

The Sara Lee Trust Newsletter



Registered charity 1055048

Spring/
Summer
2023



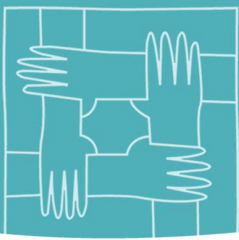
Beatles Day is Back!
Page 7



New Hall Now Open
Page 4



Trek Challenge for 2024
Page 11



Welcome

I would like to introduce our newly appointed Chair of Trustees, Dr Anita Rose. Anita has been a Trustee with us for some time, and has recently taken up the reins from our retiring Chair, Michael Lear who will continue to support the Trust in his new role as our Honorary President.

We are very proud to begin welcoming service users back to the Sara Lee Therapy Centre in Sidley, Bexhill, where our recently-completed hall space is now up and running. You can find out more about it and some of the new services we will be offering on page 5.

This year, we are thinking about Sara's legacy, and how proud she would be to see her vision come fully to life in a place where people can come for accessible group support as well as complementary therapies and counselling in Sidley. The Centre has been funded in part through gifts in wills and donations in memory of loved ones, and we hope it becomes a fitting legacy for them as well, supporting people long into the future.

Last, but certainly not least, we are looking forward to the biggest event in our annual calendar – Hastings Beatles Day, taking place on Sunday 2 April. We hope to see you there!



Dan Redsull
CEO



Anita Rose
Chair

Cover Photo by Sam George

News from our Partner

st michael's hospice

Connecting with our community

St Michael's Hospice is reaching out into the community to create social networks of care and support to help tackle loneliness and isolation. Their Saturday Socials began in July 2022 with a handful of people joining together in the Arthur Easton Centre at the Hospice, for morning coffee and home baked treats. Now people attend from across Hastings and Rother and it's a space where everyone feels welcome and included. Why not pop along and say hello on the last Saturday of every month from 10am – 12pm?



Inside This Issue

- Page 2** Welcome from Dan Redsull and Anita Rose
- Page 3** About The Trust
- Page 4-5** The Sara Lee Therapy Centre
- Page 6-7** Fundraising & Retail
- Page 8-9** Therapy Team News
- Page 10** Free Wills & Community Talks
- Page 11** Upcoming Events
- Page 12** Business Support



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





Supporting Hospice Patients

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.

Ever since The Sara Lee Trust opened its first therapy room in St. Michael's Hospice back in 1996, The Trust has supported thousands of local people by offering therapies for free.

Today, The Sara Lee Trust is still the dedicated provider of specialist end-of-life counselling and complementary therapy services to patients of St. Michael's Hospice. Our therapists can be regularly found providing therapy care on the wards or in our private therapy rooms close to the main reception.



To find out more about our services, visit saraleetrust.org or call **01424 456608**

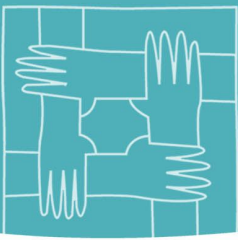
Gifts for Service Users

Enormous thanks to **1066 Harley Davidson Chapter** who delivered Christmas gifts of pampering and aromatherapy care packs to our service users throughout December.

The special cancer-friendly pamper packs were kindly made up by Lindsay at **Rock Rose Beauty** and included aromatherapy room sprays mixed by our own therapist Amanda, and purchased by the **Harley Ladies Group**.

The 1066 Chapter has also made a donation towards the building of the new Therapy Centre Hallspace. Find out more about the finished project on pages 4-5.





The Sara Lee Therapy Centre



The renovated and expanded Therapy Centre opened its doors once again to service users in March.

Now with two therapy rooms, two counselling rooms and two large group spaces, the Centre provides space to support more than double the number of people than before the pandemic.

We are now once more providing our full range of complementary therapies and counselling from the Centre, as well as delivering group activities and fundraising events from the new group spaces.

The new building is highly eco-friendly and extremely thermally efficient, with air-source heating, solar panels and above-standard insulating materials. Lower running costs means more of our funding can go to support those in need.





