

The Sara Lee Trust Newsletter



Registered charity 1055048

Anniversary
Special

2021



Celebrating
25
years
Supporting Local People



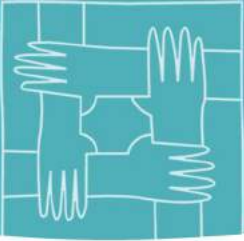
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Welcome

It is fair to say that so far The Trust's 25th anniversary year has not been as we had perhaps envisaged it. However we are proud to report that The Trust has, for the most part, weathered the storm and will emerge strongly from this difficult time.

Despite the global pandemic, lockdowns and restrictions on meeting other people, we have still supported local people affected by cancer and other life threatening illnesses. We have made changes to our ways of working that have made what we do even more relevant to those we support. Our online and telephone counselling service - which supported a record number of people in 2020 - will continue to help those people who prefer not to meet face to face, or who are too unwell to travel.

We are looking forward in this 25th year to resuming all of our services in full, and to developing new ideas which will continue to make a significant difference in the lives of many local people for years to come.

Rebuilding after the pandemic will not be easy, but we will continue to ensure that as many people as possible can continue to access our vital services. We hope that you will join us, and support us if you can, as we move forward to the future.



Dan Redsull
CEO



Michael J Lear
Chair

25 years of supporting local people in numbers

Over
50,000

Hours of counselling,
complementary
therapy and groups

16

Services offered

175

Trust volunteers

More than
16,000

People supported

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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



I think Sara would say,
'Thank you for listening and making my dream a reality'



When Sara received her diagnosis, I can remember feeling sick with horror of what lay ahead. Would I be able to cope, how will the family cope, how will Sara cope?

I am lucky I have a very loving family, friends who were amazingly supportive and a marvellous Macmillan nurse. Sara's friends were there for her whenever she needed them. But neither her family or friends could provide a place for her to really talk about how she felt. So, she found an aromatherapist who was also a healer and she shared Sara's journey.



Sara sought help where she could, she was still working and therefore able to pay for information and treatment. But she had met many others who could not afford to do the same or were too ill to source the information. Sara shared all this with us and the first tiny seeds of the Trust were born.

In 1996 we opened our first treatment room in St. Michael's Hospice and the first stage of Sara's dream was realised and has grown over the years to full realisation with the opening of our centre in Sidley.

Many people with life threatening illness need a safe place to voice how they feel with no problems in upsetting the person they are talking to. Whether it is with our touch therapies, counselling, or groups, we hopefully give our patients and their carers the ability to share their doubts and fears, their highs and lows. By doing this we walk with them on their journey.

What would Sara think now? I think she would say thank you for listening and thank you to all the many people past and present who made my dream a reality.

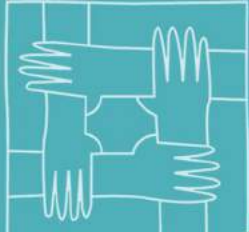
Sally Lee MBE
Co-Founder and President

Fresh New Website

After much hard work behind the scenes, we are delighted to launch our newly-designed website (saraleetrust.org) in the Trust's 25th Anniversary year. We hope you will find it more user-friendly, easier to navigate and faster.

The new website makes it easier to find information about who we are, how we can help, how to be referred, and ways you can help us make a difference. You can now find a wealth of useful information about our services easily accessible from the homepage, and we also have pages of free helpful wellbeing resources for anyone to access.





We're pleased to be back supporting you in person

As we emerge from the latest lockdowns, we can now begin to plan again for the future. We are pleased to say that The Trust is planning to reintroduce its full range of face to face services over the coming year, including for both in- and out-patients at St Michael's Hospice and the Rye, Winchelsea & District Memorial Hospital. Home visits will restart in the summer, and counselling and groups will return at The Sara Lee Therapy Centre in Sidley before the end of the year.

Complementary therapies have already resumed at the Sara Lee Therapy Centre, including reflexology, acupuncture and aromatherapy. Shiatsu will be available from June onwards. Counselling will continue to be available remotely (by telephone or online); and we are continuing to offer group activities such as yoga online.



To find out more about therapies currently available, please see saraleetrust.org

If you are a health professional, you can make a referral via the website or by calling **01424 456608**.



Amanda

Trust Complementary Therapist

Working for The Sara Lee Trust as a Complementary Therapist allows me to provide comfort, care and support at a time when a person most needs it.

How privileged I feel to offer therapies that will improve and nourish their physical, emotional and spiritual self.

