

LifeMatters

The newsletter from St Peter & St James Hospice • Autumn/Winter 2025

"We are indebted to the hospice, which gave Emily, and us all peace at the most difficult time... the love and care is almost tangible"

Rob Kinnaird shares Emily's Hospice story

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50 years of the hospice

Meet our new Care Director

Our new CHC beds



St Peter & St James Hospice
Hospice care in the heart of Sussex

Welcome to *Life Matters* magazine, St Peter & St James Hospice's community newsletter

As Chair of the Hospice's Board of Trustees I'm delighted to be introducing the Autumn/Winter issue of *Life Matters*.

This month's cover story features Emily Morgan and her husband Rob. You may recognise Emily, who was an ITV News reporter, and a household name throughout the Covid pandemic as Health Editor for ITN. Emily spent her last two weeks at the hospice on the IPU in May 2023, and Rob has kindly shared their story with us, a heartwarming tale of their family's experience of hospice care.

As we mark our 50th anniversary, Dr Charlie Skinner reflects on how the hospice has progressed over the last five decades, there is exciting news about our new fast-track continuing health care (CHC) beds, as well as a Q&A with our new Care Director, Andrew Gallini.

As many of you know, we said farewell to our CEO, Martin Powell earlier this year. To build on his hard work and dedication to the hospice, the board made the decision to bring some heavyweight expertise in to help us map out our next chapter, and we are delighted to welcome Amanda Fadero as our interim CEO. Amanda comes to us with years of leadership experience in both the hospice sector (St Barnabas and Martlets) and the NHS in Sussex. Amanda is working closely with our Executive and Senior Leadership Team to maintain and develop the delivery of our exceptional care and support to the many people in our community who need us, and to raise the funds we need to make that possible.

Over the past six months, the fundraising team have been very active, delivering appeal campaigns, a successful Open Gardens Programme and launching the third year of our flagship Shine Bright Memory Walk. They have also been putting the foundations in place for three new events; our wreath making workshops in November and December 2025, our inaugural Hospice 10k run to take place in June 2026 and a community family day in May 2026.

Our clinical teams have continued to be incredibly busy, both on the Inpatient Unit and in the wider community, and we are seeing an increase in patients and their loved ones making use of our Living Well Centre services and activities. We will shortly be launching our updated three year strategy, which will see us building on all this hard work to continue extending our reach and support to even more of the people in our community, who so badly need us.

We are hugely grateful to everyone who supports us, whether by volunteering, making a financial donation, participating in fundraising events or donating to or buying from one of our shops. I hope you enjoy this Autumn/Winter edition of *Life Matters*.

Harriet

Harriet Creamer
Chair of Trustees



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HospiceNews

Volunteer with us!

We have a range of volunteering opportunities across the hospice.

From helping in one of our shops or the distribution centre, supporting visitors and teams at reception, driving patients to and from appointments, or supporting patients and their families on the Inpatient Unit, and lots in between, there's something for everyone.



Every role makes a valuable contribution to our services.

If you or your corporate team are interested in volunteering for the hospice, please drop an email to volunteering@stpjhospice.org or call 01444 471598 to have a chat with the team.

Open Gardens

This year's Open Gardens event showcased over 55 gardens from May to July, including six village trails and individual gardens. We also introduced our inaugural Hospice in Bloom competition. In addition, we welcomed Juliet Sargeant to the hospice in September, where she gave a talk on drought-tolerant planting.

More than 1,000 people enjoyed the Open Gardens, and we were thrilled to have 20 gardens participating for the first time.



We are always looking for new gardens, especially in the Lewes area, so if you are a budding gardener and would like to take part, please contact Wendy at wagate@stpjhospice.org

St Peter & St James Hospice
Hospice care in the heart of Sussex

It's a little bit of fun that makes a BIG difference to St Peter & St James Hospice and local families!

Just £1 per entry to play and help!

JOIN TODAY!

Visit: www.localhospicelottery.org/spsj

or call: Freephone 0800 316 0645

PLAY • SUPPORT • WIN

Scan to join today!

Weekly Prizes:

£2,000

£1,000 Rollover

£100

8 x £25

190 x £10

Rollover can reach as much as

£25,000 PLUS

£10,000

SUPER DRAWS

Every March, September and December!

