

## Let's Celebrate Success!

In this issue we have lots to celebrate as events - large and small - have been taking place across the region. The money raised will help Sue Ryder Care achieve our goal of increasing our hours of care from four million hours each year to ten million by 2018.



Three Generations of Walkers at the Bridlington Midnight Walk: Kay Watson with daughter Laura Jamieson and mum-in-law Anne Whitehead

**Oh what a night!** More than 250 women put on their Lipstick and Trainers to enjoy a Saturday night out with a difference on 17 May by taking part in the first ladies only **Midnight Walk in Bridlington**.

It was a magical evening and it was so inspiring to see all the girls - ranging in age from nine to seventy - some in fantastic outfits, having such a good time while raising an amazing amount in the process.

Many of the walkers had a personal connection and have seen the charity in action at the nearest Sue Ryder Care centre at Holme Hall, at Holme-on-Spalding Moor. Here 36 adults receive specialist care for life-limiting neurological conditions such as Multiple Sclerosis,

Huntington's disease, Parkinson's disease, Motor Neurone Disease, Stroke and Acquired Brain Injury.

**We'd like to thank all the walkers for supporting us.** All the sponsorship money will help us help more people.

**We'd also like to thank the following for their sponsorship or for going the extra mile:**

All at Sewerby Hall, East Riding of Yorkshire Council, Humberside Police, Ambulance and Fire Departments, Wates Construction, Hall Special Projects, Sue Argent at William Jackson Food Group and Aunt Bessie's, Boots the Chemist, Morrisons, Nestlé, Rae Freedman, Claire Ivens, Eleanor Clayson, the On-Call Girls and everyone who volunteered to help on the night.

**Why not join us?** Next year's Midnight Walk will be held on Saturday 9 May 2009. We will automatically contact everyone who took part this year but to be added to the mailing list for next year's Midnight Walk, phone the York fundraising office on 01904 426920 or email [york@suerydercare.org](mailto:york@suerydercare.org)

## The Yorkshire Committee has a Ball for Sue Ryder Care

Four Yorkshire-based professionals have combined their skills and joined forces with Sue Ryder Care to form the Yorkshire Committee.

Led by Business Development Consultant Anne Salisbury and including Sue Brown, former financial director, Lee Readman of 'One Life Recruitment' and professional musician and producer, Andy Tompkins, assisted by Sue Ryder Care fundraisers Els Tompkins and Jackie Sedgwick, the Yorkshire Committee raised a magnificent £9,000 at a Ball held at York Racecourse in April.

Anne says: "Everyone who came had a wonderful time and the money raised will go towards the professional care provided by the charity in the four care centres in Yorkshire: Wheatfields Hospice, Leeds and Manorlands Hospice, Keighley and the two specialist neurological Centres at Holme Hall, Holme Upon Spalding Moor and Hickleton Hall near Doncaster."

The Yorkshire Committee has seen first-hand the work done at Sue Ryder Care-Wheatfields Hospice and at Sue Ryder Care-Holme Hall and chose to support the charity. Anne says: "When I first started volunteering at Holme Hall I knew what difference Sue Ryder Care makes to people living with complex conditions, promoting independence and choice so that people in the charity's care can make the most of life."



The photo shows The Yorkshire Committee with Regional Fundraising manager for Sue Ryder Care, Alyson Wort, presenting their £9,000 in huge pink balloons  
From left to right : Lee Readman, Anne Salisbury, Alyson Wort, Sue Brown, Els Tompkins, Andy Tompkins.

Everyone agrees it was a great night and the Committee wishes to thank the sponsors, the Yorkshire companies who donated prizes, everyone who attended and all the volunteers who helped make it all happen. Book early for next year!

For more information please e-mail Anne Salisbury on [admin@yorkshirecommittee-suerydercare.org](mailto:admin@yorkshirecommittee-suerydercare.org) or ring the York Fundraising Office on 01904 426920.

## Yorkshire Three Peaks Challenge



The walkers take a well-earned break.  
Inset: Designer Linda Barker and her dog Tigerlily

On 7 June members of the Yorkshire Committee, their friends and relations completed the 24.5 miles of footpaths known as the Yorkshire Three Peaks.

