling are provided all year round.
- We also provide support for carers.



Eddie Izzard helps us to celebrate our 15th birthday



Fresh off the plane from his appearance at The Hollywood Bowl, we were thrilled that Eddie Izzard was able to join us in a double celebration: to officially open our charity shop in Bexhill and to celebrate the Trust's 15th birthday.

Eddie, who grew up in Bexhill, wanted to support the Trust which provides complementary therapies, creative arts therapies, counselling and sanctuary days to people living with Cancer, Motor Neurone Disease and HIV/Aids in Hastings, Rother and Rye. Eddie shared with the

group that he had sadly lost his mother to Cancer when he was only 6 years old, and that his grandfather had suffered from Motor Neurone Disease, so he felt an affinity to the Trust and congratulated us for our work for the local community.

"We were so thrilled that Eddie was able to join us, and meet all those who have worked so hard to make the charity the success it is. Eddie spent time chatting to patients, volunteers, staff and Trustees and has given us all a real boost and the drive to keep raising funds and to keep helping local people who so desperately need our help and support. We are so grateful to Eddie for his generosity and time."

Jenny Yeo MBE, Chairman of the Trust

Grand Christmas Raffle
Tickets inside – fabulous prizes!



"Complementary medicine is a useful strategy to allay patients' fear and anxieties away from the mechanistic base of modern cancer treatment. Support from organisations like the Sara Lee Trust is for many people a vital component of being healed. There is much we have to learn about the best way to treat cancer but there is no doubt that this approach can be very beneficial!"
**Professor Karol Sikora MA, MBBCh, PhD, FRCR, FRCP, FPM
Patron of The Sara Lee Trust**

Can we help you? – our referral procedure:

We treat patients with a diagnosis of Cancer, Motor Neurone Disease and HIV/Aids. Referrals must be made via a health care professional – i.e. GP, Macmillan nurse, district nurse, consultant, physiotherapist or other health professional.

For further information please contact Sarah Geall on 01424 456608

"I'm really proud to support The Sara Lee Trust who do a wonderful job."

Jo Brand, Patron



A message from Jenny Yeo, MBE, Chair of The Sara Lee Trust

As we approach the festive season, our thoughts turn to family and friends and often to those much loved ones who are no longer with us.

All of the therapists, staff in the office and volunteers know how much The Sara Lee Trust seek to improve the quality of life for all our patients and their loved ones, because of this amazing commitment I for one am extremely proud to be associated with so many caring individuals.

As we go forward to 2012, we have a great deal to look forward to. Trustees, Linda Hodgson and Sarah Adams have produced a Strategic Plan for the Trust for 2012-2017 which they will cover in more detail in this newsletter, I believe it is a positive way forward which will enable us to review and then develop the existing services we offer the people of Hastings and Rother.

So it only leaves for me to yet again, thank you all for your contribution to our success in 2011 and your continued goodwill for 2012.

Jenny



Have you visited the new website yet?

Our new website was launched in June and is a wonderful resource for patients, medical professionals and anyone who wants to fundraise or volunteer for The Trust. Visit it now at:

www.saraleetrust.org



To support our work and donate online, please visit www.justgiving.com/sltf

Message from the Vice Chairman



It is with great pleasure and encouragement that I write my report. During our first five months of the year from 1 May this year, the figures show that we are not doing as badly as we feared we would. We budgeted a loss year to date of £9,465 and Maria and her team of volunteers have turned around a profit of £3,087 which really is a positive start to the year and will mean that we will not be considering any cutbacks to services in the near future, which really is great news for all concerned.

The shop equally has started the year on a high: despite some heavy costs early on, we are trading at a profit year to date of £4,943 which again is fantastic news and all credit to our recently appointed manager Ashley and her team of volunteers. We greatly appreciate their ongoing hard work and support.

I particularly wish to pass on our thanks to

our Office manager, Liz, who has been burdened with a lot of extra work over the past six months in setting up numerous forms and reports, statements and data for the Business Plan and is continuing to manage of the finances of both the Charity and the Shop.

We still need to be prudent in these very uncertain times, we will continue to run a tight ship and restrict any unnecessary expenditure where at all possible. We have the winter ahead and need to be prepared for potential losses on all fronts, so please keep the good work up and continue supporting our very worthy cause.