Promoter: Local Hospice Lottery Ltd, North Court Road, Chelmsford CM1 7FH. Local Hospice Lottery Ltd is registered in England and Wales (Company No. 3226004) at Farleigh Hospice, North Court Road, Chelmsford CM1 7FH and is a wholly owned subsidiary of Farleigh Hospice (Registered Charity No. 284670). Local Hospice Lottery Ltd is licensed and regulated in Great Britain by the Gambling Commission (www.gamblingcommission.gov.uk) under account number 4716 and is a member of the Hospice Lotteries Association and the Lotteries Council through whom Local Hospice Lottery makes annual contributions to GambleAware (the leading charity in the UK committed to reducing gambling-related harms). For more information and advice visit www.gambleaware.org. All authorised Fundraisers are paid by Local Hospice Lottery Ltd. St Peter & St James Hospice is a Registered Charity, No. 1056114. St Peter & St James Hospice is one of a number of hospices throughout Great Britain supported by Local Hospice Lottery. Local Hospice Lottery will give between 60% and 80% of profits from individuals playing in support of St Peter & St James Hospice to St Peter & St James Hospice. This is expected to be at least £800,000 over five years from April 2022. A full list of the hospices supported, along with Terms and Conditions, can be seen on the Local Hospice Lottery website (www.localhospicelottery.org) or provided on request from 'Freepost Local Hospice Lottery'.

18+ All players must be aged 18 or over
GambleAware

" For us, coming to the hospice from weeks in a busy hospital, we were blown away by the dignity and comfort, the phenomenal compassion, the care and respect of the staff. "



Rob, Etta, Emily & Aggie

As with all good love stories, the way Emily and Rob met was funny and coincidental.

In 2005, Rob, who had been on a couple of incompatible dates after breaking up from a long-term relationship (bizarrely with someone also called Emily), was chatting to a group of friends in the pub about his need to find someone like Emily, and then this girl his friends knew, walked in and sat down next to Rob, and said 'Hi I'm Emily'.

They bonded over shared passions for the outdoors and sport; and went on to share walks along the Downs, camping trips across the UK and France, taking part in adventure races (cycling, orienteering and cross country running) and skiing. When they met, Emily was a Political Producer for ITN, later becoming a household name in front of the camera as an ITV News reporter travelling all over the world from Wales to covering the Sandy Hook Shooting in Connecticut, and latterly as Health Editor for ITN during the Covid-19 pandemic.

Here, Rob tells their story.

"From the moment she joined us in the pub, I knew she was something special.

She was so much fun, self-deprecating with a riotous laugh, and I felt there was an immediate connection between us. Our lives were full of fun, sport and laughter and after we moved to Brighton, we married in 2009 and we were blessed with our beautiful girls; Aggie (now 11 yrs) and Etta (now 9 yrs). We also spent lots of time with our extended families, Emily was incredibly close to her mum, Kate and sisters, Polly and Sophie.

Emily's workload grew as the pandemic hit, driving into London around 7am and coming back close to midnight, after the 10pm news. She saw her role as a public service, to give people hope. I worked from home so did a lot of the childcare, the girls schooling continued three days a week, as Emily was classed as a keyworker, so that made the juggle work.

Whenever we could, we would still go running, walking, we ate healthily. Emily loved running to shake off the day. I couldn't have been more proud of her, she was the trusted face imparting government advice, the first reporter to go onto a covid ward fully kitted up in protective gear.

Despite her illustrious career, none of this mattered when compared to her greatest passion, being a mum to Aggie and Etta.

In April 2023, we took the girls to Sweden skiing. Emily had felt run down before we left, but we had been told it was probably a seasonal illness.

She had a great time skiing down the slopes with the kids but by the end of the week, she was in an increasing amount of pain. As soon as we arrived home, we went straight to the A&E in Brighton Hospital. It was a Saturday night, and even at 2am it was really busy. We waited for hours for a scan and I will never forget the shocking way the A&E Doctor delivered the results, with a factual 'I can't believe nobody has told you this, but you have lung cancer'.

The following few weeks were incredibly challenging, the hospital system was chaotic, we had to put in a lot of efforts and calls to get appointments sorted or find out results, there was no joined up approach.



