

PENGUINS AGAINST CANCER

c/o Fenwycks
Tekels Avenue
Camberley
Surrey
GU15 2LB

7th August 2019

To the Officers, Trustees and member of Penguins Against Cancer,

Please accept this letter as receipt of your very generous donation of £3000 to Fair Havens Hospice in July 2019. I am writing to say thank you on behalf of the patients and families we are currently caring for. Thank you so much for donating the proceeds of the Scanlan memorial Cup match to Fair Havens and we are also so very grateful to Mr and Mrs Palmer and Mr Spedding for putting us forward for this grant. What a wonderful way to remember a clearly remarkable man and we cannot thank the Penguins enough. Our congratulations to the Penguins XV on winning the match!

Havens Hospices incorporates Fair Havens for adults, the J's Hospice for young adults up to the age of 40, and Little Havens for Children, and offers care and support to people with life limiting and life-threatening conditions, and their families, who live across Essex. Our mission is to ensure that everyone affected by life limiting illness, and those who are important to them, receive the hospice care they need. We care for people at the end of their lives and offer short respite breaks.

Palliative care acknowledges that there is nothing that can be done to cure a person's condition. At Fair Havens, we aim to give patients the opportunity to make the most of the time they do have, whether this be years or days. Our care team has a positive impact on controlling the pain and symptoms from which an individual may be suffering, but they do so much more. It is attention to the details of people's needs that makes Haven's such a special place. It starts when one of our nursing team visits newly referred patients in their own home, to talk to the patient and their families in order to put together a care plan. Our medical staff – nurses and doctors – help patients take care of their medical needs – managing pain, medication and diet – but they are always willing to take the next step.

Beverley, a patient at Fair Havens described how she felt supported:



“Although I was in pain, I felt instantly calm when I arrived, like I was in safe hands. The Fair Haven’s doctor listened to me for over an hour. Nobody had understood up until then as my condition is complicated. They took the holistic approach and organised a regime to get my pain under control.”

“That first night, the pain was excruciating but the Fair Havens Care Team went over and above their duty. They rubbed my back, applied heat pads and gave me a cuddle when I cried. They were absolutely amazing. I didn’t think this type of care existed until I experienced it.”



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havenshospices.org.uk

We also understand that caring for a loved one is extremely stressful. Our support has to go to families as well as patients. This may be through the respite care we give, either on a day basis or overnight, or through support groups, or via the counseling we can offer.

“John goes once a month to see Sharon for complementary therapy, which I think is so important for him, because he is working really hard and also caring for me; it is fantastic that he can access this support for free, it gives him a break, a bit of time to himself and a chance to recharge. For me Fair Havens has really helped us both as individuals and as a couple to cope with what we are facing together.” Cheryl

When a family has been told that there's no cure for their loved one's illness, Fair Havens Hospice is there to help. Our specialist care is free – for as long as it is needed – both within the home and in the Hospice.

Your very kind donation will help us to continue our respite breaks and end-of-life care for adults living with life limiting illnesses or conditions, adults like Paul Scanlan. We aim to make their journey – and that of their families – as comfortable as possible, creating special memories along the way. The love and care provided by our Care Team in the homely surroundings at Fair Havens Hospice is as special and unique as the individual. We could not continue this without donations such as this one from the Penguins Against Cancer.

Please find enclosed our most recent newsletter and if anyone would like to know anything more about Fair Havens Hospice and Havens Hospices in general, our website is: www.havenshospices.org.uk Should anyone from Penguins Against Cancer wish to visit the Hospice itself, we would be more than happy to show you around.

With heartfelt thanks.

Yours sincerely,

Michelle Copley (Mrs)

Trust Fundraiser

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Havens Christian Hospice is registered in England and Wales as a company limited by guarantee

Registered address: Stuart House, 47 Second Avenue, Westcliff-on-Sea, Essex SS0 8HX

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VAT Registration Number 194 8870 48

Incorporating Fair Havens Hospice and Little Havens Hospice

Registered Charity Number 1022119



**EVERY ONE OF US
MAKING EVERY
DAY COUNT**