Finally, I would like to take this opportunity of thanking all the people who give regularly to us and who support us in helping us raise money, whether it be through private events, helping at our events or volunteering in our shop. Without all the generosity and time you give, we could not operate.

Michael Lear, Vice Chairman



How we can help, in the words of a patient...

*"I was not in a very good state, either physically or mentally when I first went to The Sara Lee Trust nearly three years ago. (Cancer is a big shock and the Sara Lee Trust have **so helped** me to cope). I was very nervous at first realising that it would mean going to the hospice, as the Trust's safe and welcoming little haven is located within the St. Michael's Hospice building.*

*Courage plucked up, I went and first had a massage with Joan Pearce – fantastic and relaxing. I then wanted to try reflexology as I had enjoyed a session years before. It really is wonderful, and the reflexologist that I have is Semra – she is just **so special** and has such understanding and empathy and has the knack of knowing me better than I know myself! I always feel tremendous benefit from the sessions that I've had. Joy Oakley also gave me counselling – again a great big help.*

The Trust are there to support and I felt that my hand was being held while in turmoil – I'm feeling much better now. More confident and happier and able to support my husband more who was recently diagnosed with prostate cancer. We are just so lucky to have such a wonderful place to go and I cannot thank you all enough for the continued love and support that you have given me'.

A Strategic Plan for the way forward, 2012–17

The need for a five year Business Plan was discussed in March 2011 at the Board of Trustees meeting. Due to the recent growth of the organisation in terms of the opening of our Charity Shop and the perceived need to develop services in Bexhill, it was considered that the Sara Lee Trust needed to develop a more long term strategy. It was agreed that two of the new Trustees Linda Hodgson and Sarah Adams should facilitate the planning process and prepare a draft plan for agreement by the Board of Trustees.

Over the past six months there has been wide consultation on what is needed and on the emerging ideas and all staff, therapists and volunteers have been afforded the opportunity to participate in the process.

We believe that the Sara Lee Trust has an excellent reputation that has been built up over the past 15 years because what we do helps to improve the quality of life for patients and their families/carers; because our staff, therapists and volunteers are loyal and dedicated and our local community actively supports us with voluntary help and financial contributions.

However, we realise that there are always ways to improve the service we provide to patients and their families/carers and alongside this we must ensure that our staff, therapists and volunteers feel supported, valued and recognised for their work with the Sara Lee Trust.

A number of factors have been taken into account in the preparation of our Strategic Plan. These include:

- **the views expressed** by Sara Lee Trust patients and their families/carers, staff, therapists and volunteers and NHS and hospice healthcare professionals;
- **analysis of our strengths, weaknesses, opportunities and threats (SWOT)** and a political, economic, social and technological (PEST) analysis;
- **the key priorities for the future** as identified at meetings with staff, volunteers and trustees;
- **discussions with other providers of Complementary Therapies** within the UK;
- **a review of NHS, Voluntary and other relevant publications.**

We have looked back at our history and development to try and distill what has made the Sara Lee Trust distinctive and ensured its survival and growth over the past 15 years.

We have looked outward at the changing environment in which we work to ensure that we are providing the right kind of services to those who need them.

Finally, we have looked forward to where we want to be in the next five years.

We believe that the Sara Lee Trust can not only contribute to improving the quality of life for Cancer patients but also for an increasing number of patients with life limiting non-cancer illnesses and contribute to better support for their families/carers.

Therefore, with a fresh perspective on our mission and values; understanding of what we do well and the opportunities and threats in the current environment, the next five years will be a time of assessing the approaches to our work; building on our high standards; expanding our services to meet the unmet needs of patients and their families/carers and exploring new means of funding, both for the services provided and any future developments.

Our Strategic Plan sets out **six key aims** that we intend to achieve in the next five years. In order to achieve each strategic aim we have set out our key objectives and we have also developed a business action plan as our priorities for achievement during 2012.

The Sara Lee Trust believes that its work as a complementary therapy, creative therapy and counselling service provider will be needed for many years in the future. Therefore, we strive to achieve our mission with thoughtful strategic choices that ensure we have the continued commitment, enthusiasm and support of all those who have helped the Sara Lee Trust over the past 15 years, a creative, visionary and team approach to the future and sufficient financial and other necessary resources to succeed.