Emily interviewing Rishi Sunak

By week two, Emily was on morphine to cope with the pain, and by the third week she was bed bound. In week four, she was in so much pain we called an ambulance at 10pm one night, it finally arrived at 7am the next morning. The next week she was back in hospital. The trauma and lack of dignity being in an A&E department took its toll on her, she asked for privacy and was moved to a room the size of a cupboard with no windows or ventilation, she needed fans on her because of the effects of morphine. It didn't improve on the ward; the curtains didn't go around the bed fully so little or no privacy or dignity, no two people were the same caring for her and messages weren't being passed on effectively. Thank goodness Emily was still sharp and vigilant, as she was the one explaining her dose and meds to each person.

The one thing I remember as a positive from this time together, was the chance to talk over everything, we talked through all the highlights of our lives together, what she wanted me to do with the girls, we even found the emails we sent to each other in the first six weeks of our relationship, reading our own parts to each other, smiling at how keen we were to impress each other with our witty banter. Some moments were filled with comfortable silence and, despite me thinking I needed to fill every moment with her with memories, those silences were just as important.

I was so surprised when Emily chose to spend her last days at a hospice. I, like many others, had a completely inaccurate image of what hospice care looked like. I imagined a miserable, dingy place where old people were waiting to die.



Emily and I travelled in an ambulance from Brighton to the hospice, and our journey took in a snapshot of our lives together; we drove past the pub we had our first date in, the sea view she adored, my first flat and our first house together, the park we ran in, the Downs we cycled on, it kind of felt like she was getting to say goodbye to all the important places. I will never forget the driveway to the hospice, the greenery, the space, the views across to the Downs, and I remember Emily commenting on how beautiful it was, but with an incredible stoicism in her voice that implied she wouldn't see it again. For us, coming from weeks in a busy hospital, we were blown away by the dignity and comfort, from simply having her own loo to the phenomenal compassion, care and respect of the staff. For the first time in a long time, Emily felt that the staff had her best interests at heart and they explained everything to her at all stages. We all look back at that time at the hospice as a happy celebration of Emily. It was glorious weather, one of her friends, Katherine, brought in some of her massage products, we drank glasses of wine, we had the doors wide open with views over the Downs. Emily loved having us all there, her family and one of her oldest friends Rachel, and we all sat outside on the patio by her room, and took turns to be in her room so it didn't overwhelm her.

Throughout this time she faced everything with extraordinary bravery and acceptance, and I saw yet again Emily's incredible inner strength. She made me commit to a legacy of living our lives and filling them with rich experiences, taking the girls to Italy or Spain or wherever, and filling their senses (we ordered everything on the menu at a Tapas bar in Bilbao recently!)

The girls came to visit at the hospice a few times, and Emily would give all her energy and focus to having fun with them, I can still picture her smiling when they came in. The girls really enjoyed their time there, seeing the horses and donkeys and making drinks for everyone. I couldn't think of anything more difficult but she did it with love, strength and a smile...

Thanks both to the hospice, and her incredible strength, this beautiful woman had dignity until the end.

It's been just over two years since Emily died, and I have changed my life in positive ways in honour of her memory. I am not so scared of death, more scared of not living. I took the leap and set up my own business, I have a freedom I have never had before to say how I feel about people. Being the mother and father figure to my girls has its challenges. I had the words 'Be Kind' tattooed under my watch to remind me to be more compassionate with the girls - as Emily would have. Even now I have Emily in my ear, when I think about buying something, doing something for the girls or if I think about changing the décor in our house, moments where I distinctly hear 'don't even think about it!'

We are indebted to the hospice, which gave Emily, and us all, peace at the most difficult time... the love and care is almost tangible. On the anniversary of Emily's death, the girls and I came back to the hospice. We speak of St Peter & St James as mummy's hospital, of the exploits of Dylan and Dudley the donkeys, of making hot chocolates in the family kitchen, running in and out of mummy's room into the sunshine. Thank you for giving us that."

If you wish to support the hospice, please visit:

www.stpjhospice.org/support-us/donate/.

If you would like to refer someone to the hospice, either contact your GP or healthcare professional, or self-refer via:

www.stpjhospice.org/our-care/refer-to-us/.

