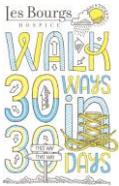




Les Bourgs Hospice What's on Newsletter January 2017

I wish to take this opportunity to thank you for all your support during 2016, we celebrated our 25th Anniversary last year and your support makes this possible. Thank you so much.

Upcoming events



Walk 30 ways in 30 days: 1st April until 30th April.

We are delighted to be holding the Walk 30 ways in 30 days event again for the 3rd year this year which will start on 1st April and run until 30th. We have a new sponsor who are PraxisIFM who will help us maximise the money we raise from this event and also will support and thank the walkers with a BBQ at the final event for registered walkers. We thank them and are very much looking forward to working with them this year. All we ask is that you register via our website and then walk each day for 30 minutes at a time and pace to suit yourselves, see as much of our beautiful island as you wish and enjoy the spring and the lighter evenings while raising sponsorship for Les Bourgs Hospice. For more information visit our website. We have raised an amazing £10,200 in the past 2 years. Registration is now open for 2017 and the T-shirt will be Sapphire blue.



Ian Browns 3030 Cycle Challenge – 10th Anniversary - April 29th to 28th May

This year is the 10th Anniversary of the Ian Browns 3030 cycle challenge which is going to be a rainbow year. All participants who register for the first time in 2017 will wear the shirt above, however any participant who has worn any of the 9 colours shown will be able to participate in their original shirts also – so it will truly be a colourful year for 3030 cyclists this year. For more details contact Ian Browns Cycle Shop. The commitment is to cycle for 1hr a day for 30 days and to raise £30 each day for 30 days making £900. Team entries are available. This event has raised an amazing £500,000 for Les Bourgs Hospice in the last 9 years.



Rock to Rocque Family Cycle ride – 28th May

Once again we are holding the Rock to Rocque cycle ride on May 28th, this is the 24th year that the event is running and it is a popular event for all levels of cyclists, it is not a race, but a family cycle ride with 3 starting points, one at the top of the Val Des Terres, one at Rocquaine and one at Grande Rocques all ending at the White Rock North Beach Car Park where medals and certificates will be presented.



30 bays in 30 days July 1st to 30th

This is the 4th year of this hugely popular event which gets locals into the sea each day for 30 days during July doing at least 30 strokes each time! The challenge is to visit and swim at as many different bays as possible to see what our island truly has to offer in the way of beaches. There is usually a launch event on 1st July which is usually at Vazon and a final swim on 30th July usually at Cobo. This event has raised an incredible £85,000 for Les Bourgs Hospice in the last 3 years. More details will follow in future newsletters.



30 runs in 30 days - October 1st until 30th

We had a fabulous year last year with the 30 runs in 30 days and we will be running this popular event again in October this year with the sign up to commit to 30 minutes running each day or 15 hours during the month to fit in with your lifestyle. The registration will be via the website and more details will follow in a couple of month. This event has raised an awesome £71,000 for Les Bourgs Hospice in the last 3 years.

All our events are available for registration via our website: www.lesbourgshospice.org.gg or information is available by contacting Trish De Carteret, Fundraising Administrator by: Email: trish@lesbourgs.com or by phone: 210329

Fundraising news:

The Robert Brothers by Graham (Bonnie) Robert



We are delighted to be both selling and beneficiaries of a book which has been written by Graham (Bonnie) Robert about his time as a performer in Guernsey from the 1940s until the 1990s, he introduces the book as follows:

"I was pleased to put pen to paper, so that islanders, in future years, will remember what went on from the forties through to the nineties in Guernsey" "All the stories are true and happened, and would be forgotten, or never again remembered, so I have written about them so they will not be lost forever.

All stories and jokes in this book are without prejudice and all profits from this book are for Les Bourgs Hospice.

This unique journey through Guernsey musical history is available to purchase for £10 from the Hospice Website, Shop or Reception. These have been selling really well and we only have a few left.