We consider that our Strategic Plan will enable us to move forward, helping to make a real difference to more patients and their families/carers facing an often difficult journey in their lives.

Thank you to all those many individuals who have helped in the development of our Strategic Plan. We look forward to launching it at our AGM on 7 November.

**Linda Hodgson
(on behalf of The Board of Trustees)**

‘Natural Rhythms’

Natural Rhythms is a group run by The Sara Lee Trust. It meets weekly with short breaks to reflect the flow of the seasons. We look at ancient and modern festivals, folk stories and myths that link into the calendar. As a group we mark the changes in the year and our own lives. We use a variety of beautiful settings in the local countryside but a favourite is the Yurt at Powdermill wood. People who attend ‘Natural Rhythms’ are living with Cancer, Motor Neurone Disease or HIV/Aids, and this project allows them to share, reflect and discover aspects of themselves that may have been forgotten or just squashed by life.

A thought from the Natural Rhythms group...

The group had been talking and sharing recently about living with cancer and had expressed their feelings of anger; their sense of loss; their sadness; and about the uncertainty cancer brings into your life and how it makes you question normality?

One of the group expressed a sense of sorrow... Deborah Kelly, a Trust therapist and facilitator of the Natural Rhythms sessions paraphrased from a piece by Khalil Gibran, author of ‘The Prophet’: *“... a man took his bulb of sorrow and planted it in the field of patience and waited for joy to grow”*. People found this really helpful and wanted to share it in the newsletter.

New meeting day and dates for 2012

We originally ran the group in blocks of eight weeks i.e. meeting for eight weeks followed by a break. About two years ago, this was changed to meeting for four weeks then having a break.

In January we are reverting to the eight week pattern and we are changing the day we meet from Tuesday to Wednesday. We meet at Powdermill Woods, either in the Cabin or the Yurt from 10.30am–12.30pm.

Winter:

January 4, 11, 18, 25

Spring Equinox/Easter:

February 29

March 7, 14, 21, 28

April 4, 18, 25

Summer/ Solstice:

June 6, 13, 20, 27

July 4, 11, 18, 25

For more information, contact Sarah Geall on 01424 456608



4 Sanctuary Days

These days continue to offer people a safe space to meet with others living with life threatening illnesses. People are able to benefit from sharing with others; from the quietness and beauty of nature and from having a chance to stop and really listen to what they feel they and their bodies need. There's the chance to talk or to spend time alone to rest, walk, read, meditate, receive gentle body work – i.e. aromatherapy, explore thoughts and feelings and be nourished and simply enjoy some time for you.

Sanctuary Days in 2012

The first Sanctuary Day of 2012 will be in February. They all take place in the cottage at Northiam, apart from the April date which will be at the Oast House, Northiam. Sanctuary Days are always on Thursday. They start at 10am and finish at 4pm:

16 February **29 March**
12 April **24 May**
28 June **26 July**

If you require transport please ring the office and speak to either Sarah or Liz. We are very lucky to have a small group of volunteers who give their time to pick people up and take them home again.

Volunteer drivers needed

We are very keen to build up a bank of volunteer drivers who can be called upon to help us out by offering patients transport to Natural Rhythms and Sanctuary Days. This need not be every week, but could be if that would be of interest to you. If you have some time, enjoy driving, like exploring the fantastic local countryside and enjoy the challenge of finding new places give Sarah a call on 01424 456608. You need to be over 21, hold a clean current driving license and have business use on your insurance (if you need to pay for this the Trust will reimburse you).

"I wanted to email to say that it was such a pleasure yesterday to drive two people to the Sanctuary Day. They were obviously both quite apprehensive about going and I tried to put them at their ease and reassure them that they would enjoy it. What a transformation on the way home! – they were totally relaxed and just kept saying how much they had enjoyed it. I just wanted to say what a wonderful job you all did and do on these special days. I feel very humbled to play just a small part"

Karen Weatherley-Moody,
Volunteer driver for the Trust

For more information, contact Sarah Geall on 01424 456608

How complementary therapies can help

Our Therapy Manager, Sarah, had spoken to a lady at the Natural Rhythms group regarding problems she was experiencing with her skin as a result of treatment she was receiving. Sarah asked me, as an aromatherapist for the Trust, to make up a cream for this lady.



