

The Sara Lee Trust Newsletter



Registered charity 1055048

Autumn/
Winter
2023



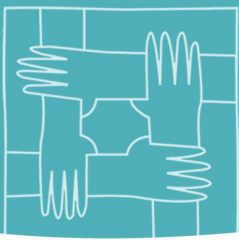
We've launched our Lottery
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Welcome

Welcome to our latest newsletter. We hope you are looking forward to the festive season and that we may see you at some of our upcoming events. Take a look at page 11 for more details on our Christmas plans.

We are pleased to report that our services are now recovering to the same level as before the pandemic, despite the continuing challenges of the cost of living crisis. We rely on voluntary donations from our community and local businesses to provide our services, and we are incredibly grateful for all of the support that you give. Whether large or small, every donation given goes straight into supporting local people who need it most. You can find out about all the different ways you can help on page 6.

Our new group activities, like Wellbeing Through Nature and Place To Talk, are providing therapeutic spaces for service users to spend time with others in a similar situation and often learn a new skill into the bargain. You can find out more about our group activities on page 4.

We are delighted to welcome our new trustee Tracey May, who, alongside her membership of the Trust's Board, will be delivering law clinics for our service users, starting soon.



Dan Redsull
CEO



Anita Rose
Chair

Cover Photo by Andy Chatfield

News from our Partner

st michael's hospice

St Michael's Hospice Lights of Love 2023

Lights of Love is a time to come together to make a tangible act of remembrance for loved ones no longer with us, by dedicating a star on a Lights of Love tree at various venues across Hastings and Rother this December.

All can be remembered at Lights of Love.
For more information, please visit
stmichaelshospice.com/event-diary



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Registered with
**FUNDRAISING
REGULATOR**

The Sara Lee Trust

25 Upper Maze Hill, St Leonards on Sea, East Sussex, TN38 0LB
General enquiries: Tel: 01424 456608 | Fundraising: Tel: 01424 457969
info@saraleetrust.org | www.saraleetrust.org

The Sara Lee Trust. Registered in England and Wales, Charity Number 1055048





Thank You

With your support we have been able to help hundreds of people in Hastings and Rother.

653

People supported so far in 2023

.....
We have provided

4,823

Hours of counselling,
complementary therapies
and groups.

How does The Sara Lee Trust help local people?

If you or a loved one have been diagnosed with cancer or another life threatening illness, The Sara Lee Trust may be able to help.

We know that serious illness has a huge impact on a person and those around them which goes much deeper than physical health.

This impact can be experienced at different times, with some needing more support during or after their medical or clinical treatment.

The Trust can help improve health and wellbeing in areas such as managing stress & anxiety, staying active, relationships & family, healthy eating and symptom management.

The Sara Lee Trust supports local people in Hastings & Rother, East Sussex. To be referred for our free services, you can speak to any healthcare professional responsible for your care.



To find out more about our services, visit saraleetrust.org or call **01424 456608**. You can also pick up our new services leaflet from any of our shops or your therapist.



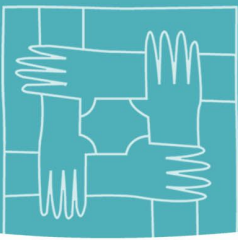
New Trustee

The Trust is delighted to welcome its newest Trustee, **Tracey May** of Heringtons Solicitors. Tracey heads the firm's Vulnerable Client Services throughout their five East Sussex offices.

Tracey said, "I am delighted to be appointed as Trustee and look forward very much to working alongside my fellow trustees and the management team. I am also very pleased we are now able to shortly launch our free bi monthly law clinics to the Trust's service users. This is, I feel, just the beginning of a great new partnership between Heringtons Solicitors and The Sara Lee Trust." Find out more about our Law Clinic's on page 4.



Tracey May with Katie Jones, Trust Fundraising Manager



If you've been affected by cancer, we're here for you.

Join Fiona, our Cancer Care Coordinator, for a cuppa and a chat.



Come along and meet our Cancer Care Coordinator and find out more about the support available from the Sara Lee Trust.

When and where?

You're welcome to join us from 3pm until 5pm on the third Thursday of each month at the Sara Lee Therapy Centre, 54 Ninfield Road, Sidley, TN39 5BD.

Any questions?

You can call 01424 320 504 or visit www.bexhillpcn.nhs.uk if you'd like to know more or to find upcoming dates.



Bexhill Primary Care Network
working towards a healthier community



Law Clinics

Working in partnership with **Heringtons Solicitors**, these regular clinics are aimed at improving the legal support and assistance available to local people with a new life threatening or cancer diagnosis.