A look back at 50 years of supporting the local community



The story of St Peter & St James Hospice began with a personal tragedy that inspired an enduring legacy. Dr Charlie Skinner, our Specialist Consultant in Palliative Medicine, takes us through its early evolution to the current day.

The first development of our St Peter & St James Hospice began with The Dinnage Family. As the story goes, Jim Dinnage, a farmer in Wivelsfield, spotted a very sorry looking donkey on Wivelsfield Green in the pouring rain one day and the sight touched his heart. That evening, after six pints in The Cock Inn, Jim bought 'Billy' and his trap for £5. Jim continued to rescue hundreds of donkeys and, in October 1951, the first ever 'Donkey Club' meeting was hosted for Jim and Susan's family, friends and neighbours, to help raise money for the purchase of Wivelsfield's playing field, swings and slide. The success of the donkey sanctuary grew, with over 20,000 people descending on the farm for the races on a 1952 bank holiday.

Unfortunately, in 1953, Jim and Susan received the devastating news that their son, Peter, had terminal Hodgkin's Lymphoma. Susan, a registered nurse, personally cared for Peter throughout his illness, with some respite care at Chailey Heritage in 1956. Susan's experience of Chailey stayed with her, and proved influential in the path she'd take over the coming years. After Peter died, Jim and Susan and The Donkey Club committee decided to channel all proceeds from future donkey races into the purchase and running of a seaside holiday home, which they named St Peter's, for disabled children and adults. The home was a huge success and helped over 800 families.

Sadly, in 1963, tragedy struck once more when Jim Dinnage died suddenly. A heartbroken Susan decided to realise her dream to have a purpose-built respite centre on the farm at Wivelsfield, with the donkeys, where it had all begun. Her determination eventually paid off and the proceeds from the sale of St Peter's in Lancing, a valuable seafront site, was used to build the St Peter & St James Hospice (named after Peter and Jim) that we have today.

Over the years the services offered by St Peter & St James have evolved, with an initial focus on providing long-term care shifting with the introduction of hospice beds to provide more dedicated support for those needing specialist palliative care.

Alongside inpatient care, community and wellbeing services were also introduced, following the model of holistic care pioneered by Dame Cicely Saunders at St Christopher's Hospice in the 1960's. In the early years, the hospice was run by GPs with a passion for hospice care, but since the early 2000s the medical services have been led by accredited specialist consultants in palliative medicine. As specialists, we are committed to broadening the knowledge of palliative care across all care settings, and regularly host training in hospice care and symptom management for medical students, nursing placement students, GP trainees and other healthcare professionals.

When I joined the hospice 14 years ago we already had the eight hospice beds that we have now, although we also ran some longer-term beds which were phased out over the years, a model we have recently revisited. I have seen considerable change in the breadth of services we offer, with the community team supporting a far greater number of people in their own homes. We are also seeing a much wider range of palliative conditions, with a shift from a clear cancer focus, to support for any condition leaving someone with a limited prognosis, and a need for our specialist expertise to help with symptom control and psychological, spiritual or social support. We have also grown our counselling and bereavement services, and developed more services to help people live well with their illness through physiotherapy interventions and carer support. The hospice sector faces challenges in the future, not least from funding, and I am proud that we have a history of adapting and evolving to fit the requirements of our community, and I don't doubt we will continue to do this in the future.

Please donate to our 50 for 50 campaign by scanning the QR Code. Or why not attend one of our community events in aid of our 50th?

Hearts of Gold Ball, Mid Sussex Golf Club - 11th October

Choir & Ko Concert, Burgess Hill - 24th October

Details at: <https://stpjhospice.org/support-us/events/>



A spotlight on Andrew Gallini, our new Care Director at St Peter & St James Hospice

Welcome Andrew!

Can you tell us about your career journey?

Having been brought up in Eastbourne, I started my nursing training in Hastings which also involved working as a healthcare assistant at St Michael's Hospice on days off. Having had a deep interest in the experience of people coming towards the end of life, I was keen to understand peoples' cancer experience. So I went on to work at Hammersmith Cancer Centre in London, where I gained valuable knowledge and experience of treatments and care for different types of cancer.

I have gone on to hold various clinical leadership roles across nursing and Allied Health Professionals services that have included Hospital Palliative Care Clinical Nurse Specialist and Lead Cancer Nurse for the Isle of Wight, where I led on the national cancer standards, and became part of the national cancer peer review team, reviewing several hospitals nationally.