I'm exceptionally supported by the trust and feel very fortunate to be part of the team.

Feedback about our support from our *Service Users*

" I feel more able to take what life throws at me, I have less of a defeatist attitude and as a result can lift myself up. "

" It gave me the tools to manage things better which in turn then helped me by reducing my anxiety and improved my sleep. "

" I would not have got through 2020 without help from my therapist Liza. "





Yoga

Taking a Mindful Few Moments

Often we get caught up in our thinking worrying mind. See instead if you can become aware of points in your body, and notice where you are holding tension or tightness in your body. You can try this while you're waiting for the kettle to boil or sitting with your cup of tea.

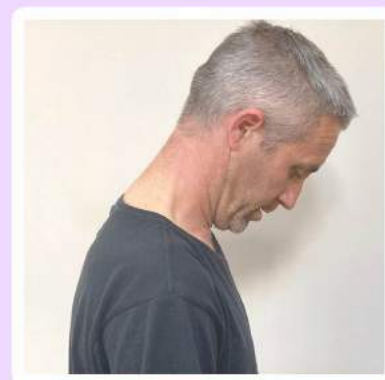
Take a moment to pause and notice if there is any tension in your body. Maybe in your neck or shoulders. See if you are holding your breath or maybe holding your stomach in. Do you have a habitual frown? Is there strain around the eyes? You may notice this now while you are reading this.

This simple act of noticing awakes our awareness and often brings its own natural release. See if you can gently breathe into these areas of tension. Let yourself relax further as you breathe three long deep outbreaks.

Then celebrate with a smile. You have brought some kindness to yourself today!

One of our services is gentle yoga. Yoga is a physical and spiritual discipline that involves a combination of physical postures, meditation and breathing techniques. These practices aim to improve physical fitness and promote relaxation with research showing that yoga is particularly beneficial for depression, stress, anxiety and quality of life, and the great thing is you can do basic exercises in your own home.

For a simple yoga exercise to relieve stiffness and tension in your neck and shoulders, visit saraleetrust.org/resources



Reflexology

What is Reflexology?

Reflexology is an ancient therapy with a history going back over thousands of years. It is based on the principle that there are zones on the feet and hands that correspond to different parts of the body, and that massaging these zones in a special way promotes and restores energy flow.

Why does The Sara Lee Trust use Reflexology?

When our bodies are subject to stress or disease, our natural ability to maintain equilibrium is impaired. By promoting a state of deep relaxation, reflexology can help assist this balancing process and can help reduce symptoms and side effects such as tension, anxiety, pain, muscular spasm, digestive problems and other ailments.



“

Reflexology has helped a great deal to ease my pain and aid me to live more comfortably.

”



Our Story

25 years of The Sara Lee Trust

In 1995, Sara Lee passed away after being diagnosed with a rare cancer, two years prior. Sara found relaxation, meditation and diet greatly helped her throughout those years and wanted to help others with cancer to receive such therapies.



1996



Sara's vision begins with the help of her parents, Sally and Jeremy, opening the first Trust therapy room at St Michael's Hospice where Jeremy was Medical Director.



Professor Karol Sikora becomes our Patron

2013



Sally Lee was awarded an MBE in recognition of her work

2011



Eddie Izzard officially opens The Sara Lee Trust's charity shop in Endwell Road, Bexhill.

2017



The Sara Lee Therapy Centre in Sidley, Bexhill opens its doors.

The Trust successfully secures funding from national and international funders



We say goodbye to Jeremy Lee, who sadly passed away after battling dementia for a number of years.



We're excited to be celebrating our 25th anniversary during 2021, and to mark the occasion we are taking a look back at all the amazing things that have happened over the last 25 years to bring us to where we are now.

2006



The Trust celebrates its 10th Anniversary and also gains support of comedian Jo Brand who becomes our second patron.

2007



A new treatment room is opened at Rye Memorial Care Centre

2009



The First Sara Lee Trust charity shop opens in Western Road, Bexhill.



The Trust receives Royal approval from HRH The Prince of Wales. Named runner-up for The English Integrated Health Award.

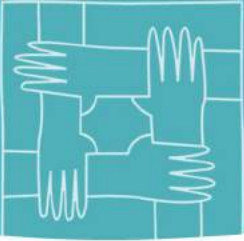
2020



Despite the coronavirus pandemic, the Trust becomes one of the first organisations to begin services at Rye's Hub on the Hill.

