

# The Sara Lee Trust Newsletter



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Autumn/Winter  
2020-21



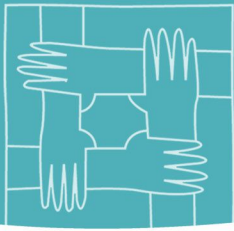
**We're pleased to be  
back supporting you!**



Supporting local people affected by  
cancer and other life threatening illnesses

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





# Trust opens services at Rye's Hub on the Hill



The Rye, Winchelsea & District Memorial Hospital has now opened the doors of its brand new Hub on The Hill after some delays caused by lockdown. The Sara Lee Trust is one of the first organisations to begin services there, offering complementary therapies including aromatherapy massage and reiki, and in-person counselling, in its bright and airy therapy rooms.

Services Manager Amanda Young says "We are really looking forward to the important step of being able to provide services at Rye's Hub on the Hill, and getting back to supporting people in the Rye area with the help they need". Counsellor Annabelle and Complementary Therapist Sophie will be providing services at Rye for one day a week at first.



All of The Trust's in-person services are Covid-safe, and the safety of our service users is paramount. All staff at the Hub wear appropriate PPE and a one-way system is in operation.

Barry Nealon, Chairman of Rye Winchelsea and District Memorial Hospital said, "We are delighted to continue our long standing relationship with The Sara Lee Trust, by welcoming them to our new state of the art Community Well-Being Centre. We very much hope that it will provide an excellent venue for the Trust to provide their wide range of services to the Rye community."



## Amanda and Michael take on a new challenge

Congratulations to Amanda Young, our new Services Manager, and Michael O'Rourke, Senior Counsellor, on their new positions in the Trust. Some of you may know Amanda and Michael from their previous roles.

Kerry Evans, our Services Manager for the past six years, is moving on to a new challenge, and will be greatly missed in the Trust. We wish her the best of luck.

News from our Partner

## St Michael's hospice

### Highlight on Wellbeing at Home during COVID-19

As COVID-19 makes it more difficult for people to meet face to face, the Wellbeing team at the Hospice is diversifying the way we support people to optimise their Wellbeing at Home. Our Wellbeing Programme offers a range of individualised and group support to meet everyone's holistic needs, to remain as well as possible and to live life as fully as possible. Check out our Wellbeing at Home groups below and get in touch if you or someone you know would like to participate:

- Growing Together (nature appreciation)
- Walk to Wellbeing
- Making Your Mark (creative group)
- Embracing Anxiety
- Prepare to Eat
- Breathlessness Support.

With more groups soon to be announced. For more information on our services visit

[stmichaelsospice.com/ourservices](http://stmichaelsospice.com/ourservices) or call 01424 445177







## In Memory

We would also like to say a special thank you to anyone who has given a donation in memory of a loved one. A donation in memory is always meaningful, and will go on to help someone who needs "a hand to hold" in the future.

- Anne Desmond took on a solo sponsored walk to raise £250 in memory of her mother.
- Georgie Fyfe-Jamieson was much loved by her partner, Anna, family and friends. Her love of nature and adventure, along with her warmth and thoughtfulness, was inspiring.

Anna and Georgie's family started an online fundraiser in Georgie's memory, hoping to raise £250 for the Trust. Her total now stands at £1,838 – a testament to Georgie and a fitting remembrance. These donations will support another 20 people to receive care from the Trust.



# Thank You

We would like to thank all our supporters who have been so generous over the past 6 months; without your help we would not have been able to continue to offer services during the pandemic; and we would not be bringing back our other services so soon.

We received support from: **The Lund Trust, The Lisbet Rausing & Peter Baldwin End of Life Care Fund, Mind; Independent Age, Lloyds Bank Foundation, Hastings Direct, Enterprise Rent-A-Car Foundation, Tesco Bags of Life, Francis & Eric Ford Trust** and more.

Our amazing donors have raised around £24,500 in the 6 months since the start of the pandemic, and many individual fundraisers have made a big difference, including: **Ben Welch & family** (£142 from the 2.6 Challenge), **Stella Carboni-Wren, Anita Rose, Graham Rushbrook** and others raising funds on Facebook (£475).

Many of our supporters also held an Afternoon Tea For Sara Lee: **Lauren & friends** held one in memory of Kevin Clayton, raising £50, **Jayne & friends** raised £70 and **Cathy, Steph & friends** raised £50.



## Our Services

We have provided a record number of counselling hours since the start of the pandemic.

Complementary therapy is now being provided across the working week from The Sara Lee Therapy Centre in Sidley. Appointment times are staggered to ensure the safety of our service users and staff.

In person counselling and complementary therapies are now being provided at the Hub on Rye Hill and on the ward at St Michaels Hospice.

At this stage, given current government guidelines, there are no plans to resume in person support from our therapy rooms at St Michael's Hospice or home visits but we will review this position on a regular basis.

The Trust also provides a range of remote services including counselling, group yoga (beginner and maintenance classes) and mindfulness.

For more information on current services and how to be referred, go to [saraleetrust.org](http://saraleetrust.org)

## Our Shops Reopen!

Thanks to the ongoing support from our fantastic volunteers we have been able to reopen our shops in Hastings and Bexhill, which are Covid secure.

With the weather starting to turn, we have an excellent range of clothing and homeware now on sale. For store opening times, visit our Retail website, [saraleetrustretail.org](http://saraleetrustretail.org)

### Donating Unwanted Goods

Donations can currently be made at some of our shops **by appointment only** or if you have 5 or more bags, black sack sized, we can collect from your home.

Did you know The Sara Lee Trust Retail team also provide a house clearance service?

Visit our Retail website for more details [saraleetrustretail.org](http://saraleetrustretail.org) or call our Donation Centre on **01424 272358**.





# Can You Help?

With a difficult winter expected for many including potential new local or national lockdown measures, and isolation or shielding for some, your donations will go a long way to providing vital counselling and safe complementary therapies for some of the most vulnerable people in our community.

If you are able to give at this difficult time, your gift will make a huge difference to the wellbeing of someone affected by a life threatening illness who may have no other form of support.



## Donate £20 today

Every session we deliver is free for the patient, but costs £20 to provide. You can help by donating £20 today at [saraleetrust.org](http://saraleetrust.org)



## Give £10 a month

Just £10 a month will provide someone with a full course of complementary therapy or counselling every year. Visit [saraleetrust.org](http://saraleetrust.org) for more details.



## Fundraise

Be as creative and fun as you like whilst raising funds for the Trust. You can find fundraising ideas on our website, [saraleetrust.org](http://saraleetrust.org)



## Gift in your will

Help us care for future generations by leaving us a gift in your will. Visit [saraleetrust.org](http://saraleetrust.org) for more information.



## Become a Friend

Get together with some like-minded fundraisers to raise money and awareness, and take part in events. Email [cathycobley@saraleetrust.org](mailto:cathycobley@saraleetrust.org)



## Become a volunteer

Join our growing community of volunteers and help make a difference. To find out more, email [volunteer@saraleetrust.org](mailto:volunteer@saraleetrust.org)

# HASTINGS BEATLES DAY

In partnership with [The Sara Lee Trust](http://TheSaraLeeTrust.org)  
Registered Charity 1055048



## Sunday 11 April 2021

The Sara Lee Trust is pleased to announce Hastings Beatles Day 2021 will go ahead as an online extravaganza!

More information will be available on our website very soon.



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



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