The walk wound uphill and down dale to include Pen-y-Ghent which is 2,276 feet high, Ingleborough at 2,372

feet and Whernside at 2,415 feet. The weather was fantastic and the team completed the walk in just under 12 hours. Yorkshire brewer T & R Theakston sponsored the event and provided a long refreshing drink in the 'largest beer garden' in Yorkshire on the slopes of Whernside.

Designer Linda Barker and her dog Tigerlily were among the group. If you would like to support Linda and Tigerlily their justgiving sites are still open and will be accepting donations. See [www.justgiving.com/suerydercare-yorkshireevents](http://www.justgiving.com/suerydercare-yorkshireevents) and [www.justgiving.com/tigerlily](http://www.justgiving.com/tigerlily)

**We'd like to thank everyone involved in these two fantastic events for their enthusiasm and commitment.**

The exposure helps to raise the profile of the charity and make more people aware of the expert care provided by Sue Ryder Care. The money raised will help us help more people. For more events from the Yorkshire Committee see [www.yorkshirecommittee-suerydercare.org](http://www.yorkshirecommittee-suerydercare.org)

## Classic Cars at Holme Hall

Over 400 visitors from across Yorkshire attended the classic and vintage cars event at Sue Ryder Care - Holme Hall, on Saturday 7 June 2008.

They inspected over 80 superbly turned-out vehicles from all eras, enjoyed refreshments in the grounds and wandered around the craft stalls.

Over £2,700 was raised and will be put to good use by Sue Ryder Care.



### Help us sustain the care we provide

You can help us plan and develop our future services with confidence by offering a regular donation. Regular donations are really easy to set up. You can set up a direct debit or standing order, or you could even go that extra mile with a covenant where you agree to give a regular donation for a specified length of time. This could be monthly, quarterly, or annually, and usually lasts for several years.

What your donation could achieve:

- £15 could provide daily pain relief for a month for someone with Multiple Sclerosis
- £25 could pay for a bereavement visit for a family after a loved one has died
- £100 pays for a nurse's shift
- £1000 pays for a profiling bed

*giftaid it*

If you are a UK taxpayer, gift aiding your donation could turn a £25 gift into £32. This doesn't mean any additional paperwork for you.

You'll find a donation form enclosed with this newsletter, and on one side we have offered the opportunity to set up a direct debit, standing order or covenant.

If you have any questions about ways of giving regularly, or about gift aid please don't hesitate to call the fundraising department on 01904 426920.

### About Holme Hall

Sue Ryder Care - Holme Hall is one of our eight neurological centres. Up to 36 adults receive specialist care here for life-limiting neurological conditions.

New IT equipment has just been installed for residents funded by a share of a £250,000 grant from the Sir Jules Thorn Charitable Trust. Many of the residents, who live with neurological conditions including Multiple Sclerosis, Huntington's disease, and Stroke find it difficult to express themselves verbally and staff hope that the equipment will help them to communicate better.

Volunteers will soon be undertaking a decorating project in the lounge, so if you can spare a few hours each week please let us know. There is always gardening to be done, reading to residents, or passing on your IT skills to staff and residents, so volunteers are always welcome. Please get in touch if you can help! Thank you.

### Looking Back

Do you remember when Holme Hall first opened - almost 30 years ago in 1979? Did you ever meet Lady Ryder? Were you involved with the Care Centre at the beginning? Do you have any photos?

If you can answer yes to one or more of these questions we would like to hear from you. We will be holding an afternoon tea at Holme Hall on Thursday 16 October 2 - 4.30pm so we can re-live some of those memories. Please call Deborah or Jackie on 01904 426920 for further info if you or someone you know would like to attend.

## Keep on Running

With several runs coming up, you can get fit and healthy while helping Sue Ryder Care.

The BUPA Great Yorkshire Run takes place for the second time in Sheffield on Sunday 7 September 2008. It's not too late to enter and support Sue Ryder Care.

Do you already have a place in the Great North Run? Why not raise sponsorship for Sue Ryder Care?


Chris Gorse supported Sue Ryder Care - Wheatfields Hospice and raised £7600 by running the Flora London Marathon this year in memory of his wife Ruth, who died at the hospice on marathon day 2007.

