Welcome to our new Volunteer newsletter!
I hope a regular newsletter will enhance the connection you feel to St Clare, and other volunteers in the charity, by highlighting news, special achievements, and ongoing opportunities.

If you would like to be involved in the production of future newsletters, or have any suggestions for features you would like to see, then please don’t hesitate to get in touch.
Call: 01279 773722 or email: rob.wallace@stclarehospice.org.uk

New Voluntary Services Manager
For those of you whom I haven’t had the pleasure of meeting yet my name is Rob Wallace and I joined St Clare Hospice just before Christmas as the new Voluntary Services Manager.

My predecessors Chris Crump and Nancy Hollick have left St Clare after many years of service, though I hope we will see them around the Hospice again at some point soon.

My job is not to manage all the volunteers so please be assured that the day-to-day support you receive from existing members of staff won’t change. But do feel free to contact me if you ever have any concerns or queries that you don’t feel able to speak to your usual manager about, and I will do my best to help.

Direct line: 01279 773722
Email: rob.wallace@stclarehospice.org.uk

Appointment of new Chief Executive Officer
I'm delighted to be able to announce that we have appointed Sarah Thompson to the role of Chief Executive.

With a background in marketing and with an MSc in Voluntary Sector Management, Sarah has extensive experience in strategic fundraising roles in both the charity sector and over the past 11 years within the Hospice sector. Her roles have included the Director of Fundraising at The Hospice of St Francis at Berkhamsted, and most recently the Director of Fundraising and Engagement at St Joseph’s Hospice, a large and innovative hospice in East London.
In both she has led on considerable growth and development in improving and diversifying income and she has built a strong reputation in the sector.

As well as bringing considerable strategic fundraising expertise Sarah has played an active strategic role as part of the senior leadership teams at both St Francis and St Joseph’s, contributing to organisational development and growth in both roles. In her current role she is also responsible for engagement and has spearheaded the development of a Compassionate Neighbours project, aimed at people from hard to reach communities. Based on its success she is in the process of securing funding and working in partnership with St Christopher’s Hospice to roll this out London-wide.

Sarah grew up in the local area and currently lives in Hertfordshire. She therefore has a strong connection to the area. She is passionate about being able to lead St Clare to continue to be at the forefront of hospice care in our region.

Sarah will be joining us on Monday 8th May and in the meantime Tanya and Sarah will be in regular contact and will be working together to ensure a smooth handover.

Patrick Foster, Chair of Trustees

Afternoon Tea to say goodbye to current CEO Tanya Curry

We would like to invite you to an afternoon tea for Tanya, to celebrate her time here at St Clare Hospice.

Please join us in the dining room of the hospice on Wednesday 19th April, at 2pm.

We would be most grateful if you would RSVP to me, Rob Wallace, by Friday 24th March.

Thank you and we hope that you can join us.

Direct line: 01279 773722
Email: rob.wallace@stclarehospice.org.uk
Can you help at any of these events?

We are extremely grateful for the time you offer us in your voluntary role. But I wondered if you were available to help us out with any of St Clare’s upcoming events? Each requires a lot of volunteers to run smoothly, so we would be delighted if you could help.

**10k road race** – Sunday 9th April 2017 9am – 1pm
Hundreds of runners are expected to jostle at the starting line once again for the yearly Essex 10k road race, which last year raised an amazing £8,000 for the Hospice.

**Midnight Walk** – Saturday 1st July 2017 c.10:30pm onwards
Last year flashes of fluorescent lit up the night as more than 600 neon walkers turned out for St Clare Hospice’s Midnight Walk. It’s our biggest fundraiser of the year – raising around £60,000 in all – enough to fund the Inpatient Unit for two weeks. But we can’t do it without your help!

You could be:
- helping people park
- register to run
- marshalling the route to keep everyone on track
- cheering on runners
- time keeping
- giving out medals or water.

**Street Collections**
If you can spare us an hour at your local collection, please let us know. Go on, shake a tin, feel good, do good!

**Bishops Stortford**
- Fri 19 – Sat 20 May
- Fri 25 – Sat 26 August
- Fri 24 – Sat 25 November

**Epping**
- Fri 31 March – Sat 1 April
- Fri 30 June – Sat 1 July
- Fri 6 – Sat 7 October
- Fri 15 December

**Great Dunmow**
- Thur 25 May
- Thur 26 October

**Harlow**
- Fri 17 – Sat 18 March Harlow Garden Centre
- Fri 28 – Sat 29 April Harlow Town
- Fri 2 – Sat 3 June Harlow Garden Centre
- Fri 23 – Sat 24 June Harlow Town
- Fri 28 – Sat 29 July Harlow Town
- Fri 27 – Sat 28 October Harlow Town
- Fri 24 – Sat 25 November Harlow Garden Centre