Each clinic has a number of bookable appointments for a 30-minute consultation with an experienced Lawyer from Heringtons. Consultations must be booked in advance and are for Trust Service Users only.

For more information, contact Tracey May at Heringtons on **01323 411020** or email tracey.may@heringtons.com



Wellbeing Through Nature

Our Wellbeing Through Nature group is a 6 week programme held six times a year, combining group support and creative therapy with a nature focus for people with cancer and other life-threatening illnesses.

Participants are invited to slow down and enjoy tranquil surroundings, paying attention to the season's changes and their qualities. The group is sensitively facilitated to encourage sharing and personal reflection at our Therapy Centre in Sidley. There will be a short guided relaxation exercise and some breathing exercises. These are entirely optional and require no particular skill or previous experience.



For the full list of our Group Wellbeing Services, visit saraleetrust.org/group-activities



Mug Cake Recipe

Make a super easy cake in the microwave with less than 5 ingredients in 10 minutes for those days when you fancy something comforting but not too sweet. It can also be a sneaky way of getting your 5 a day by adding a little carrot, courgette, or beetroot.

Ingredients

- 3 tbsp Self-raising Flour (you can use gluten free)
- ¼ tsp Baking Soda or Baking Powder
- 1 - 1 ½ tbsp Sugar (white, brown or demerara)
- 2 tbsp Carrot (grated) or Courgette (grated) or Beetroot (cooked or raw)
- 3 tbsp Light Olive Oil
- 1 Egg, or 1 tbsp Chickpea Flour mixed with 6 tbsp Vegan Milk.

Method

1. Mix all the ingredients in a mug or cereal bowl
2. Sprinkle with nuts seeds or chocolate pieces
3. Bake on high in the microwave for 3 to 4 minutes
4. Share or not.

Extras to add



- Cinnamon - can help regulate sugar levels
- 1 tbsp Cocoa Powder, Pieces of Dark Chocolate
- ¼ tsp Mixed spice, Vanilla essence, Cardamom
- Dried Fruit
- Fresh Fruit
- Nuts or Seeds

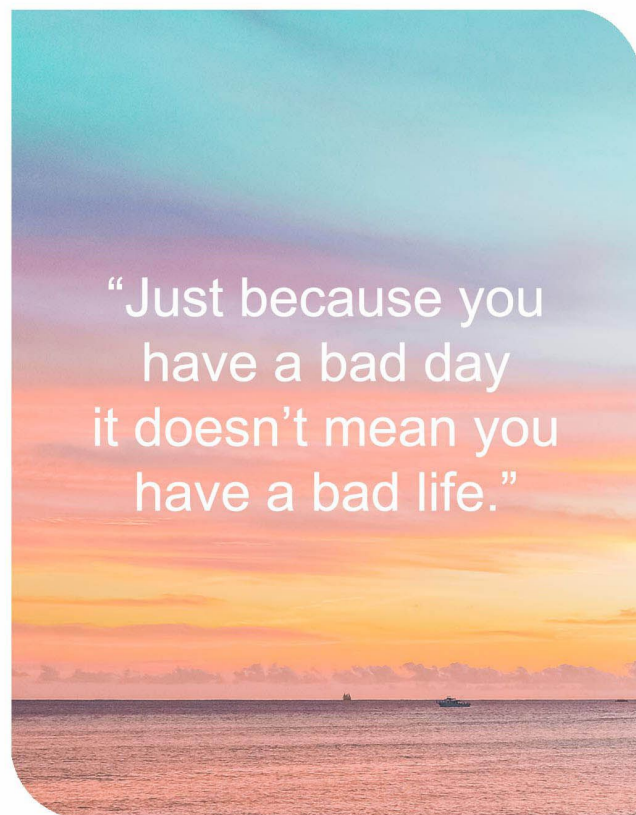
You can find more recipes by Isabelle, Sara Lee Cooking Teacher at saraleetrust.org/healthy-eating

Feedback about our support from our *Service Users*

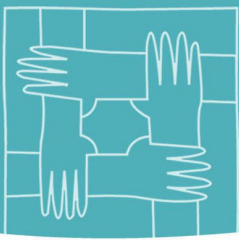
"I would love to say a big thank you to my counsellor. She has helped me to become a stronger person and to see things more clear."

"My therapist put me at ease immediately and was so easy to talk to. Made time for me and has genuinely kind and caring nature."

"I cannot thank the Trust enough for their support during this time. It has been invaluable in helping me to find a life after my cancer diagnosis."



"Just because you have a bad day it doesn't mean you have a bad life."



A Massive Thank You!