2021





Thank You, Loreta!

We would like to thank local artist Loreta Grytiene who wanted to support the Trust after receiving our services.

She said, "Having battled Ovarian cancer since 2019 and having chemo, surgery, then more chemo, I found the Trust's therapies relaxing and positive. They have a huge program of support for me going forward and I am eternally grateful. I really look forward to my next treatment."

Loreta has kindly donated paintings to the Trust for auction and has offered to donate 10% of proceeds from her artwork available at [etsy.com/uk/shop/ArtbyLoreta](https://www.etsy.com/uk/shop/ArtbyLoreta)

Heart & Sole Running Group raise £340

Thank you to Heart and Sole Running Group for raising over £340 from their personal challenges.



Hastings Beatles Day Raises £3,200

Hastings Beatles Day online raised an amazing £3,200 for The Trust in April.

Whether you attended, bought raffle tickets or made a purchase in the online shop, your support really has helped to make a big difference for many local people. If you missed the event, it's available to watch on YouTube for free where you can make a donation to the Trust.

Tickets for the next LIVE Hastings Beatles Day, which will take place on Sunday 23 April 2022 at the White Rock Theatre are on sale now at whiterocktheatre.org.uk

The Sara Lee Trust

BACKYARD FAMILY FESTIVAL

Saturday 31 July 2021 | 12pm - 10pm

FREE Entry

Andy & Ritchie
Blues Brothers Tribute

The Moonshine band Pretty Kachina

Customized Southern Comforts

Raydar Gold

Visit saraleetrust.org for the full line-up

BBQ | Face Painting | Stalls
Games - 50p a go

The Custom Cafe
Barnhorn Road (A259),
Bexhill-on-Sea TN39 4QR

Proceeds go to local charity The Sara Lee Trust

Charity Number 1055948



Help the Trust by taking part in *The 25 Challenge!*

Help The Sara Lee Trust celebrate its 25th anniversary by taking part in The 25 Challenge.

Walk 25 miles, give up alcohol for 25 days or donate 25 items to our charity shops - whatever 25 themed challenge you take on, you can help the Trust to continue supporting local people affected by cancer and other life threatening illnesses. Whether you raise £25, £250 or £2,500 - we will be delighted with your support.

For our full list of 25 themed challenge ideas and helpful fundraising downloads, visit saraleetrust.org



Walk, Run
or Cycle
25 miles



Donate
£25



Bake & Sell
25 Cakes



Donate
25 items to
our Charity
Shops



Take on a
25 Movie
Marathon

Join Friends of *The Sara Lee Trust*

Become a Friend of The Sara Lee Trust and help raise funds your way with a group of friendly like-minded people.

Friends meet up regularly to discuss ideas, support each other, and feed back to the Trust Fundraising Team.

You will also have the opportunity to be closely involved in major Trust fundraising events or become an Ambassador for the Trust.

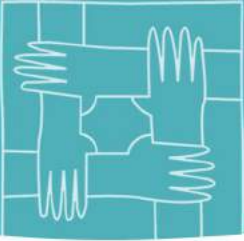
As a Friend, you will have access to special fundraising materials, as well as help from the Trust Fundraising Team to support your own activities.

To find out more or to become a Friend, contact cathycobley@saraleetrust.org



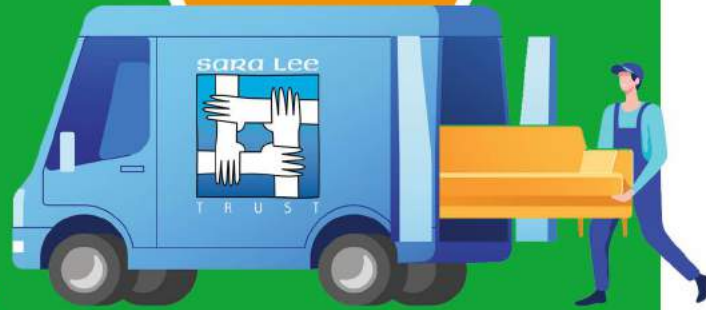
25 Challenge Walk!

The Friends are inviting you to join them on **Saturday 18 September 2021** with a sponsored walk from Hastings Old Town to Pevensey Bay and back again. You can take part in the whole 25 miles or any distance that suits you. For further details, contact cathycobley@saraleetrust.org



Donate your items and help the Trust

House Clearance & Collection Service



We offer a professional and sympathetic house clearance service to make a stressful event hassle free with all funds going to the Trust.