I decided to use two oils and blend them in Sweet Almond oil. I chose Patchouli (Latin name Pogostemon Patchouli or Patchouli Cablin). It is native to Malaysia, a thick, dark brown oil with a smell that is difficult to describe but is hot, musty and pungent. Its active agents are similar to chamomile and it has the same anti inflammatory properties, as well as being antiseptic and anti fungal. It can also help cell regeneration. This combination of properties makes it useful in treating cracked and damaged skin. Patchouli has also been used as an anti depressant/ anxiety oil in blends and therefore blended well with Lavender which was the other oil I used again for its properties in supporting skin care and calming.

Linda Morgan, Aromatherapist

We are very pleased to hear how beneficial this oil was, and please read below to find out more from the patient herself...

"I was diagnosed with stage 4 renal cell cancer in January this year whilst living in Mozambique. My husband and I decided to return to the UK, but I found it quite difficult to come to terms with my diagnosis and kept questioning if a mistake had been made. My GP referred me to the Macmillan services and my Macmillan Nurse Carole Hood was and remains very patient with me, but she recognised that I needed additional support so referred me to the Sara Lee Trust.

I was invited to attend the Natural Rhythms Group at Powdermill Woods. Although I was initially reluctant because I was still questioning my diagnosis and struggling to come to terms with the side effects of taking Sutent. I found going to the group had a very calming influence on me, it is facilitated by lovely ladies who allow you to be yourself and I was meeting people who were either going through or had been through similar experiences and their support and

understanding has had an enormous impact on me accepting my diagnosis and allowing me the space to contemplate the outcome of my illness.

One of the major side effects of taking Sutent is the mouth and feet syndrome. My feet became extremely painful and I was referred for reflexology sessions which not only helped my feet but also helped the whole body with the various side effects.

Emma, who gave me reflexology, really seemed to understand what I needed and offered me some very helpful advice.

Unfortunately I had to stop the reflexology because my feet became very painful and the soles of my feet started to peel. The Aromatherapists at the Sara Lee Trust prepared some aromatherapy oil for me to use on my feet, it was fantastic. I mixed a little of udder cream with the oil and the impact on my feet was incredible, if I used it at night I had a restful nights sleep. I also had a rash on the side of my legs caused by the Sutent and when I applied the aromatherapy oil to the rash, it seemed to disappear for a couple of hours.

I am in the process of a change of Chemo Drugs, and have been experiencing significant pain in my abdomen. I was referred to Joan for a head massage but whilst she was gathering my details she noted that I was very uncomfortable. Rather than just do the head massage she massaged my abdomen with an aromatherapy oil once again I was unsure whether it would have a positive impact, but when I arrived back home I decided to lie down for a few minutes, I woke up three hours later with very little discomfort.

My experience with the Sara Lee Trust has been so positive, the staff recognise how you feel, understand if you are not on top of the world and provide the nurturing that is required to help you cope with this dreadful illness. I am sorry that I have to use their services because then I would not have cancer but it is because of their services that I am coping with my experience of cancer. Thank you to every one at the Sara Lee Trust especially Sarah Geall (the Trust's Therapy Manager) who seems to go out of her way to provide an environment or services that allows us to cope with what it is a very difficult illness.'



Frankincense: a seasonal favourite



I am aware that whilst I write this article, it is the autumn, a time of thanksgiving, remembering and of storing up in preparation for the winter months. This

newsletter will take us through several festivals and seasons: All Souls/ Hallowes; Winter Solstice; Christmas; New Year; Candlemass and into the Spring. The Natural Rhythms group will spend time reflecting on these during our time at Powdermill Wood, with the festivals also providing a focus for the Sanctuary Days.

During the changing of the seasons, from autumn to winter, I find my self reaching for one of my favourite essential oils, and one which has particular links to Christmas, Frankincense.