To all those who fundraise for the Trust, including the following who have recently raised funds: **Friends Unlimited** raised £200 at their concert (pictured above), **Steve Bartholomew** raised £139.55 by performing at the Bexhill Bandstand, **Stella Carboni-Wren** raised £125 from a Facebook birthday fundraiser, **Community Plus** have raised a total of £2,699 since 2021 from selling their crafts, **Juliet Fielder** raised £250 from a Facebook birthday fundraiser, **Sharnfold Farm** for offering our staff, volunteers and service users free tickets to their summer event.



In Memory

Thank you to all those who have donated in memory of loved ones, including the family and friends of:

- Jean Field** – £285 so far
- Jane Whittenshaw** - £126 so far
- Richard Bainbridge** - £331.25 so far
- Lucy Dunning** - £1,137.50 so far
- Jude Robertson** - £405 so far
- Geoffrey Gander** - £500 from the Senlac Rotary Club
- Kathleen Heyworth** - £95.30
- Georgie Fyfe-Jamieson** - £4,920
- Amber Heasman** - £52.50
- Francine Freeman** - £1,650
- Rupert Riley** - £62.50
- Gordon Willmott** - £250
- Anthony Sexton** - £50
- Jennifer Clifton** - £496.25

Therapy Month

Thank you to everyone who supported the Trust throughout Therapy Month in June. The Therapy Sessions and Gong Bath raised over £1,000.



FUNDRAISE

The Trust relies almost entirely on voluntary donations, so whether you host an afternoon tea, sell your creations at a craft fair or take on a sponsored walk, we'll be forever grateful for the funds you raise.

Find fundraising ideas on our website or contact our team for a **free** fundraising pack at fundraising@saraleetrust.org



VOLUNTEER

Volunteer in a Shop.
Help our Fundraisers.
Join our Service User Group.

There are no special skills needed, just willingness to be part of a valuable service in your community.

For more information, visit saraleetrust.org or email volunteer@saraleetrust.org



SHOP

Our five charity shops in Hastings and Bexhill sell a huge range of preloved clothes, furniture, vintage items, books and more.

You can also find an exclusive range of carefully curated items in our online eBay and Etsy stores.

Visit saraleetrustretail.org for more information.



DONATE

Every session we deliver is free for the patient but costs £20 to provide. You can help by making a donation today, no matter how large or small - it will make a big difference.

Scan the code below to donate or visit saraleetrust.org/donate-today





Take on a
Challenge!

TCS London Marathon

Sunday 21 April 2024

The most popular marathon on the planet and The Sara Lee Trust has a limited number of Golden Bond places. The route takes in some of the most famous landmarks in the city – including Buckingham Palace, The Cutty Sark, Tower Bridge and Canary Wharf.

We ask you to commit to a **minimum fundraising target of £1,500** - one of the lowest charity target requests.



Hastings Half Marathon

Sunday 24 March 2024

Whether you choose to run or walk the distance in aid of the Trust you will be making a difference to the life of someone affected by a life threatening illness.

We have a Team Fundraising Page on JustGiving which you can share with your friends and family, so you don't have to worry about raising an individual target.

Camino de Santiago Trek

1-8 June 2024

Join Rebecca and other Sara Lee Supporters as we explore the best known of all the pilgrims' ways to Santiago de Compostela in Spain.

Rebecca said, "The rewards of fundraising and getting fit for this challenge have changed my life already in such a short space of time. I have met such a lovely bunch of people who have been supporting me with the fundraising, I feel mentally and physically stronger at 45 than I have done in such a long time. This challenge

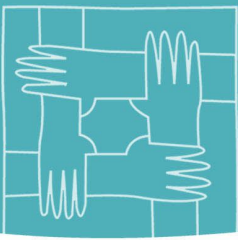
has crossed my path naturally and was what I clearly needed in my life right now."

Our team will be with you all the way, not just for the trek, but can help you smash your fundraising target too with lots of tips and advice!

For more information, visit saraleetrust.org/trek



If you would like to take on a Challenge for the Trust, contact our Fundraising Team on **01424 457969** or fundraising@saraleetrust.org



Retail News

Sara's Day!

In August, our shops celebrated **Sara's Day** in honour of our founder Sara. Each shop decorated their window with beautiful displays and our Sidley shop team took the prize for best dressed window. All of the shops also provided cakes and biscuits for our customers in celebration of Sara's vision.

Auction days raise £759!

This month we auctioned some of our donations through **Eastbourne Auctions** who kindly charged us no fees so we could receive the full amount. One item, a Persian Rug sold for £200, and another, a Hermes Passementerie Silk Scarf, box, bag & receipt sold for £150. Thank you to Eastbourne Auctions for their fantastic support and we look forward to more auction days coming up in October.



