

The Sara Lee Trust Newsletter



Registered charity 1055048

Spring/
Summer

2022



**Hastings
Beatles Day is
Back supporting
The Trust!**



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Welcome

We are extremely pleased to be able to share some very exciting news with you in this issue; from big fundraising events, to improvements to our services that will help many more local people in years to come.

Our Therapy Centre in Bexhill was purpose designed and built in 2017 to be an accessible, bespoke centre for complementary therapy, counselling and group activities. Now, we are excited to announce that The Trust has received further funding to expand the Centre with a new accessible hall space. This will provide more room for group support and allow the existing building to provide more 1-1 therapy. The Therapy Centre will be closed for a portion of the year while building work takes place, but we will continue to deliver our services from other locations across Hastings and Rother.

In Fundraising news, Hastings Beatles Day returns to its home at the White Rock Theatre after two years online. We are incredibly grateful for the support of the Beatles Day Committee. We hope that 2022 will mark the beginning of a return to "normal" after the global pandemic. This year, our focus is on rebuilding our services to pre-pandemic levels, and on introducing new services.

Thank you as always for your support.



Dan Redsull
CEO



Michael J Lear
Chair



Thank You

A huge thank you to the organisers of Hastings Beatles Day for their support for The Trust since 2020, and for their hard work in organising this year's event at the White Rock Theatre on Sunday 3rd April. More than 70 bands will take part in this fab day of Beatles music – one of the highlights of Hastings' busy cultural calendar – and all proceeds from the event support The Sara Lee Trust.

For more information, visit hastingsbeatlesday.com

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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





New Therapies

The Trust has recently added some fantastic new therapies to its services, including:

EMDR (Eye Movement Desensitisation and Reprocessing)
A psychological treatment that's been found to reduce PTSD symptoms.

Lymphodema Massage
A specialised massage that encourages lymph fluid to drain away from the swollen area.

Dry Needling
Involves the insertion of very fine needles into specific points around the body to provide relief from pain, stiffness and hot flushes.



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 services, you can speak to any healthcare professional responsible for your care.



To find out more about our therapies, visit saraleetrust.org

Supporting Hospice Patients



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.



New Bespoke Hall to be built at the Therapy Centre

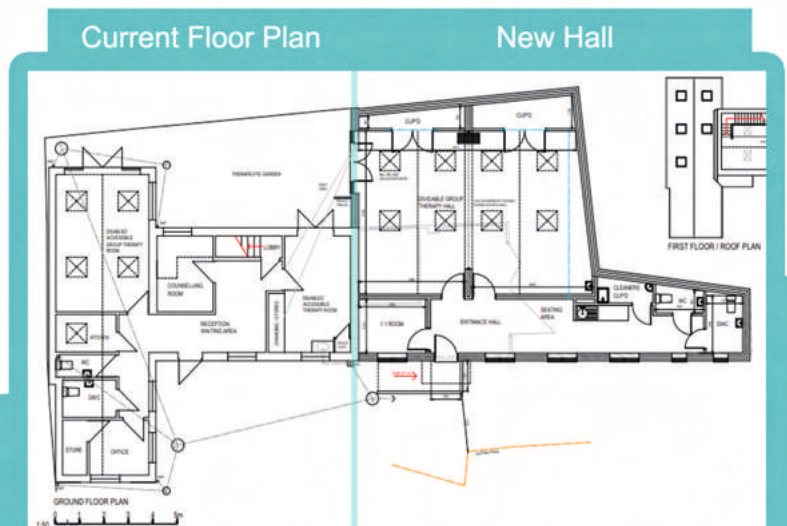


The Sara Lee Therapy Centre in Sidley, Bexhill, was opened in autumn 2017 to provide complementary therapies, counselling and group support to local people. The Centre is highly accessible and provides an alternative location in Bexhill for those who cannot travel to The Trust's therapy rooms at St Michael's Hospice.

Over the last five years, it has become clear that demand for The Sara Lee Trust's services in the area is much higher than we can accommodate in the existing building. Now, we are pleased to announce that The Trust has received funding support of £249,000 from The National Lottery Communities Fund to develop a new bespoke hall space adjacent to the Therapy Centre.



**NATIONAL
LOTTERY FUNDED**





This new hall space will allow The Trust to expand group support and activities with a partitioned hall which will accommodate groups of up to 20 for gentle yoga, mindfulness and other group activities, as well as be available out of hours for fundraising events.

The existing Centre will also be remodelled to provide an extra therapy room; and a further counselling room and breakout space will be included in the new building.