Frankincense, (Latin name *Boswellia carteri*), is native to North Africa and some Arab countries. Traditionally the resin was collected from the tree bark where cracks had naturally appeared. It has a fresh, slightly camphorous and penetrating smell. Frankincense has been used in many religions, being burnt in temples/churches which is interesting, as one of its properties is the ability to slow down and deepen breathing – producing feelings of calm which may be helpful in creating a space for prayer and meditation. It has also been constantly used in cosmetic products and was used by the Egyptians in embalming.

Frankincense is an ideal oil to use for respiratory infections, and I would recommend you use it in steam inhalations or in the bath. I love the combination of Frankincense and Mandarin oils in a burner to create a fresh but deep sense of calm to a sitting room or mixed into a hand cream. Frankincense feels like an oil that is very rooted in the autumn/winter with its association to the breath; a time of breathing out and letting go whilst supporting the lungs and respiratory system.

This oil has strong links to the Christian festival as it was a gift brought by the Wise Men to mark Christ's birth. It has been burnt as a way of protecting against evil spirits and it has also been suggested that it may be useful to people who dwell in the past therefore helping them to move on emotionally.

We can order you Frankincense oil from the company we purchase all the Sara Lee Trust essential oils from. A 10ml bottle costs £8.45. You need to collect it from us. Alternatively get your own and try it – but I recommend that you check the latin name!

Sarah Geall, Therapy Manager

The Sara Lee Trust Shop

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I wanted to start by saying "thank you" to everyone. I have been managing the shop now for around four months, and the support I have received has been

immense! The volunteers have made the experience so much fun, even when we were working at our hardest!

Following the interviews on 29 September I was offered a permanent position, which I am thrilled with!

Since then, there have been so many changes, and the shop looks amazing, the volunteers are wonderful and we are exceeding our expected income! Thank you all again!

Volunteers

Our shop is very well staffed; however there is always so much to do, so if you find yourself at a loose end and want to join our team, then we look forward to meeting you! Our Lock-up is also in need of staffing, so we are looking for people with good organisational skills, who like to work behind the scene! And if there are any men out there who feel they could offer some time, we would be very pleased! You are also more than welcome to work in both the shop and lock up.

Young People

We would like to encourage younger people to volunteer with us too, so if you are unemployed or at college and feel you could give the shop some time, then just pop in or telephone to have a taster. Our shifts are 9.30–1pm and 1–4pm. We offer training and certificates to add to your experience and CV.

Donations!

We are always in need of good quality donations. We are especially short of men's wear and homewear, especially kitchen equipment, but all donations are welcome. We are incredibly lucky with the support we get, and the quality of the donations we receive is amazing. However we are always in need, it is vital the shop remains well stocked, so please keep donating!

Lastly I just want to express how amazing I think this charity is. I have worked for a number of charities in my lifetime, but the care, support and dedication from everyone involved in the Sara Lee is incredible, so thank you for allowing me to be part of the team!

Ashley Askham, Shop Manager

Sara Lee Trust Shop

9 Endwell Road

Bexhill On Sea

Tel: 01424 532098

Recipe for Christmas

Caroline Ellwood's Cherry and Ginger Florentines

This is a quick and easy recipe for chewy, sticky Florentines, perfect for a party or as Christmas gifts.

- 2 tbsps unsalted butter
- 75g golden caster sugar
- 2 tsp plain flour
- 75g crème fraiche
- 50g flaked almonds, toasted
- 2 tbsps candied peel
- 2 tbsps crystallised stem ginger
- 50g dried sour cherries
- 150g good quality dark chocolate, broken into pieces



- Preheat the oven to 180 °C, 350F, gas mark 4 (makes 12 small or 6 large Florentines).
- Line a baking tray with baking paper.
- Heat the butter, sugar and flour in a pan over a medium heat, stirring until melted and the sugar has dissolved. Gradually stir in the crème fraiche, almonds, stem ginger, candied peel and cherries. Place teaspoons of the mixture onto the baking tray, ensuring that the Florentines are at least 2.5cm apart. Bake in the preheated oven for 12–15 minutes until golden brown, transfer to a wire cooling tray.
- Put the chocolate into a heatproof bowl over a pan of simmering water until melted. Spread the chocolate over the Florentines and leave until set.

