



**Helen's Trust**  
Helping incurably ill people  
stay in their own home

**Christmas  
Newsletter 2011**

## Introduction from Lucy Nickson, Chief Executive Officer

Apart from the importance of thanking everyone who has supported Helen's Trust in 2011 and informing you all about events and activities for 2012; the focus of this newsletter as we approach Christmas, is very much on the people that we help. One story in particular illustrates how important the work of Helen's Trust is— Jenny's story.

The support that Jenny was given by Helen's Trust cost just £865.48. But the help she received made an enormous difference to her life. Please consider making a donation to Helen's Trust this Christmas and help more people like Jenny to have the choice to be cared for and to die at home.

*Thank You, Lucy*

### Jenny's\* Story: Being at home with family was the most important thing.

Jenny\* was diagnosed with an incurable illness over a year ago. Her priority was to keep life as normal as possible for her 3 small children.

Jenny knew she was going to die and despite having no family to support her, she was desperate to stay at home. Helen's Trust worked closely with her GP and social services to provide the support that she needed to stay at home. Initially the charity funded some brief sessions of childcare while Jenny was having treatment, this meant she did not have to worry about them on the days she went into hospital. Helen's Trust went on to pay for Jenny to have an assisted bathing service twice per week once she began to deteriorate and was no longer

able to care for her own personal needs.

In the last stages of her illness, Jenny wanted to be down stairs with her children as much as possible and Helen's Trust bought her a reclining chair to make that time as comfortable as possible. Jenny was so grateful for the support given to her by Helen's Trust that she wanted to tell her own story by appearing in a short film, encouraging others to give. Sadly Jenny died the week before filming but she gave permission to tell this story on her behalf. Jenny was just 42 years old when she died. \*the names in this story have been changed to protect their privacy



#### Thank you...

- To everyone who has kindly donated to our bric-a-brac appeal. We have been overwhelmed by people's generosity. We will let you know how much we raised from this in the new year.
- To Judith Rotheram and all at the Crispin Inn, Great Longstone. Judith sold beautiful Thai gifts, bags and accessories and Paul and Joanne of the Crispin served up a traditional Thai curry and held a raffle. The event raised a fantastic £860 - enough to pay for 2 stair lifts for someone with limited mobility.
- To Wendy Laidler, The Likely Ones and the Devonshire Arms in Balsow for the Awesome Autumn Fundraiser Event. The event successfully raised over £500. To give you an example of how this money can help, we recently spent this on 24 hour personal care and support so that a lady could return home for the last 3 days of her life. She died in her own home with her family around her.
- To the Choirs who are kindly helping us to raise funds by singing for us at Meadowhall: St Mary's Sixth Form Choir, Dale Diva and Belcanto Male Choir.

**A big thank you to all our Volunteers, Donors and Fundraisers; we could not do what we do without your support.**

If you would like to organise your own fundraising event? Please contact Sophie on [fundraising@helenstrust.org.uk](mailto:fundraising@helenstrust.org.uk), call 01629 812759 or pop in to our new office for a chat.

**Helen's Trust has paid for around 3,000 hours of care and 200 pieces of equipment over the last year.**

#### Events for your diary next year

**Night at the Dogs  
Owlerton Stadium Sheffield  
Tuesday 21st February 2012**

**Fashion Show  
Napoleons Sheffield  
Lunchtime Thursday 15th March 2012**

**Helen's Trust 10K and Fun Run  
Chatsworth  
Sunday 20th of May 2012**

For more details please visit [www.helenstrust.org.uk/events](http://www.helenstrust.org.uk/events)

A Special mention for Richard Farmer who has organised a Golf Day for Helen's Trust for the last 10 years. This was Richards final year organising the event and we would like to thank him for all his efforts which have raised in excess of £40,000 for the trust over the years.

**Everyday people with incurable illnesses are helped to live at home because of Helen's Trust.** By supporting people's individual needs we help people to stay at home, bringing comfort and support at the end of their lives. A few facts you may not know about how we fund this support.

- We never ask those we help or their families to pay for the support we offer.
- We rely entirely on voluntary donations.
- This year to date we spent just over £69,000 helping people to stay in their own home.

## I want to help more people have the choice to spend their last days in their own home.

**My details** PLEASE USE CAPITALS

Title Name

Address

Postcode

Email

Telephone

## Don't Forget to add *giftaid it*

Do you pay tax? If so, your gift will be worth a quarter more to us—at no extra cost to you. All you have to do is write your name below, and the tax office will give 25p for every pound you give.

I am a UK taxpayer and I would like Helen's Trust (Registered Charity no: 1142370) to treat this and all donations I make in the future as Gift Aid donations, until I notify you otherwise.

Name Date

I understand that I must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) that is at least equal to the amount of tax that Helen's Trust will reclaim on my gifts for that year.

## Tell me more

I would like to know more about how I can get further involved. Please contact me about –please circle those you are interested in.

### Volunteering

### Corporate Sponsorship

### Organising my own Fundraising

### The Helen's Trust Chatsworth 10K/Fun Run

## I would like to give today

Please accept my gift of £

I enclose a cheque/postal order/Charity Voucher made payable to Helen's Trust

Mastercard/Visa/Switch/Maestro/ American Express

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Card expiry date □□ / □□ Issue date □□ / □□

Issue number (Switch only) □□□□

Security number □□□□

Signature Date

*Don't forget to Gift Aid it—see opposite*

## I would like to set up a Standing Order.

**To** (insert name of bank/building society)

Full Address

Postcode

Name of Account Holder

Account Number □□□□□□□□

Sort Code □□ □□ □□

### Please pay to:

NatWest, 5 Market Place, Chesterfield, S40 1TW

Account name: **Helen's Trust,**

Account No: **34023836** Sort Code: **60-40-09**

The sum of £

amount in words ( pounds)

Monthly/Quarterly/Annually (delete as appropriate)

starting on \_\_\_\_\_ until further notice

quoting reference "Donation by \_\_\_\_\_"

(insert your name here).

Signature Date

*Don't forget to Gift Aid it—see opposite*

**Please return all completed forms to Helen's Trust, Unit 2, Granby Rd, Bakewell, DE45 1ES**

## Thank you for your Donation.

Contributions like yours ensures Helen's Trust can help more people with an incurable illness to stay at home should they wish to do so.

*From time to time we would like to send you updates about the trust, how your money is used to help and how you can get further involved.*

*Helen's Trust will not share your details with anyone else. If you would prefer not to receive updates please tick this box*