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

Book your **FREE** viewing and quotation today

01424 272 358



Volunteer For The Sara Lee Trust



Volunteering with the Trust gives you the opportunity to meet new people, build confidence and develop new skills. There are no special skills needed, just willingness to be part of a valuable service in your local community.

Volunteer in a Shop

Join our Service User Group

Become a Volunteer Support Worker

To find out more, visit saraleetrust.org or email volunteer@saraleetrust.org

News from our Partner

St Michael's Hospice

At St Michael's Hospice we are pleased to widen our support as life reopens on the COVID-19 roadmap.

Our interdisciplinary team now offers outpatient appointments for those needing a face to face assessment or therapy with our specialist nurses, doctors, physiotherapists and social workers.

Our Wellbeing at Home programme offers a range of support from virtual coffee mornings for people missing social contact with others in a similar situation, through to virtual groups including embracing anxiety, creative art, nature appreciation and personalised rehabilitation in our beautiful Hospice gardens which are blooming with spring flowers.

To find out more contact our team at wellbeingsupportnewsletter@stmichaelshospice.com or visit our website www.stmichaelshospice.com to keep updated with all Hospice news and find out how you can get involved in supporting your local Hospice.



Farewell Liz

It is with great sadness that we say goodbye to one of our most dedicated friends, Liz Routier. Liz often helped to support attendees at Sanctuary Days and other services, and was a mainstay of the Trust's Christmas Fair for many years.

Born in Jersey in 1951, Liz was a musical talent and spent many years performing recitals with her then-husband Robin around the UK and abroad. However health issues began to have an impact on her life and musical career.

When Liz moved to the Hastings area she worked in vegan catering. Her talent and creativity in this field were appreciated by many. Liz loved the seaside, having been brought up in Jersey. She was a keen gardener and spent many happy hours tending to her beautiful garden. Her feisty character and quirky sense of humour were greatly appreciated by her friends.

Liz will be greatly missed by all her friends, and by those who knew and spent time with her here at The Sara Lee Trust.

Liz leaves £10,000 to The Sara Lee Trust. This will help to make an enormous difference to people affected by life threatening illness, continuing Liz's legacy into the future. The Trust thanks Liz for her generous spirit, and her dedication to helping others.



A Gift in Your Will

Leaving a gift in your will to The Sara Lee Trust means the world to people who need "a hand to hold" when affected by cancer or another life threatening illness.

A gift like this can help to fund our future and ensure that we can continue to provide the right services at the right time and place for those who need them most - for years to come.

To have a conversation about giving a gift in your will, or to request a copy of our leaflet, please call **01424 457969** to speak to Katie.



Barbara Steel leaves a legacy of more than £16,000 to The Trust, for which we are enormously thankful.

Her family said: *"The Sara Lee Trust was a cause very close to Barbara's heart, you helped and touched her life at multiple points. She would be so happy knowing she is enabling you to do more great work."*



A Gift in Memory

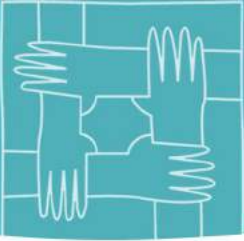
A gift in memory of a loved one is a very special way to remember them and their life. Your decision to give in memory will help make a meaningful difference to a local person, and will always be treated with the greatest respect.

It has, of course, been difficult this year to pay our respects to loved ones in the way that we would like. Our website has a few suggestions for alternative ways to pay respects while helping others who need 'a hand to hold'.

To find out more, visit saraleetrust.org/a-gift-in-memory or contact katiejones@saraleetrust.org

With thanks to the families and friends of **Lynne Andrews, Liz Routier, Barbara Steel, Georgie Fyfe-Jamieson, Brenda Lind** and everyone who has donated in memory this year.





Gaby Hardwicke raise over £1,800 in 2020

We would like to thank Gaby Hardwicke Solicitors for choosing the Trust as their Charity of the Year in 2020, raising £1,800 which is an incredible amount, considering this was at the peak of the pandemic.

The teams held a bake sale before the first lockdown and a Santa Fun Run in December with members dressed in festive costumes running along Bexhill seafront in socially distanced pairs.

Could your Business support us?



Fundraise

Choose us as your Charity of the Year and hold fundraising events or activities.



Donate Funds

Support the Trust with a regular donation per month or an annual fundraising commitment.



Donate Services

Is there a service your business could provide for free for the Trust?

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



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