The Therapy Centre will be closed for a portion of the year due to the building works, however all of The Trust's therapies, counselling and group activities will still be available at other local sites, as well as in the home and online.

The new building is planned to open in March 2023, and more information and updates can be found on our website.

The National Lottery Communities Fund grant will cover two thirds of the costs of building and furnishing the new hall space. If you would like to support the building of the new Hall Space, please go to www.saraleetrust.org/new-hall-space



Working with Hub on Rye Hill

The Sara Lee Trust was one of the first organisations to work with the wonderful Hub on Rye Hill when it first opened in September 2020. Since then, The Trust has delivered many hours of counselling and complementary therapies at The Hub, supporting people in Rye and its surrounds.

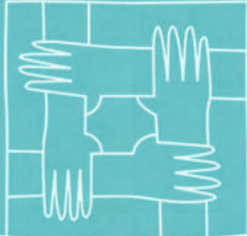
This year, The Trust's services at the Hub will expand further, meaning that we can support even more people affected by life threatening illness in the Rye area.

The Trust is also grateful to the Hub on Rye Hill for supporting its successful pop-up fairs in 2021. These are planned to continue into 2022 and will raise funds jointly for both organisations. We very much look forward to continuing to work together to support local people.



Hub on Rye Hill





Leave a Gift in Your Will

Give a Gift That Lasts a Lifetime

Leaving a gift in your will to The Sara Lee Trust means 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.

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

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

Your gift will help many more people in Hastings and Rother to receive the complementary therapy care and counselling they need to help them through their illness.



The Sara Lee Trust

160FT DROP

BUNGEE ON THE BEACH

Will you take the leap in aid of The Sara Lee Trust?

Saturday 7th May
The Stade
Hastings Old Town
10am - 6pm

£25
Per Jumper



Find out more at saraleetrust.org or call our Fundraising Team on 01424 457969



Hosted by **st michael's hospice** Sponsored by **ROUNDTABLE**

News from our Partner

st michael's hospice

St Michael's Hospice continues to invest in our clinical services to meet the high level of need.

The Bereavement Service has volunteers in training, who will begin working with client's shortly. Referrals will be prioritised and the current waiting time for assessment is around two months for all new referrals.

We are pleased to be expanding our team of Clinical Nurse Specialists (CNS) to offer more specialist palliative care support in the community. The creation of Associate CNS post will support experienced Nurses to develop specialist palliative care skills. The CNS team offers support to our most complex patients and their families.. The CNS team supports patients by virtual, telephone, outpatient appointments and face to face home visits. We look forward to welcoming our first Associate CNS in April.



A Massive Thank You!

To all those who fundraise for the Trust, including the following who have recently raised funds: **Harvey** held a cake sale for his Duke of Edinburgh Award and raised £71.30, **Ark Alexandra Academy** raised £300, **Claire Oram** at Soul Body Fitness has hosted Boogie Walks since the summer and raised over £440, **Community Plus** have raised £407 from their events over Christmas, **Beki** at Sales of The Crypt raised £126 at a Craft Fair in the Queens Arcade and **Carrolls Greengrocers** for supporting our Healthy Cooking programme.

The Sara Lee Trust Therapy Month

Pamper yourself whilst supporting The Trust this June

The Sara Lee Trust Therapy Month gives you the opportunity to book a therapy or counselling session over the month of June from a local practitioner in exchange for a donation to The Trust. The full list of participating therapists will be available on our website very soon.

Are you a Local Therapist or Counsellor?

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 in return for clients making a donation to The Trust – we would love to hear from you! Participating therapists can donate as many or as few free appointments over the month as they like.

Visit saraleetrust.org/therapy-month for full details.

In Memory



Peter Self has raised £1,415 so far in memory of his wife Sue.



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
Become a Friend
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 six 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 our QR code to donate





Pump House Designs Invaluable Support

Pump House Designs has been a valued supporter of The Sara Lee Trust for many years, providing architectural expertise on a no-fee basis to support the building of the Therapy Centre, and refit of The Trust's 6 shops. Now, Pump House Designs is supporting us to build our new Hall Space, which will help to provide a calm and

nurturing space for group activities for people affected by life threatening illnesses.

Andrew Gerken of Pump House Designs says "We are really proud that our design work is helping to make a difference for people in Sidley, and we are looking forward to seeing the next stage come to life over the next year or so."



Nationwide Branch makes us their Charity of the Year

The Trust is extremely grateful to the staff and customers at Nationwide's Bexhill branch for making us their charity of the year for 2022. You can visit the branch to find out more about how they are supporting The Trust with raffles and other events throughout the year.

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



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