In addition, I held the role of Patient Involvement Lead and later the Workforce Redesign Lead for Central South Coast Cancer Network. Here I was responsible for leading, and collaborating on, projects to improve patient access and outcomes across Hampshire, and the Isle of Wight.

More recently I have held the role of Director of Clinical Services for St John's Hospice. There are several key changes I achieved in my time there including: expanding Hospice@Home, moving Community Specialist Palliative Care Nurses to seven day working, gaining funding and setting up a dedicated Palliative Care Ambulance, refurbishment of the Inpatient Unit as well as transforming hospice day services to a Wellbeing model.

I have also held the Chief Nursing Officer role for the hospital and hospice, and worked closely with commissioners to gain increased funding for the development of Hospice services to the local community in North West and Central London.

What is your role at the hospice?

The role of Care Director is a key role in leading on the quality of clinical services provided across St Peter & St James Hospice to the community that we serve. The role is also important as it is the Registered Manager for the hospice, a statutory responsibility of the CQC for the provision of Safe, Caring, Effective, Responsive and Well Led Services.



I am also keenly aware that the hospice is part of a wider healthcare system within which we have other hospice partners, community services and hospitals, as well as a social network that serve patients. It is really important to me that we have an effective voice, and work together, for the best outcomes for patients and their families.

How important do you feel it is that we talk about dying and death more in the wider community?

I think encouraging more people to talk about dying is really important, as it is part of life. Supporting people to Live Well enables them to also consider what is important to them, and be supported at such an important time for them, in their lives and that of their loved ones.

What do you like to do in your spare time?

Family life is very important to me, I am married and live in Effingham with three daughters, two dogs and two guinea pigs! I am also a keen cyclist and reader and enjoy listening to Radio 3 on my way to work.

Tell us something about you that people wouldn't know?

I did a parachute jump years ago in aid of MIND at a small airfield in Handcross, and I might be persuaded to do another one for the hospice!

Expanding our service with Continuing Health Care funding



Dr Helen McGee, our Medical Director comments:

“We are pleased to announce that St Peter & St James are opening four fast-track Continuing Health Care (CHC) beds as an extension to our current eight beds on IPU for Specialist Palliative Care patients.

CHC is a means by which the NHS pays for a patients ongoing care when they feel that the patient has a rapidly changing and life-limiting health condition, and that their care needs may be changing quickly. An assessment is carried out, usually by a patients healthcare provider to say if they meet the criteria for CHC funding and if the patient does, then care can be put in place for up to 12 weeks. The situation is then reviewed again by the CHC team to see if the patient is still eligible for this particular funding.

At the Hospice, we often look after patients who are needing lots of additional care and whose prognosis may be several weeks or a few short months. Up until now, we have been unable to accommodate these patients in the Hospice Inpatient Unit, where our average length of stay is under two weeks. Opening these beds will allow us to help more people within our community who have different needs to our current Inpatient Unit patients. With these additional beds, we will still be able to continue to deliver first class nursing care to these patients, who might need it for slightly longer, giving patients and their families more choice about where they might be cared for.

Not only will opening these new beds help us care for more people in our community who need our help, it will also financially help the hospice which needs £6.9m to operate each year. As a result of opening these beds, we will receive an additional £270,000 of funding from the NHS to carry out this care.”

Aaron Stevens, Volunteer Development Manager, reflects on the Volunteer Awards 2025

On Friday 12th September we invited our long service volunteers, and award winners and their guests, to the hospice to celebrate their volunteering efforts and achievements, and to enjoy the day with fellow volunteers, senior management and some of our Trustees and Patrons.

The day was opened with some bucks fizz and a welcome by Melissa Le Palud, Director of People Services at the hospice. Guests then enjoyed mingling with fellow attendees and enjoying the music and singing. Many of our volunteers enjoyed sharing highlights with the volunteer management team based here at the hospice about their roles, asking some of our leaders some pertinent questions, and just relaxing and enjoying the refreshments and singing provided by our talented volunteer Mike and led by Harriet Creamer, Chair of Trustees.