Having always promised himself he would run a marathon Chris explained "I was clearly left with no option but to stop talking and start training. The challenge and the training have been a huge help in getting through the last year. It has given me a purpose."




Photo shows Chris presenting the cheque to Jill Stocks of Sue Ryder Care - Wheatfields Hospice.



If you would like to join the Sue Ryder Care Running Team please call Lucy on 01904 426920.

Sue Ryder Care 

# Dare to tread where giants will roam?



## Play the Celtic Manor Twenty Ten course



**You have the chance to play the Ryder Cup Twenty Ten course before the giants of golf get there in 2010.**

All you have to do is qualify for the final of the Sue Ryder Care Cup on 23 April 2009. Well, we say *all ...* in fact, you can enter as many cards as you like from counting competitions. If you feel you've carded a good stableford score simply send your signed card in along with a £10 entry fee. Improve on this in the next competition, enter that card too.

The top 36 will qualify for the Sue Ryder Care Cup at the Celtic Manor. What's more you will then be able to invite a playing partner to join you for the day, followed by a gala dinner and overnight accommodation in the luxurious resort.

To find out more simply visit [www.suerydercare.org](http://www.suerydercare.org) or telephone 0845 050 1953, alternatively speak to your Club Professional or Secretary.

## Go on be a giant.

Brain injury • Multiple Sclerosis • Cancer • Huntington's Disease • Stroke • Dementia

[www.suerydercare.org](http://www.suerydercare.org) 0845 050 1953  
Registered Charity 1052076

## Just around the corner

Get organised early this year and buy your Christmas Cards from Sue Ryder Care!

Packs are £2.99 and will be available from September from the shops throughout the region, at Holme Hall and from the fundraising office at the Raylor Centre in York.



# Romana's Story



Romana (25) suffered a brain haemorrhage in 2004 – she was married with one child and four months pregnant with her second. After spending months in hospital undergoing operations and giving birth

to her second child, her stay culminated in a long term stay in an old peoples ward, which offered no stimulation for her and no privacy when her family went to visit.

Once Romana's husband heard about the care that Sue Ryder Care provided at their neurological centre in Aberdeen, he applied for Romana to live there, and she moved in during March 2007. This is when life began to have a more

positive outlook for her.

Romana's brain injury had left her with weaknesses in both her arms and legs, but since she has been at Sue Ryder Care, physiotherapy sessions have helped her regain mobility in her arms, and with regular sessions she can now walk a few steps whilst being supported, which is a huge improvement and a fantastic achievement.

## Art Liberating Lives is back

Artists, from the novice to professional, are being urged to create a piece of art on the theme of liberation and enter a piece of art into our annual exhibition and auction.

**The event raised £16,000 in 2007.**

**New to this year** is a partnership with the Society for all Artists and a young artist's category for anyone in full time education plus celebrity postcard art.

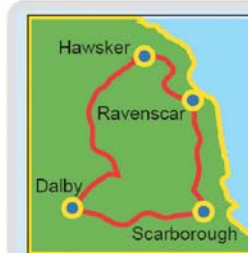
Victoria Glover, Head of Events says: "Art really does liberate lives at Sue Ryder Care and is a powerful way for our residents to express themselves in a way which their condition may otherwise make difficult. The benefits of art therapy include increased interaction and conversation between residents and better mobility and coordination."

If you would like to take part please call the fundraising office on 01904 426920 or e-mail us at [york@suerydercare.org](mailto:york@suerydercare.org)



## Moors to Sea North Yorkshire Challenge Ride 6 September 2008

A 55 mile circular bike ride from Scarborough crossing the stunning North Yorkshire Moors through beautiful forests to the dramatic heritage coastline and back to Scarborough.



- To be completed within 12 hours
- Registration fee £15.00
- Full back up support provided
- Minimum age 16

You can get your application forms from the fundraising office – phone 01904 426920 or e-mail [york@suerydercare.org](mailto:york@suerydercare.org) or you can register on line at [www.suerydercare.org](http://www.suerydercare.org)

Looking for a different riding challenge? Why not hop aboard the transport of your choice; learn a new skill such as horse riding; try something new such as hot air ballooning or change a habit such as driving to work or cycling to work. For more ideas and information, please visit the national events section on [www.suerydercare.org](http://www.suerydercare.org)

## A day in the life

In Africa, Sue Ryder Care supports community-based healthcare in Malawi, assisting over 6,500 people each month. You may not realise it, but we are the largest provider of health care to people living with epilepsy and asthma, reaching parts of the country where no other agencies and/or government are active.