Grand Christmas Raffle

Inside this newsletter is a book of 5 raffle tickets priced at £1 each. Please support us by buying some tickets.

1st prize: 18.5" widescreen Technika HD ready LCD TV/DVD Combi, kindly donated by Dr & Mrs Lee

2nd prize: Lamb for the freezer, kindly donated by Mr Colin Baker

3rd prize: Hand crafted silver bangle, kindly donated by Mrs Caroline Ellwood

4th prize: £25 cash

5th prize: Stainless steel 2 piece roaster Plus Harrods towels, a beautiful handbag, champagne, portable TV and more

To enter the draw . . .

Please buy the tickets – and encourage friends and family to buy them – return the completed slips with payment made payable to The Sara Lee Trust in the enclosed envelope (don't forget to add a stamp).

The draw will take place at our Christmas Fair on Saturday 26 November – see events calendar for more details.



Open House & Garden, Bexhill

Dee Blake and **Colin Chapman** once again opened their stunning beach home and garden on our behalf. Despite a rainy start, the sun shone and it was an incredible day with guests having a chance to view the house and garden and have a cream tea in the garden listening to the wonderful music being played by Jiggery Pokery, who once again, kindly donated their time for free. Huge thanks to all our incredible volunteers who worked so hard and served up 288 cream teas! We raised an incredible **£1,802.27** and are so grateful to everyone who helped and all those who supported the day by coming along; or baking scones or donating raffle prizes.

Rye Horse & Dog Show

Huge thanks to **Rye, Winchelsea and District Memorial Hospital** for inviting us to attend the **Rye Horse and Dog Show**. We ran our ever popular **bottle tombola stall** and raised an amazing **£424.75**. Thanks to everyone who donated bottles, we really appreciate your support.

Race night at Egerton Indoor Bowls Club

Huge thanks to Sheila & Brian Hack, Terry Hodd and the team at Egerton Park Indoor Bowls Club for organizing this event and raising an incredible **£888.43** for the Trust.

It was a wonderful and fun evening and I thought I would share with you a poem that one of our guests sent in after the event:

*Disporting ourselves last Friday night
Where bowlers were worn, not played,
We bet our pounds on nags that might
Run fast to make first grade
Thus winning for us a little cash
From this the sport of Kings.
To say we ended rich is rash,
Small winnings some joy brings.
Joining with your friends and you
To show our support with clarity
We brought some needed funds into
A worthwhile, deserving charity.*
Dick Warrick

Fashion Show with Travelling Trends

Azur was the place to shop last month – at our **Travelling Trends Fashion Show**. Huge thanks to our beautiful models – **Bianca, Joan, Dee** and **Erica** for strutting their stuff so wonderfully on the catwalk. The evening was a great success and raised **£737.42** for the Trust.

Thanks also to **Azur** for their support; to all the local businesses who donated raffle prizes and to everyone who came along.





15th Birthday Dinner, Dance and Auction

Earlier this month we held a Dinner, Dance and Auction at The Brickwall Hotel, to celebrate our 15th birthday and to raise funds. We had a wonderful evening, and guests took part in a fundraising game of 'heads and tails' before enjoying a delicious meal. After dinner, Mrs Sally Lee, founder of the Trust and now our President, gave a moving speech on the past 15 years for the Trust and then guests bid most generously on our wonderful auction lots before dancing to the fabulous music provided by Pete Willson and his superb band.

We must thank everyone who generously donated our auction prizes; The Brickwall for putting on such a splendid evening; the band for being just brilliant and all our wonderful guests. We raised a wonderful **£4,382.20**.

Events others have organised for us:

Huge thanks to **Wendy** and **Bob Oliver** for holding an afternoon tea in their garden to raise funds for us and their local church, they donated **£115**.

We must thank **Louise, Alex** and **Ed Bowles** so very much for organising a wonderful **Pampered Chef Coffee Morning** for the Trust at Pett Village Hall. Thanks also to the Pampered Chef demonstrators **Ethan Greenwood** and **Daphne Walker** – for a delicious and fun morning with guests sampling smoked salmon pizza and chocolate brownies. I know Louise would like to thank everyone who donated raffle prizes, and all her friends and family for supporting the event with baking cakes and making tea's. They raised **£331.20** for the Trust, and we are absolutely thrilled.

