

# The Sara Lee Trust Newsletter



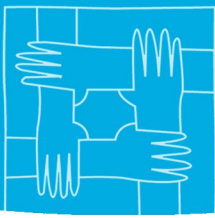
Registered charity 1055048

Autumn/Winter  
2019

Trust Patron  
**Jo Brand &  
Friends** present  
'Comedy For  
Cancer Care'  
See page 5

Supporting local people affected by  
cancer and other life threatening illnesses.

[www.saraleetrust.org](http://www.saraleetrust.org)



**Michael J Lear**  
Chair

## Welcome from our CEO and Chair of Trustees

Welcome to our 2019 Autumn/Winter newsletter. We have taken the decision to move to two newsletters this year as we have so many exciting new events and activities to tell you about. Look out for our Spring/Summer newsletter in February/March.



**Dan Redsull**  
CEO

As the Trust moves towards its twenty fourth year, we are proud to say that, with your help, we continue to support more people than ever and are providing record levels of care. We are now working with local, regional, national and international partners to improve the capacity, scope, range and quality of our services for local people.

Over the last year the Trust team of 22 therapy practitioners supported over 850 people, an increase of 20% over the previous year. With your help, we can continue to grow sustainably and deliver Sara's vision of providing free therapy care and support to the local people who need it the most.

We would like to thank each and every one of our wonderful supporters; we assure you that your efforts make a real difference to the lives of many in our community.

## How to contact us

The Sara Lee Trust  
25 Upper Maze Hill  
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East Sussex  
TN38 0LB

General enquiries: Tel: 01424 456608  
Fundraising: Tel: 01424 457969  
Email: [info@saraleetrust.org](mailto:info@saraleetrust.org)  
Website: [www.saraleetrust.org](http://www.saraleetrust.org)



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

## Service Users Feedback

The care provided by our team of highly experienced and skilled practitioners is exceptional and is reflected through service user feedback.

Over **90%** of service users reported improved confidence and wellbeing

Almost **75%** of service users reported an improvement to physical health

**97%** reported our services as very good to excellent

**Half** of service users reported feeling less isolated



*"Thank you for being there The Sara Lee Trust. You truly were, and still are, a hand to hold during such a difficult time of my life!"*

**Jo**

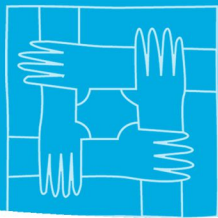
## A message from Sally Lee MBE

Co-Founder and President



I am pleased to see so many exciting new developments coming to The Sara Lee Trust this year. Along with new partnerships and services, we are announcing several major fundraising events (see page 5), which will help us to reach out to more people in the local community.

I would like to extend another huge thank you to all of the volunteers, fundraisers and supporters like you, who are helping to make Sara's vision a reality for the people of Hastings and Rother.



# Who we are and what we do

The Trust was established in 1996 in memory of Sara Lee, who lived locally and died from cancer aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

The Trust delivers over 150 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have therapy rooms and provide care on the wards. We also provide therapy at the Sara Lee Therapy Centre in Bexhill, and in the community by visiting patients in their own homes.



**The Trust provides a range of specialist services, all free of charge, including:**

- Specialist counselling, psychotherapy and Cognitive Behavioural Therapy (CBT)
- A range of complementary therapies, including: acupuncture, aromatherapy massage, craniosacral therapy, reflexology and reiki
- Weekly and monthly therapeutic groups
- Yoga, mindfulness and other group activities

All services are delivered in accordance with local & national professional guidelines.