New Groups

In addition to our existing yoga and healthy cooking groups, we will be introducing the following groups over the next six months:

- **Activity Through Cancer** in partnership with Albion in the Community's **Brighter Outlook programme** - see page 9.
- **Wellbeing Through the Seasons**, working with the rhythms of the natural world to raise wellbeing.
- **Safe Place to Talk**, a counselling group supporting anyone who needs a safe space to express their thoughts and feelings.
- **Yoga Continuation Group**, for those wanting to continue beyond beginner level.
- **Service User Socials** - a chance to have a coffee and chat with others who have been through similar circumstances. The next social is on Monday 17 April at 2pm.

For full details about our groups, visit saraleetrust.org/help-for-you



Open Day Saturday 22 April

Come along and find out more about The Trust, our Therapy Centre and what we do to support local people.

Our open day on Saturday 22nd April will give you a chance to experience one of our therapies, meet a counsellor and speak with some of our service users, as well as take a tour of our buildings.

Come along, grab a cuppa and have a chat with our team!

Thank You

With thanks to all those whose support made the building of our Centre possible:

The National Lottery Communities Fund
 Pump House Designs
 The League of Friends of Bexhill Hospital
 The Bernard Sunley Charitable Foundation
 The Edward Gostling Foundation
 Sussex Masonic Charities
 Alleyne & Davis Carpentry & Construction
 Toyota Charitable Trust
 St Leonards Motors Group
 The Bexhill 100 Motoring Club
 The 1066 Harley Davidson Chapter

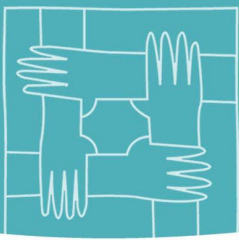


Denita Cooper
 Zena Brooker
 Claire Land
 Mike & Sue Morton
 Dora M Ross
 Ian Wakeford
 The Sara Lee Trust Service User Group

The Family and Friends of:
 Chrissie Cove
 Bobbie Dudley
 Jennifer Lear
 Betty Pain
 Sue Self
 Sally Lee



**NATIONAL
LOTTERY FUNDED**



A Massive Thank You!

To all those who fundraise for The Trust, including the following who have recently raised funds: **The Broad Oak** pub raised £235 at a pub quiz. **Bexhill 41 Club** raised £256 at a recent club meeting. **Robin & Hazel Redsull** raised £227 as Father & Mrs Christmas at the Westfield Lights. **Rebecca Jacobs** raised £100 at her 'Boobies, Breasts and Baps' exhibition event. **Veronica Goddard** raised over £330 with a lunch event. **Community Plus Crafts** raised £840 selling from their stall at lots of events. **Cathy Cobley** raised over £3,000 at her **Glam Rock Party**. **Keran Edwards** and the **Dende Samba Reggae Drumming Group** for raising £71. Special thanks to **Beki Mann** at **Sales from the Crypt** for all her help with Fundraising events over the last year. And huge thanks and best of luck to our runners this year:



Eastbourne Half Marathon

Jo, Helen, Andrea and Paul (Pictured above).

Hastings Half Marathon

Anne Cornish, Alex Cripps, Piers Haben, Michael Hayler, Terry Lincoln, Caroline Oram, Claire Oram, Dan Redsull, David Slater and Viki Stapley.

London Marathon

Tim Hodgson, Tony Rose, Blake Mitchell, John Ralph, Frank & Jacqui Mannering, Dan Mould, Matthew Mould, Robert Sharpe and Jeevan Athwal.



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.

You can find fundraising ideas on our website or contact our fundraising 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.

Visit saraleetrust.org or email volunteer@saraleetrust.org for more information.



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





HASTINGS BEATLES DAY *is Back!*



Hastings Beatles Day is back, bigger and better than ever! The iconic celebration of the Fab Four returns to the **White Rock Theatre** on **Sunday 2 April** in aid of The Sara Lee Trust.

Playing across three stages, over 300 musicians, singers and dancers will perform songs from across the entire Beatles collection in a wide variety of styles. Tickets are available in advance or on the day. Doors open at 12 noon. For full details, visit hastingsbeatlesday.com

Huge thanks to the HBD Committee: Robin Redsull, Judy Atkinson, Gillian Payne, John Bownas and Chris Beveridge for their generous commitment to The Sara Lee Trust.



We need a little Help from our Friends

Join the Beatles Day Committee for 2024.
Email fundraising@saraleetrust.org

Sara Lee Superstore Now Open

In January we said goodbye to our long standing Endwell Road shop in Bexhill, but have successfully merged the store with our Western Road shop, creating our first ever Sara Lee Superstore!