Thanks so much to **Heather Harper**, for holding a **Coffee Afternoon** to raise funds for The Sara Lee Trust and other charities. We are so grateful to Heather for her donation of **£285.00**.

Flora London Marathon

Fancy running 26.2 miles and raising funds for the Trust? We have 7 guaranteed places in the 2012 London Marathon taking place on 22 April, and are looking for runners who feel able to raise £1,750. We can help you with advice on fundraising online and will provide a running vest or t-shirt and general support.

To find out more, contact Maria on 01424 456608.

Jewellery recycling campaign has raised **£3,926.26** to date!

With our jewellery recycling scheme gold, silver, costume jewellery and watches can all be recycled and will be turned into a donation for the Trust to help us to raise seriously needed funds. You can do a full 'spring clean' or just give items you no longer wear. Even damaged, broken and incomplete items will help; so odd earrings and broken chains are a great start. **Call Maria on 01424 456608 or email maria@saraleetrust.org.uk for an envelope.**

Special thanks to...

The Trust receives no statutory funding and is completely reliant on public donations and our fundraising to provide the quality services our patients need. We would like to thank all the individuals, groups, companies and trusts who have supported us throughout the year. Sadly, with limited space we are unable to list everyone individually but would like to pay special thanks to:

All those who made donations to us in the memory of a loved one – so far this financial year, we have received In Memorium donations totalling over **£1,600**. This income is so very important to us and we thank all our donors for their generosity and for remembering us at this sad time in their lives.

Sincere thanks also to the following:

**Battle Rotary Club
Camber PCC
Falling over Club
Llewelyn Lodge
Rye, Winchelsea District & Memorial Hospital
The Hospital Saturday Fund
Tufton Charitable Trust**

Huge thanks to **Stephanie Oakley**, (whose mother is the Counsellor for the Trust). Stephanie's voice was used for her company in a radio and television commercial earlier this year. Instead of receiving payment, we were thrilled that she chose to donate the fee to us. We received an incredible **£10,552.54!**

Plant a Tree

This scheme has been running for three years now, and has provided wonderful support to those who have lost a loved one as well as raising much needed funds. However, we have decided to take a break from the scheme this year whilst we review the project. We will update you more in the next newsletter.

Towels

Whilst we are generally looking for funds when we write to Companies and Trusts – sometimes, we need to replace some of the key items used in our treatments, and I would like to thank **Liz Callaghan**, our fundraising volunteer for her help in sending out letters to various companies asking for donations of towels which we were desperately short off. Sincere and grateful thanks to **Harrods** and to **Christies Towels Ltd / Wellspun** for donating some fabulous towels which will be put to very good use and have saved us several thousands of pounds. Thanks also to Irene Jones, another of our hardworking volunteers who came in to sort and store all the towels.

Despite the rain, **The Senlac Rotary Club** – Classic Car Show and Country Fair was a huge success and raised substantial funds which the club donated to local charities. We were thrilled to receive **£1,500** and would like to say thank you to all the Rotarians.



Huge thanks to **Vera Gosden** and **Helen Moore** for making and selling cards in St. Michael's Hospice reception to raise funds for the Trust. They raised **£200** for the Trust and we would like to thank them so very much for all their hard work on our behalf.

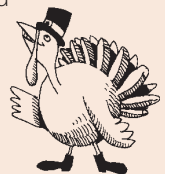
Jokes from Gregory, 9 and Scott, 7

Q: Why did the jelly baby go to school?

A: Because he really wanted to be a smartie!

Q: Who is never hungry at Christmas

A: The turkey – he's always stuffed!



8 Funding

The Sara Lee Trust receives no statutory funding and relies solely on fundraising and voluntary donations. This year we aim to provide over 2,250 treatments to patients and families through:

Counselling – providing 9 hours per week to patients and family members.

Hands on Therapies – providing 36 hours of therapy per week. This includes: acupuncture, aromatherapy, relaxation, reflexology, shiatsu and visualisation.

12 Sanctuary Days – each offers support to 8 people.

Natural Rhythms – our year round creative arts therapy project run over 32 weeks, offering people the chance to meet others and share.