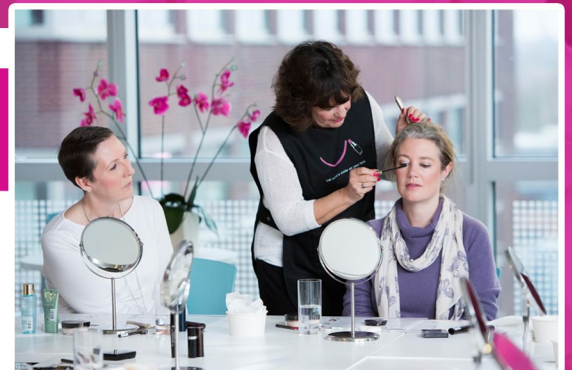
*"The NHS cured my cancer but The Sara Lee Trust has healed my mind."*



*New Partnership*

look good **feel better**

FACING CANCER WITH CONFIDENCE



The Sara Lee Trust recently announced a partnership with **Look Good Feel Better** (LGFB), an international cancer charity running free confidence-boosting workshops across the UK. Delivering sessions from The Sara Lee Therapy Centre in Bexhill, LGFB offers the chance for people undergoing treatment for any type of cancer to meet others in a similar situation, as well as learning useful skills and techniques to manage the side effects of cancer treatment. This is the only such group in the whole region. The first workshop was held in May, and you can find more information on our website.

*"It was a very uplifting experience and great fun"*



## Community Fundraising

# Helen takes on the challenge of a lifetime

In March, Trust volunteer Helen Etherington took on the amazing challenge of trekking to the base of Mount Everest and raised a fantastic £1,265 for the Trust.

Helen said: "Thank you to everyone who has sponsored me. It was one of the hardest things I've ever done but so worth the challenge. Extremes of temperature, sharing pathways with yaks and almost vertical climbs were far outweighed by the amazing scenery, fantastic food and helicopter rides. It really was a trip of a lifetime and I'm glad I could help raise funds for the Sara Lee Trust along the way."

We are hugely grateful to Helen for her incredible commitment and support of our work.



Challenge Yourself - See page 8

# A Massive Thank You!

To all those who fundraise for the Trust, including the following who have recently raised funds: **The Sara Lee Fundraising Group** who held lunches and fundraising stalls which raised over £600, **Jake** raised £250 from a beach clean marathon, **Emma Wareham** took on the Beachy Head Marathon and raised £402, **Karen Hilder** cycled from Vietnam to Cambodia and raised £762, **Lisa Lee** and her colleagues held an unwanted gifts sale and raised £297, **Pat Driver** organised a Murder Mystery Evening and raised £1,360, **Graham Rushbrook** held a Hollywood themed party and raised £1,800, **Debbie Hargreaves** took on the Rough Runners challenge and raised £426, **Lucy Kork** and **James Weaver** raised £44.65 at their 'Jackin' the Green' dance event, **Judy Atkinson** of Rattlebag held a May Day collection and raised over £100, and **Kevin Wall** and **Anne Grainger** held a quiz night which raised £370.

## Facebook Birthday Fundraisers

Thank you to all those who have asked for donations to the Trust, instead of birthday gifts, via our Facebook page. **Rachel Fraser** raised £106, **Clare Gull** raised £307, **Tracy Marshall** raised £190 and **Andrew Garner** raised £107.

## Ways you can help us



### Give a donation

Your donations make a difference, we value every donation, no matter how large or small.

You can complete the donation form at the end of this newsletter or donate at [www.saraleetrust.org](http://www.saraleetrust.org)



### Gift in your will

Help us care for future generations by leaving us a gift in your will. Much of our vital work has been made possible thanks to the generosity and kindness of people like you. Please visit our website for more information.



### Volunteer

See page 6



### Collect for us

We have many collection boxes out in the community and each year they help us to raise over £2,000.

Do you know somewhere we can display a collection box? It can be anywhere you work, live or visit.



### Fundraise

Be as creative and fun as you like whilst raising funds for the Trust.

You can find fundraising ideas on our website or you can contact the Fundraising Team for your free fundraising pack.

## Gaby Hardwicke

SOLICITORS

Offering priority referral to Trust supporters

Gaby Hardwicke Solicitors provides a trusted and quality legal service including will writing and family law. Anyone quoting 'The Sara Lee Trust' will receive a fast tracked referral to a qualified solicitor who will be able to help with all of their legal needs. Gaby Hardwicke Solicitors has offices across East Sussex and can visit clients at home or in another location by arrangement. Call **01424 735000** or email [info@gabyhardwicke.co.uk](mailto:info@gabyhardwicke.co.uk) to enquire.