With new stock changing every week, you'll find **Furniture, Clothing, Collectibles, Accessories** and **Bric a Brac** all under one roof!



Sara Lee SUPERSTORE
61 Western Road, Bexhill, TN40 1DT
Monday - Saturday, 10am - 5pm

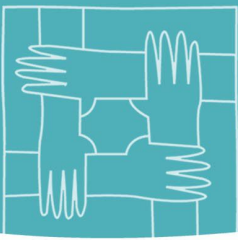
DONATION Drop Off


Hub on Rye Hill
Kiln Drive, Rye Foreign
TN31 7SQ



For our Rye supporters, you can now donate your unwanted goods at our drop-off days at the Hub on Rye Hill. Donate Clothing, Homewares, Electrical Goods, Bric-a-brac, Jewellery, Toys, Books - any resalable, good condition items.

The next Donation Drop-off days are:
- Friday 28 April, 11am-1pm
- Friday 26 May, 11am-1pm



Join our Service User Group

If you or somebody you have cared for have used our services, you could become a member of our Service User Group and contribute to the development of our services.

The group meets every two months and although they often deal with serious matters, there is always lots of laughter too, not to mention the tea and biscuits.

For more information about our Service User Group, call **01424 456608**

New Therapist for Rye



We welcome therapist **Dawn Jobling** to the team who will be providing Aromatherapy and Reflexology in Rye.



“

Thank you all for the warm welcome to Sara Lee. It is so good to be back working in Complementary Therapies after previously working in St Wilfred's Hospice whilst it was housed at Mill Gap Road, Eastbourne.

I am joining the team as the Therapist for the Rye area, offering Aromatherapy and Reflexology. It is a privilege to be part of such a charity and an absolute pleasure to meet with service users and provide therapy that helps them get through the challenges that a cancer diagnosis throws up.

”



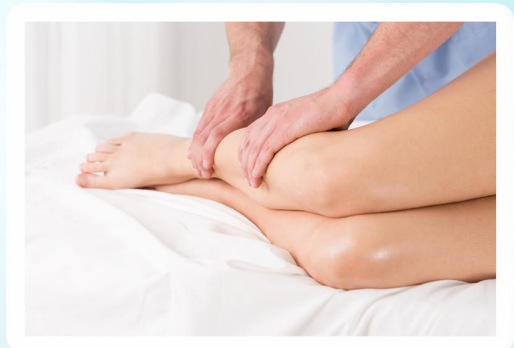
Manual Lymph Drainage

What is Manual Lymph Drainage (MLD)?

MLD is a gentle type of medical massage designed to stimulate the lymphatic system and improve lymphatic flow particularly if lymph nodes have been removed or damaged.

Why does The Sara Lee Trust use MLD?

MLD can relieve swelling that may have accumulated in a limb, neck, or abdomen, after a cancer treatment: surgery, chemo or radiotherapy. Our qualified therapists will guide the fluid from the swollen area to other working lymph nodes to be drained away.



“

Fantastic therapy reducing stress and pain

”



Brighter Outlook

Activity Through Cancer

We're excited to announce our new partnership with **Albion in the Community's Brighter Outlook Programme**, offering free physical activity groups for anyone diagnosed with cancer.

Being physically active can help people prepare for cancer treatments, help manage the side effects of treatment and support their recovery. The Brighter Outlook sessions are supported by a specialist activity coach who will guide the group through a range of indoor circuits, seated exercise and yoga that is tailored to individuals needs.

The group meets at our Therapy Centre in Sidley, Bexhill.

For more information, call our patient line on **01424 456608**.