**Saffron Walden**
- Thur 27 April
- Thur 23 November

**Sawbridgeworth**
- Fri 23 – Sat 24 June
- Fri 29 – Sat 30 September

If you, or anyone you know, can help at any of the above events please call: 01279 773722 or email: rob.wallace@stclarehospice.org.uk

stclarehospice.org.uk
Registered Charity No. 1063631
**Invitation to Breakfast Briefing meeting**

We would like to invite you to a 'breakfast briefing' meeting in the dining room at the Hospice so you can get an update on:

1. St Clare’s organisational strategy 2017-20 – from Tracey Hammond, Director of Organisational Development

You can attend on either Friday 21st April 9-10am or Tuesday 9th May 9-10am

Please RSVP by Tuesday 18th April for the April meeting, or by Friday 5th May for the May meeting

RSVP via phone: 01279 773722 (can leave a message) or email: rob.wallace@stclarehospice.org.uk

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**Would you like some ‘Mindfulness’ training?**

On Wednesday 12th April 12:00 – 12:45 p.m. Poppy Gibson, a life coach with qualifications in Mindfulness, has offered to deliver a free workshop to St Clare staff and volunteers.

The session will cover:

- What is mindfulness and how can it help?
- Observing breathing
- Relaxing the body
- Recognising our emotions and dealing with anger, anxiety and stress
- Loving others and ourselves with positive thought
- Calm cool down exercise

If you would like to attend please RSVP by 31st March to Jenny Breach, Head of Education and Training. Call: 01279 773744 or email: education@stclarehospice.org.uk

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**New Child Bereavement Service**

We are very excited to announce that we have been successful in our bid for Children In Need money for our proposed Children’s Bereavement Service.

The job advert for a children’s bereavement counsellor is out now and we look forward to welcoming a new member to our team in the very near future!

The service will offer pre and post bereavement counselling to individual children, young people and their families as well as offering some therapeutic group sessions and social days out to children and their families who are experiencing grief and loss.

There will be a short presentation about the service at the breakfast meetings on 21st April and 9th May, and a launch is in the process of being planned.
What would you like to do for Volunteers’ Week 1-7 June?
You make the difference

This year national Volunteers’ Week is running from Thursday 1st June – Wednesday 7th June. Traditionally St Clare has used this as an opportunity to celebrate its volunteers, either with a big event or several smaller events organised by individual departments or shops.

Please let me know how you would like to see us celebrate volunteers this June by sending me your suggestions, or even better by joining our organising committee. It’s your week so let’s make it great!

Check out our new Volunteer Page on our website

We’ve recently added a new page, specifically for existing volunteers, to our website. Please have a look here: www.stclarehospice.org.uk/i-volunteer and let me know your thoughts. To start with it contains a lot of our key forms and policies you might need, like our Volunteer Expenses form. Plus an opportunity to leave feedback about your experience, and to share details of St Clare’s volunteering opportunities via your Facebook, Twitter or LinkedIn accounts. I’d love to know what else you would find useful on this page so please do send me any feedback you may have.

Call: 01279 773722 or email: rob.wallace@stclarehospice.org.uk

New staff

I’m sure you will join me in welcoming some new staff to St Clare. Recent additions include:

Jamie Hooper, Fundraising Development Manager has joined the Fundraising Team and brings with her a wealth of fundraising experience and expertise.

Ghazanfar Ajaz, Retail Support Manager. Ajaz will be working with the shop managers to ensure we are the best charity shop in each of our locations for shopping, donating and volunteering.

Tracey Andrews, HR administrator.

Jacqueline Rust-Jones, Complimentary Therapist.
**Volunteer vacancies – tell your friends and family!**

We have key roles to fill across the length and breadth of the organisation. If you know anyone who could help with the following please put them in touch with me

- **Shops** – serving customers, operating the till, or helping with eBay
- **Bereavement support** – full training provided from leading national charity Cruse
- **Gardening at the Hospice** – keep our grounds looking beautiful for patients
- **Finance** – help this busy department continue to flourish
- **Community Engagement** – make everyone in your area aware of what St Clare Hospice does by distributing leaflets, posters and collection tins in your local community.
- **Marketing and Communications** – help design posters, update our website and increase our exposure in the local press

Plus many more! Anyone can find a full list of our volunteering opportunities on our website: [http://stclarehospice.org.uk/get-involved/volunteer/volunteervacancies/](http://stclarehospice.org.uk/get-involved/volunteer/volunteervacancies/)

**Until next time…**

Finally may I say A BIG THANK YOU to you for all that you do. St Clare couldn’t do what it does without you so keep being brilliant!

Again, if you would like to be involved in the production of future newsletters, or have any suggestions for features you would like to see, then please don’t hesitate to get in touch.

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