Ilan Johnstone awarded by Lisa Welton



Linda Benfell awarded by Robert Parker

During a wonderful lunch, created by our super talented catering team, we heard from some of our amazing clinical teams, about the impactful work they have been delivering, and continue to carry out, for the Hospice. They highly praised the wonderful teams of volunteers that they have supporting them, which enables them to carry out their duties more effectively, not to mention the benefits their volunteers' time brings to patients and their loved ones.

After lunch volunteers were recognised for long service awards of 5, 10, 15 or 20 years. After which 10 individual awards were given across nine categories to mark exceptional volunteer service to the hospice. This year we introduced some new categories, along with a special one off anniversary award, to celebrate the Hospice's 50th Anniversary.

The awards process this year ran throughout July, with staff and volunteers at the Hospice being encouraged to make nominations for any of the categories, and nominate any of their peers for any of the awards. The volunteering team visited all teams and sites during July, and as a result we had great engagement, with just under 100 nominations submitted. A panel, comprised of staff and volunteers from all levels across the Hospice, met in August to review the nominations received, and to select the winners from the nominations made.



Our amazing volunteer winners

There were over 30 volunteers recognised for their length of service ranging from 5 to 20 years, and the other award winners were as follows:

Corporate Supporter of the Year: Adelphi

Individual Fundraiser of the Year: Sue Akers

Outstanding Contribution to Volunteering: Phillip Varden

Outstanding Contribution to Volunteering: Sylvia Shortland

Volunteer of the Year: Portia Barker

Community Volunteer: Mike Reinstein

Volunteer Manager of the Year: Julie Pettit

Volunteer 50: Linda Benfell

Service to volunteering: Ian Johnstone

Instant Impact: Oliwia Dryzba

Long service award winners were presented with a certificate for their length of service, along with a pin badge to celebrate our 50th Anniversary. Award winners also received a 50th anniversary pin badge, along with a trophy for their specific award win. There were a few award-winning volunteers who were unable to join us on the 12th due to prior commitments, but we plan to recognise their achievements later in the month, locally with their team and manager at their team meeting.

It was a real privilege to shine a spotlight on our incredible volunteers on the day and we had some fantastic feedback from people about how much they enjoyed the event with the change in format. Many were happy that we brought the ceremony back to our grounds, and we look forward to welcoming and celebrating more volunteers at the same time again next year. So put a note in your 2026 diary to make sure you get your nominations in for all the inspiring and invaluable volunteers that you know, that are helping in our hospice community!

Alongside our award winners, we would also like to take this opportunity to thank all of our volunteers. Without your support and dedication we simply would not be able to deliver the vital specialist care that we do, to those in our community with life limiting illnesses who need us

(c) Mario Stevens Photography

Gift Aid – the gift that keeps on giving



Ahead of Gift Aid Awareness Day on 9 October 2025, we asked Matthew Dean, the Finance Director at St Peter & St James, to give us the low down on Gift Aid, why the hospice relies on this income source, and why it really is the 'gift that keeps on giving'.

Gift Aid is a UK government scheme where charities can claim tax relief on eligible donations, effectively increasing their value by 25% at no extra cost to the donor. By completing a simple declaration form, UK taxpayers allow their post-tax donation to be boosted by the government, enabling charities to receive more funding for their vital work. Gift Aid is worth £1.6bn to the UK's charity sector, and benefits more than 66,000 charities across the UK according to HMRC.

Mark Greer, Managing Director at the Charities Aid Foundation, commented in 2024: "Gift Aid is extremely valuable to donors and the charities they want to support and it's clear the public recognise this. But we know it is underused by donors and can be complicated for charities to claim. When an eligible taxpayer donates and forgets to tick the box, the charity misses out".

How it Works

When you donate money to a UK charity, it's typically from your post-tax income. By providing the charity with a Gift Aid declaration, confirming you are a UK taxpayer, you enable the charity to claim back the basic rate of Income Tax you paid on that income from HM Revenue & Customs (HMRC). For example, if you donated £10 to St Peter and St James and signed a Gift Aid declaration form, we would be able to claim an additional £2.50 from the government. What's more, if you have made a donation to us in the last four years and not declared gift aid, if you submit a Gift Aid declaration allowing us to, we can claim Gift Aid on those donations as well!