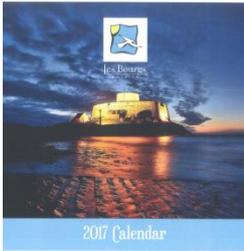


APPLEBY

This event was hugely popular this year and we enjoyed very much working with Stuart and his team at Appleby to make it such a success. We had almost 300 runners taking part this year spread across the Bailiwick including Sark running team which was fabulous. This year you raised an amazing £20,000 for Les Bourgs Hospice. Thank you all so very much.



The Lottery club now has just over 2100 members and has raised £78,000 during 2016. We are delighted with this fundraising event as it enables us to give back £4000 a month in prize money to those who support us. The computer generated draw is done on the 2nd Wednesday of each month and if you wish to join please visit our website for more details. The price is £60 a year paid either in one sum or £5 each month. Thank you to everyone who is in the lottery club.



The Handmade for the Hospice calendar has sold really well, final figures still to be finalised, but for each calendar sold £4 was donated to Les Bourgs Hospice. Thanks to everyone who took the photos and also the committee for their hard work in getting this together for us. We do have a few left if you want one, they are available by donation until the end of February.



The committee and supporters of Handmade for the Hospice have raised just short of £5,000.00 for Les Bourgs Hospice in the last year with events including a Photography competition (resulting in the Calendar above), a silent auction, craft and cocktail nights and the Pop up shop and Charity Fayre. Thank you to them all.



The annual Light up a Life service was held on 11th December and was a huge success, with thanks to Food from Friends who did the catering, Rev. Clare Claxton who did the service and Chris Claxton who did the Organ, also to the MSG Choir who sang prior to the service starting and to the Rangers Football minis who came to support the service and hold candles outside around the trees which added to the magic of the event.



We thank Beetons Fish and Chips for once again opening their doors between Christmas and New Year in support of Les Bourgs Hospice, they were extremely busy at this event and raised an amazing £4,250 for the Hospice on that day. Thank you to the staff and also the customers for your support, I am sure you all enjoyed your Chips that day!

Many other kind people who have raised money for us since the last newsletter:

Craig Holberry and the Mariners Inn have raised, in memory of Lindsay Holberry, over £1600 for Les Bourgs Hospice with a Memorial Pool Competition and a Head Shave and another £1500 has been raised by Clare Edwards doing the Thames Path Challenge, Michael Hart and Tom Gaudion raised over £3800 doing the Mongol Rally. The Tempest bucket collection and programme sales, Lottys War, Lynne Blondel doing a parachute jump, Wayne De Carteret doing a beard shave, the Gremlin club doing a quiz and Denise Elliott making and selling cakes and Christmas goodies at her work. There are many many other people who have fundraised for us through the year also and without every penny you raise for us we would be less able to support our services. We thank you so much to you all for your support which makes a direct difference to the services we can offer.

Volunteer Opportunities:

Hospice Volunteering

As you all know, daily life at the Hospice can be extremely busy and we don't always have time to stop and thank you for your commitment and dedication to ensuring we always strive to achieve the best possible standard of care to the community of Guernsey. Almost daily I hear stories from patients, relatives and staff on how much they really appreciate the work of the volunteers. Once again this year we had a glowing report from environmental health and considering up to 40 volunteers use the kitchen, this is a superb achievement.

Reception volunteers continue to provide the warmest welcome to our visitors and also provide invaluable support to the admin team. We consistently witness the care and attention to detail of our day hospice and in-patient unit volunteers and supper volunteers continue to not only offer tempting meals but also provide invaluable support for our nurses.

Retail Volunteering

In 2016 the shop takings were an amazing £397,679.42. This is testament to the committed team of staff and volunteers who work so hard to ensure these busy shops continue to raise vital funds to support the Hospice. So many of these staff and volunteers go above and beyond our expectations, to ensure we can keep up with customer demand. We are so grateful to the people of Guernsey for continuing to support us.