How much services cost:

One hour's therapy and essential oils	£30.00
A Natural Rhythms session for 8 people	£155.00
A Sanctuary Day for 8 patients	£531.00

How YOU can help US


A regular gift allows us to plan for the future because we know, day in day out, that we will have a steady income stream that we can rely on – and that is so important in the current economic climate. To make a regular donation to the Trust, please download a Standing Order Form from our website, and if you can Gift Aid it, we can claim an extra 20% from the Government.

What do supporters receive? As a way of keeping you up-to-date with the Trust you will receive our newsletter, twice a year.

Fundraise on our behalf: why not consider organising an event on our behalf – we have lots of ideas, or why not think up one of your own. **We have a fundraising pack on our website: www.saraleetrust.org**

Choose US: if your company, school, sports club, group or association fundraises for charity – why not ask them to choose the Sara Lee Trust – or why not have a jewellery collection?

Donate: make a donation. If you are a UK tax payer and make your donation via gift aid, the charity can reclaim 20p for every £1 donated. Donations should be made payable to **The Sara Lee Trust** and posted to the address printed below. Alternatively you can make your donation online through www.justgiving.com/sltf

 **Just Giving™** To support our work and donate online, please visit www.justgiving.com/sltf

Events Calendar November 2011–April 2012

Our events list is constantly being added to and updated – to receive regular email updates, contact Maria, details below or visit our website.

Wednesday 9 November, 7:30pm The Lucky Ones & Jiggery Pokery

Benefit Gig at The Waterfront Club, Bexhill, Tickets £10, available from The Waterfront Club – 01424 218 400.

Tuesday 15 November 9am–3pm Ladies Nearly New Fashion Sale

at Highwoods Golf Club, Ellerslie Lane, Bexhill-on-Sea TN39 4LJ
A chance to sell some clothes – make some money and donate some to The Sara Lee Trust – kindly being organised on our behalf by Mrs Jill Anson-Rhodes.
For further details call Jill on 01424 214 701

Saturday 26 November, 10.30am–3pm Christmas Fair for all the Family

St John's Church, Pevensey Road, St Leonards-on-Sea
Fantastic stalls, delicious homemade refreshments, children's crafts and Santa!

Saturday 3 December, 10.30am–3pm St Michael's Hospice Christmas Fair

Please come and visit our stall selling the range of aromatherapy products we stock and some Christmas goodies.

Saturday 31 January, 8.30pm Outrageous Decadence New Year's Ball

The Assembly Rooms, St Leonards-on-Sea
The Outrageous Decadence team are fundraising again for Sara Lee Trust. Tickets and more information from www.outrageousdecadence.co.uk

Sunday 25 March 2012 Hastings Half Marathon

Please consider running this on our behalf. We can provide you with a running vest or t-shirt and advice and support with fundraising online – we are also very good at cheering!

Sunday 22 April 2012 Virgin London Marathon

We have seven guaranteed places available to any runner who can commit to raising £1,750 for the Trust. To find out more – contact Maria on 01424 456 608.

We have several events in the planning stages for January to April 2012 – visit our fabulous new website for details: www.saraleetrust.org

For further details on any of the events or to purchase tickets, please contact Maria on 01424 456608.

Legacy: If you believe in the value of the work we do, consider remembering us in your will.

Buy our products: we sell a range of aromatherapy products to help raise funds and over the Summer, we will have a stall selling our products at the Open Gardens run by St. Michael's Hospice and also have a couple of shelves of our products at The St. Michael's Hospice Reception Shop.
You can place an order by calling 01424 456608. You will need to collect your order from The Trust's address (below).

sara lee



T R U S T

If you have any comments on this newsletter, anything you would like to see included – or wish not to receive further copies, contact Maria Gonet on 01424 456608 or email maria@saraleetrust.org

The Sara Lee Trust

25 Upper Maze Hill, St. Leonards on Sea, East Sussex TN38 0LB
Tel: 01424 456608

www.saraleetrust.org

Registered charity number 1055048

The Sara Lee Trust Collecting Tins



Do you know of a local shop, pub, restaurant, hairdresser, school or any local business that may be happy to have one of our collection boxes. If so, please let us know on 01424 456608.