Key Benefit

The key benefit to registering for Gift Aid is that, crucially the charity receives more funding to support our work. What's more, it doesn't cost you a thing! It's completely free for the donor, provided you pay enough Income Tax or Capital Gains Tax to cover the claimed amount. The process is now very simple, a one-off declaration is usually all that's needed to cover current and future donations.

Why is Gift Aid an extra 25% if the charity's claiming basic 20% tax?

If you are a basic rate taxpayer, and you were to earn £125 above your personal allowance, you would pay 20% Income Tax on that income, which is £25, and this would leave you with £100 of income after Income Tax.

If you then donate that £100 to St Peter and St James Hospice and declare Gift Aid on the donation, we would be able to claim the £25 of basic rate of tax that you paid on it, which is the 25% of the £100 donation.

Why is it so important to sign a Gift Aid Declaration form?

Gift Aid is a vital source of income for us, and last year we received over £200,000 in Gift Aid. This equates to the cost of running our IPU for over four weeks, and it didn't cost our donors a penny!

According to CAF an estimated £560m of Gift Aid relief goes unclaimed every year so it is vital that as many eligible people declare Gift Aid on their donations as possible.

How do I sign up?

St Peter & St James Hospice has an online Gift Aid form, a digital fillable PDF version you can receive via email as well as a paper version, so if you have donated to the hospice in the last four years and would like to claim gift aid on your donations, please either visit the website at www.stpjhospice.org/support-us/fundraising/gift-aid/ or email giftaid@stpjhospice.org to receive the PDF version. Alternatively, please include your postal address in the email, if you would rather have a paper copy.

Can I also make a Gift Aid Declaration on items I donate to St Peter and St James' charity shops?

Yes, you can! When making a donation in our shops, you will be asked if you would like to declare Gift Aid on the donation. This allows your unwanted items to generate even more money to help those with life limiting illnesses.

Remember to...

Tick The Box

YOUR DONATION

giftaid it

TICK THE BOX

=

25% EXTRA FREE

Donate with Gift Aid and the government will add 25% to your donation for FREE. It won't cost you a penny.

All you have to do is...

#TickTheBox



Wreath Making Workshop

New Wreath Making event coming soon...

Six dates available across November and December (TBC).

To register your interest, please contact Julie at jgouldsworthy@stpjhospice.org

All funds raised will help go towards helping our vital care services.

SHINE BRIGHT MOONLIGHT WALK
WALK + CELEBRATE + REMEMBER

SATURDAY 4th OCTOBER 2025 - LINDFIELD



JOIN US FOR A SPECTACULAR NIGHT OF ILLUMINATED ATTRACTIONS, LIVE MUSIC, STALLS AND FABULOUS PERFORMERS THROUGHOUT THE TRAIL

PRE-REGISTRATION IS NOW CLOSED - PLEASE SIGN UP ON THE NIGHT

WITH THANKS TO OUR SPONSORS   

JUSTHELPING
Registered Charity number 1149068

 **St Peter & St James Hospice**
Hospice care in the heart of Sussex

Collections between Friday 9th & Saturday 10th January 2026.

RECYCLE YOUR TREE

www.just-helping.org.uk/register-tree



  Registered with FUNDRAISING REGULATOR

A Christmas tree is just for Christmas, but recycling yours through our collection service could help us provide care for people affected by life-limiting illness throughout 2026. The trees will then be locally chipped and recycled. Registrations open in November 2025. Please follow the link above to book your collection and make a donation.

Light Up a Life



Your smile lit up the room and I miss it

 This annual remembrance service will be held on the afternoon of Sunday 7th December at the hospice.

You are warmly invited to join us, light a candle and remember someone special.

After the service, please stay for refreshments and mince pies.

 Registered with FUNDRAISING REGULATOR

For more information, email fundraising@stpjhospice.org, scan the QR code or call 01444 470713

Registered charity number: 1056114

THE CARE OF
1 IN 4

OF OUR PATIENTS IS PAID
FOR BY GIFTS IN WILLS.



'TIL DEATH US DO PART.

**We are here for Everyone.
Your gift ensures patients
can stay with their loved
ones until the end.**

St Peter & St James Hospice.
Wherever you are on your journey,
support us with a gift in your Will.

SCAN TO DONATE OR
FIND OUT MORE



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St Peter & St James Hospice
Hospice care in the heart of Sussex