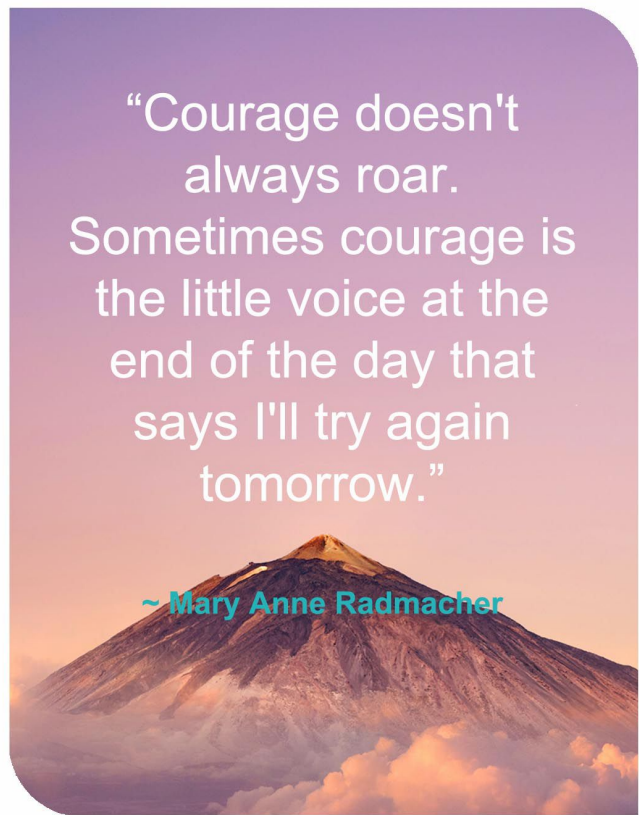


Feedback about our support from our *Service Users*

It felt good to be able to talk openly and honestly without being judged.

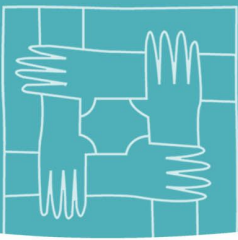
I'm so grateful. I don't know what I'd have done or how I'd have managed without the Trust.

It really helped to have someone to talk to about my fears and worries and practical issues around end of life care.



“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.”

~ Mary Anne Radmacher



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

We know that having a valid will is important to everyone



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

Volunteer With Us



Join our friendly team



Help us to be there for local people affected by cancer and other life threatening illnesses



We have a variety of volunteer roles available to suit you at our therapy centre, in our shops and out in the community.

Visit saraleetrust.org or call **01424 457969**

Make a difference
Learn new skills
Meet new people



**June
2023**

The Sara Lee Trust *Therapy Month*

**Pamper Yourself Whilst Supporting
The Sara Lee Trust This Summer**

Enjoy a Complementary Therapy, Beauty or Counselling session from a participating therapist in exchange for a donation to The Sara Lee Trust.

Appointments only available throughout June. Bookings open in May.



Visit www.saraleetrust.org
or call **01424 457969** for full details



Cooden Beach Golf Club

Sara Lee Charity **GOLF DAY**

Thursday 22 June 2023

Teams of four entry £320, Individual £80

**Shotgun Start with space for up to
20 teams of four / 80 players**

Tee time 13:00

Hole in One prize

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 **07872 126644** or email peter@gbsinsurance.co.uk

Trek in aid of The Sara Lee Trust

Camino de Santiago



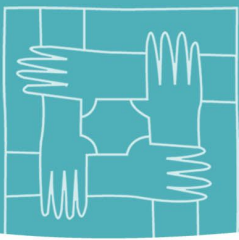
Join us on an adventure that explores the best known of all the pilgrims' ways to Santiago de Compostela in Spain!

In this joint fundraiser with St Michael's Hospice, The Sara Lee Trust will explore the eighth and final section of the French Way, the most traditional and best known of all the pilgrims' ways to Santiago de Compostela.

During the five-day Camino de Santiago trek you will traverse the hilly landscapes of Galicia, passing numerous points of cultural and historical interest along the way. The UNESCO World heritage site of Santiago de Compostela, the final destination of the legendary medieval Camino de Santiago, is named after the Apostle Saint James (Santiago) who is buried there.



For full details, visit saraleetrust.org/trek
or contact our Fundraising Team on **01424 457969**



Thank You, 247!



Enormous thanks go to **247 Transport Solutions** for their support after our van was damaged recently. 247 have waived the costs of all the needed repair work, including body work, meaning that the van is back up and

running at no cost to The Trust. 247 also kindly helped at our volunteers thank you event in December, providing taxis for volunteers to and from the venue.



Blake at PCM takes on the London Marathon

PCM Estate Agents have supported The Trust for 8 years, making monthly donations and raising over £8,500 in that time. This year, Director **Blake Mitchell** will be taking on the London Marathon in aid of The Trust. We wish him the best of luck and thank PCM for their continued support.

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



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