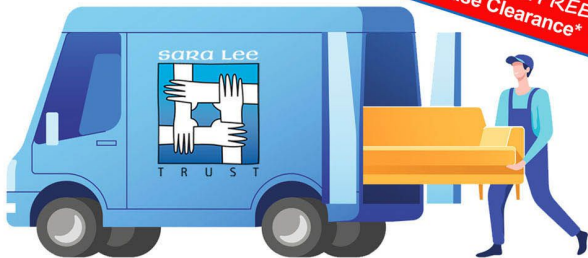
Shop Online!

We have over 100 items available at our **eBay shop** and on **Facebook Market Place**. Check out our shops!

- ebay.co.uk/usr/saraleetrustretail
- [facebook.com/saraleetrustshops](https://www.facebook.com/saraleetrustshops)

House Clearance & Collection Service

You could be eligible for a **FREE House Clearance***



Our friendly team are here to take away the hassle of clearing your property with all funds going to local charity, The Sara Lee Trust

*House clearances start from £50, although if all of your donated items are sellable in our shops, you could be eligible for a **FREE** house clearance.



Book your **FREE** viewing and quotation today
01424 272 358

Donate your Unwanted Items



Items we can sell:

- | | |
|-------------|------------------|
| Clothing | Furniture |
| Handbags | Electrical Items |
| Shoes | Toys & Games |
| Jewellery | Books |
| Accessories | Bric-a-brac |

Help us to help others by donating today. You can drop donations into any of our charity shops, donation centre or arrange a collection.

WE'VE LAUNCHED OUR LOTTERY

WITH

★
★
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ROTHER
COMMUNITY
LOTTERY ★



- Tickets cost just £1 a week
- We get 50p from every £1 ticket
- Win up to £25,000

PLAY NOW

Scan the QR code or go to
rothercommunitylottery.co.uk
and search for **The Sara Lee Trust**



Free Talks to Local Businesses & Community Groups!

If your business or group would like to learn more about the work of The Sara Lee Trust, please get in touch. Our talks are given by a Trust Ambassador who will give a presentation or therapy demonstration.

To arrange a talk, call **01424 457969**
or email fundraising@saraleetrust.org

Join our Service User Group

If you have used our Services,
we would love to hear from you!



Your unique knowledge
and experience could
help improve The Sara
Lee Trust's Services.

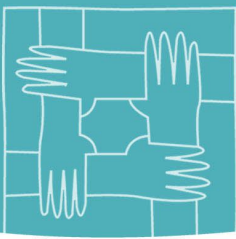


Pop along to
our **Service
User Socials**

Run by current and former
service users, this group provides
an opportunity to meet with
others in a similar situation,
whilst helping The Trust
to be the best it can be.

Our **Service User Socials**
are drop-in sessions for current and
former service users to have a cuppa
and a chat. Taking place at The Sara Lee
Therapy Centre in Sidley, the next dates are:
Mon 16 Oct, 2pm | Mon 18 Dec, 2pm

Get in touch by emailing
SUGChair@saraleetrust.org



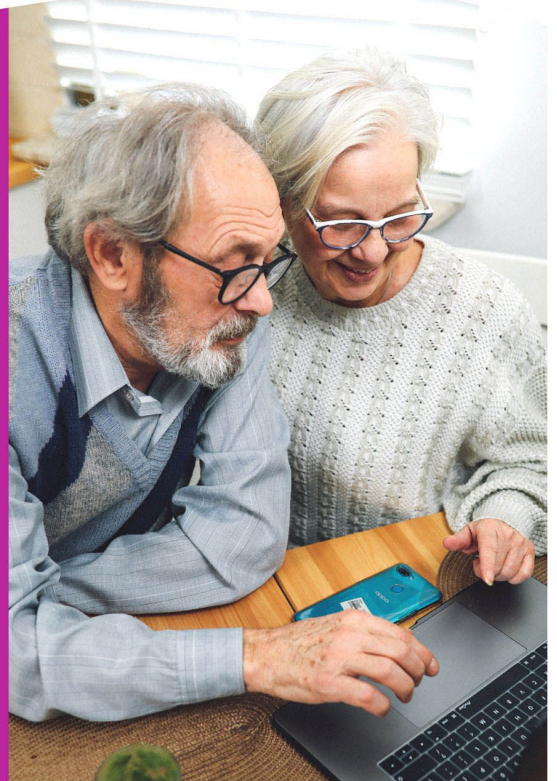
Free Will Writing Service

The Sara Lee Trust has teamed up with **Make A Will Online** to provide a free will writing service to our supporters. To find out more, visit makeawillonline.co.uk/saralee

There is no obligation to make a gift to the Trust, however should you choose to leave a gift in your will, you would be making a difference to local people for years to come.