Contact the Fundraising Team

[fundraising@saraleetrust.org](mailto:fundraising@saraleetrust.org) | 01424 457969 | [www.saraleetrust.org](http://www.saraleetrust.org)

## Major Announcements



# Hastings Beatles Day supports the Trust

We are thrilled to announce the ever popular Hastings Beatles Day will be raising funds for The Sara Lee Trust from 2020.

Hastings Beatles Day, one of the premier annual events in the town, will return to the White Rock Theatre in Hastings on Sunday 5th April 2020.



A fantastic line up of musicians, dancers and groups will perform, along with special events and activities including a children's circle and grand raffle.

Performance Manager Hannah Deeble says, "Hastings Beatles Day 2020 will bring acts together from around the world to perform on multiple stages at the White Rock Theatre performing the music of this world famous and much loved band, in many different styles and with performers of all ages."

CEO of The Sara Lee Trust Dan Redsull says, "Support from this amazing annual event will help us to invest more in care for people locally."

For more information, or to express an interest in performing at the event, visit [www.hastingsbeatlesday.org.uk](http://www.hastingsbeatlesday.org.uk)

The Sara Lee Trust

## Therapy Month

After two successful pilots and following feedback from participating therapists, our annual Therapy Month will be moving to **June** from 2020.

Therapy Month helps to fund essential care and raise awareness of how therapy can improve lives by having a positive impact on health and well-being.

If you are a counsellor, complementary or beauty therapist in Hastings and Rother who would like to support our work by agreeing to waive fees for some sessions during June 2020 in return for clients making a donation to the Trust, please contact us.



To find out more about Therapy Month and to get involved, please contact the Fundraising Team on **01424 457969** or [fundraising@saraleetrust.org](mailto:fundraising@saraleetrust.org)

## Jo Brand & Friends: Comedy For Cancer Care

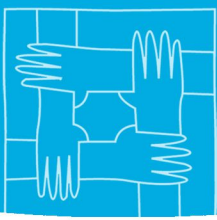
Charity Comedy Night For The Sara Lee Trust

**Jo Brand, Robin Ince** and **Andy Robinson** are supporting the Trust with this fantastic charity comedy night at the White Rock Theatre, Hastings on Sunday 29th September. Supported by local acts, the trio will ensure laughs aplenty, hoping to raise at least £15,000 for the Trust.

Trust Patron, Jo Brand says, "I am really proud to be able to help raise money for the Trust and make a difference for so many people in the local area".

Tickets are available from the White Rock Theatre on **01424 462288** and at [www.whiterocktheatre.org.uk](http://www.whiterocktheatre.org.uk)





# A Life in Volunteering

This year, the Trust has said goodbye to a dedicated volunteer, Mavis Stofa. A former nurse, Mavis was a mainstay of the Trust's volunteer Fundraising Team for many years, bringing her creativity and sense of fun to all kinds of fundraising activities. Constantly knitting, crafting or writing for her various charity projects, Mavis was ever generous, kind and funny.

Mavis sadly passed away on 24th December 2018, and her family kindly donated her funeral collection to The Sara Lee Trust.

Mavis volunteered with the Trust because she cared passionately that all should have a peaceful and pain free death and this belief was fundamental in her life. Through her efforts, and those of all The Sara Lee Trust's volunteers, we hope to make that vital difference for the people in our care.



*"And" you will ask  
"What do you do?"  
"What can you do that brings  
you so much cheer"  
There's no job descript,  
but I'll give you a clue.  
I'm part of an army.  
A young volunteer.*

*Mavis Stofa*

## Volunteer For The Sara Lee Trust



There is something for everyone as a Sara Lee Trust Volunteer ranging from one off events to a regular position. Join our growing community and help make a difference.

This year, volunteers have **sorted donations, baked cakes, organised collection tins, recorded data, attended fetes, given talks, massaged, joined committees** and more; all with a warming smile on their face.