As we remember an excellent Christmas dinner at the Jerbourg Hotel, we look forward to our volunteers evening during the first week of June. We hope to see many of our volunteers there, so that we can have the opportunity to thank you for all you do for Les Bourgs Hospice.

We are very aware that on this small Island we are very fortunate to have such a committed, diverse and multi-skilled team of volunteers but we still need more! If you know of someone who would like to join our team, please do get in contact. Hours are flexible and can vary from a couple of hours a week to a full day.

Volunteer vacancies:

DUTY	DAY	TIME
Hospice reception	Tuesdays	9-11am
Hospice reception	Alternate Thursdays	1-3pm
Suppers	Alternate Fridays	5-7pm
Suppers	Alternate Wednesdays	5-7pm
Main shop sales assistant	Saturdays	12.30pm – 2.30pm
Main shop sales assistant	Saturdays	2.30pm - 4.30pm

If you can help with these roles or are interested in volunteering at the shops or the Hospice please contact Vanessa at Vanessa@lesbourgs.com or call her on 210322.

We are also looking for a Volunteer Complimentary Therapist for Day Hospice and In-Patient Unit to offer reflexology and aromatherapy to patients on a Thursday predominantly. If you know someone or are a therapist who would like to help us out please get in touch.

For more information or to express an interest please contact Jo Boyd MBE - Joboyd@lesbourgs.com or telephone 210320.



We congratulate Jack Honeybill on winning the Guernsey Community Foundation Outstanding Individual Achievement Award for 2016, he worked extremely hard for Les Bourgs Hospice and we wish him the best of luck in his new ventures.

Thank you also to the Guernsey Community Foundation for voting us runner up for the Charity of the Year for 2016, we were honoured to have been in the final three places up against so many great charities.



Friends of Les Bourgs Hospice:

Jack Honeybill, Chairman of the Friends of Les Bourgs Hospice has retired and the committee is now:

Liz Hodder – Chair	Jasmine Bynam
Martyn Mahe – Treasurer	Candice Le Tissier
Libby Booth – Vice Chair	Caroline Besnard
Dee Blackburn – Secretary	Gail Davies
Mira Domaille	Gill Fallaize
Rodney Clough	Jamie Williams
Lynn De Carteret	Pauline Clarkson

We look forward to working with the new committee.

Message from Liz de Carteret – Chair of Friends of Les Bourgs Hospice:

I was delighted to have been appointed as Chair of the Friends of Les Bourgs Hospice, at the end of 2016, having been on the Friends committee since 2009 and vice chair for a number of years. Les Bourgs Hospice is a fantastic charity, providing much needed support and care to many islanders and their families. We are hugely thankful to all our volunteers and supporters. The Friends committee comprises a dedicated team of volunteers who organise a number of fundraising events throughout the year, as well as providing support for some external events which also raise money for the Hospice. This year we have some new faces on the Committee. For more details about the committee members and what we do please look at our website. We are always looking for volunteers to help out at our events, so if you can spare some time - perhaps to marshal at the Rock to Rocque or to hold a collecting tin at our flag day - please do get in touch with me (lizhodder@yahoo.com). An outline calendar of some of the events that we have planned for this year is included in this newsletter. Further details will be available shortly; these can also be found on our website. I also encourage as many of you as possible to like and share the Les Bourgs Hospice Facebook page, which features details of our upcoming events. In addition to the already established successful annual events that we organise, the committee is looking to add some further events. If you have any new fundraising ideas for the committee to consider for the Hospice we would love to hear from you.

Once again we would like to offer a huge thank you to the supporters within the islands and beyond, we rely on you to enable us to offer our services to those in need, every little helps, if you have a lottery play at £5 a month or a Friends of Les Bourgs Membership at £12 a year, if you give a donation or just collect your change and put it in a collecting box or keep your stamps or old mobile phones for us, it all makes a huge difference.

Thank you all.