Your gift will mean the world to people who need “a hand to hold” when the effects of cancer or another life threatening illness leave them feeling isolated, anxious or in pain. Your gift will help to provide them with the complementary therapy care and counselling they need to help them through their illness.

For more information about other ways you can write your will, visit saraleetrust.org/a-gift-in-your-will



 **MakeAWillOnline**
.CO.UK



Donate your Unwanted Gifts and help The Sara Lee Trust



If you receive a gift you do not want, please think of us. We have many fundraising events throughout the year and your unwanted gift(s) could help us raise much needed funds.

Please drop your unwanted gifts into your local Sara Lee Charity Shop.



Charity number
1033048

The Sara Lee Trust

Pop Up Fair

Sunday 15 October

10am - 4pm | £2 Entrance

All proceeds go to the Sara Lee Trust

Bridal & Occasion Wear
High-end & Vintage Wear
Beauty Products
Handmade Gifts
Refreshments and more

Masonic Hall
East Ascent
St Leonards on Sea
TN38 ODR

Christmas in Sidley!

Saturday 18 November

10am - 3pm

Festive Refreshments

Meet Father Christmas

Discounted Gifts

Fun & Games

Tombola



FREE Entry!

Donations are welcomed



At The Sara Lee
Therapy Centre

Behind The Sara Lee Charity Shop at
54 Ninfield Road, Sidley, Bexhill-on-Sea, TN39 5BD

Christmas

WITH

**LIANE CARROLL
AND FRIENDS**

**MIKE WILLIS
THE SHADY PINES CHOIR
ERIN COLLEY**

New Date & Venue

SATURDAY 2 DECEMBER

DOORS OPEN AT 6:30PM FOR 7PM

HENRY WARD HALL

24-25 CAMBRIDGE ROAD, HASTINGS, TN34 1DJ
(FORMERLY THE OPUS THEATRE)

BAR & FESTIVE REFRESHMENTS WILL BE AVAILABLE

TICKETS £10 | BOOKING FEES MAY APPLY
BOOK YOUR TICKETS AT
SARALEETRUST.ORG/CONCERT



ALL PROCEEDS GO TO LOCAL CHARITY, THE SARA LEE TRUST



HASTINGS BEATLES DAY

SUPPORTING THE SARA LEE TRUST

SUNDAY 7 APRIL 2024

WHITEROCK THEATRE

HASTINGSBEATLESDAY.COM



Reg Charity Number 1055048

Cooden Beach Golf Club

Sara Lee Charity

3rd GOLF DAY

Thursday 20 June 2024

Teams of 4 entry - £320 | Individual - £80

Texas Scramble with a Shotgun Start
with space for up to 20 teams of 4 / 80 players

Tee time: 13:00

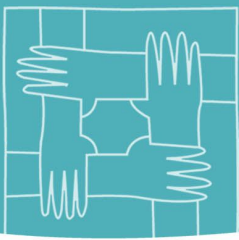
Hole in One - Win a Car from SLM!

Sponsor a Hole at this event for £100

All funds raised will help The Sara Lee Trust who support local people affected by cancer and other life threatening illnesses.

To book, call Michael on 07780 200040
or email Peter at petermatthews@saraleetrust.org

Closing Date for entries: 15th May



Golf Day raises over £9k!

Local businesses came together in Bexhill and raised a tee-rific £9,663 to help local people affected by cancer and other life threatening illnesses.

Hosted at Cooden Beach Golf Club, the event proved a huge success with 17 teams enjoying a full day of golf, high scores and sunshine, with an auction and prize giving in the evening.

The winning team was Alleyne Davis Carpentry & Construction with Barry Chaloner's Dale Hill Team taking second place, and NRG Mortgages, third.

Bookings are already being taken for next years Golf Day on Thursday 20th June 2024. For more information, contact Peter Matthews on 07872 126644 / petermatthews@saraleetrust.org or Sue Morton at smorton@saraleetrust.org



Perspective Ltd Supports the Trust

The Trust was delighted to receive a £500 donation from **Perspective (South East) Ltd**. Mark Taylor, Director at Perspective, won £500 at a Golf tournament to donate to a charity of his choice and chose the Trust, saying, "I'm so pleased to be able to support this great local charity, and I am looking forward to working with The Trust to find further ways in which Perspective Ltd can help."

With grateful thanks to our fantastic corporate supporters for their continued generosity



If your business would like to support us, contact katiejones@saraleetrust.org