To find out more, email  
[volunteer@saraleetrust.org](mailto:volunteer@saraleetrust.org)

## St Michael's hospice

### Living life as fully as possible

At St Michael's Hospice we want to make our holistic support available to people and their families much earlier in their illness journey, so they can gain the most benefit from this. The Hospice is well known for the support we provide to people at the end of life when they are dying, but you may be surprised to know a large part of the work we do is about enabling people to live life as fully as possible right up until they die.



One way we do this is through our Wellbeing Programme, which, as the name suggests is all about optimising the wellbeing of the patients and families who are living alongside these illnesses in our community.

Each person's Wellbeing Programme is tailored to their personal goals and priorities. All of our services at the Hospice are open to anyone living with a serious, advanced, life-limiting illness and their family members or carers. If you or someone you know might benefit from our Wellbeing Programme or hospice support speak to your GP to refer you or contact the Wellbeing Team for a chat on 01424 445177.

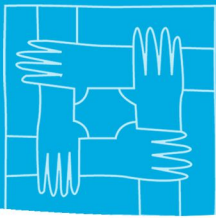


Photo credit: Mark A Pearce

## Fashion Show raises over £2,000

In June, fashion lovers enjoyed a wonderful event which was organised by the fantastic volunteers at our Charity Shop in Ore.

The Fashion Show saw models of all ages showcasing pre-loved designer and high street fashion, which were donated items from our Charity Shops and available for purchase on the day.

Nichola, Shop Supervisor said, "The show highlighted that buying quality pre-loved items can help you pick up a bargain and support a local charity, whilst being eco-friendly."

Following the show, the shop was buzzing with activity as locals purchased items that were modelled at the Fashion event.

Pop into one of our shops today to browse our wide range of pre-loved items or to donate your unwanted goods and help people in the local community.



### Hastings & St Leonards

1 & 35 Sedlescombe Road North  
460 Old London Road

### Bexhill on Sea

61 Western Road  
9 Endwell Road  
54 Ninfield Road



# Sara's Day

## Celebrating Sara Lee's Vision



This year, the Trust is launching a special annual celebration day on Sara's birthday to highlight the difference Sara's vision has made across Hastings and Rother.

Join the teams at any of The Sara Lee Trust's charity shops on the 29th August to find out more about Sara, and share a piece of cake in celebration of this very special lady.

Sara believed that anyone affected by cancer or other life threatening illness should be able to easily access counselling and complementary therapy care for free. Sara was diagnosed with cancer in the early 1990s and was lucky to receive this type of care. Despite her illness she knew that others weren't so fortunate, and wanted to help.

The Trust was established in 1996, after Sara's death, and since then the Trust has helped more than 7,000 people through delivering specialist counselling, therapies and group activities.

You can take part in Sara's Day by adding to the Sara Lee Bunting at any of the Sara Lee Trust's shops! We hope to eventually make a flag for every person we have supported since 1996.

For more information and to find a template, go to [www.saraleetrust.org](http://www.saraleetrust.org), where you can also make a donation.



# Thank You

To all our supporters who have raised over £14,500 by taking on an amazing challenge for the Trust.



## Our London Marathon Team

Anne & Ian Bromley, Debbie Fraser, Nicky Histed, Tim Hodgson, Mark Medhurst, Daniel Mould, Jess Phillips and Paul Tutt.

## Our Hastings Half Marathon Team

Lucy Colwell, Kerry Evans, Lisa Fenton, Emma Godson, Michael Hayler, Caroline Matthews, Elaine Matthews, Gaynor Medhurst, Jo Moore, Joanne Nye, Dan Redsull and Juliette Twyman.



Will you challenge yourself for the Trust this year?

Do it for  
**#TeamSaraLee**



**Hastings Half Marathon**  
Sunday 29 March



**London Marathon**  
Sunday 26 April



**Pru Ride London**  
Sunday 16 August

To see our full list of challenge events, please visit  
[www.saraleetrust.org](http://www.saraleetrust.org)

Find something different with



**GLOBAL ADVENTURE CHALLENGES®**

[www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)

## Support from the business community

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



If your business can support us, please contact [katiejones@saraleetrust.org](mailto:katiejones@saraleetrust.org)