Here is a first-hand account from one of our volunteers.

### Rachel Samuel, volunteer for Sue Ryder Foundation in Malawi (SRFIM)

"I work hand in hand with the Sue Ryder Foundation in Malawi (SRFIM) in the provision of health services. As a volunteer I give advice to people with asthma, epilepsy, and disabilities in my village. I also do follow up visits in their respective homes to find out if they are sticking to recommendations by SRFIM's care teams.

SRFIM has done and is still doing a great job in my village and many people are appreciating their free medicines. I have noted that people who used to suffer a lot from epilepsy and asthma before SRFIM established a clinic here, are now much improved since they started receiving these free medical services in the form of drugs and rehabilitation services."



## Sue Ryder Care International - Did you know?

- Sue Ryder Care is active across 13 European countries and in southern Africa.
- Over 30,000 people benefit from the work Sue Ryder charities undertake overseas
- Our name is associated with the only hospice in Albania – and is the largest provider of healthcare to people with epilepsy and asthma in rural Malawi.
- In Poland we raise funds to support disabled people and older people living in residential care, and in the Czech Republic we support people living with Alzheimer's.
- We have been working internationally since we were established over fifty years ago by our Founder, Baroness Ryder of Warsaw.
- Funds for the international work are raised in addition to the funds raised to support our work in the UK and amount to £400,000 a year.
- £2,500 raised in the UK will cover the annual salary of a nurse working in Albania.
- In addition to our financial support, we share our expertise as one of the UK's leading healthcare charities.



If you would like to support our international work please contact Ben Simms on 020 7400 0637 or [ben.simms@suerydercare.org](mailto:ben.simms@suerydercare.org)



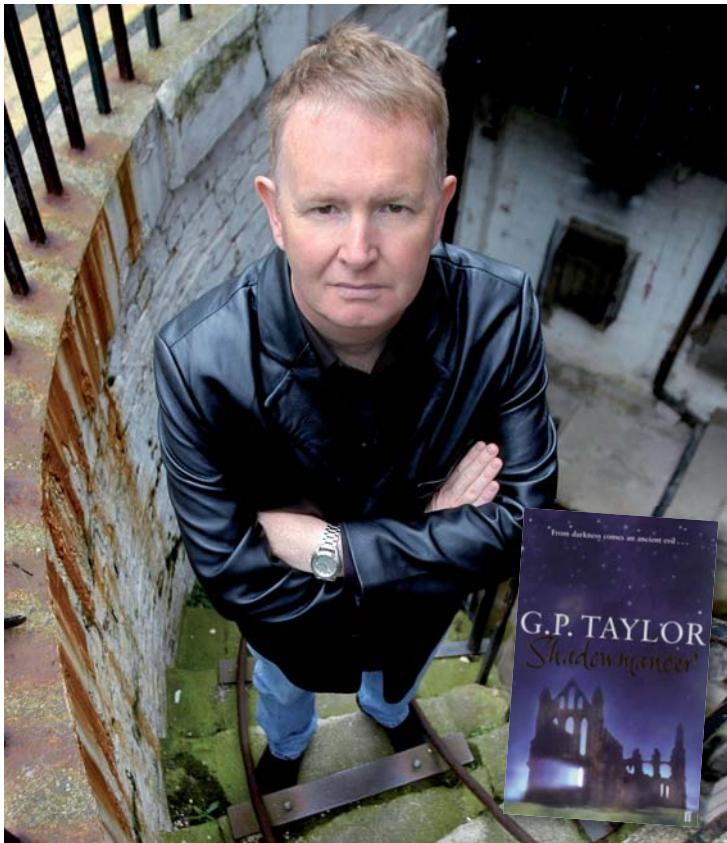
## Sue Ryder Care Shops celebrate golden anniversary

Sue Ryder Care is celebrating its shops' Golden Anniversary - 50 years as one of the leading charity retailers on the high street - and is encouraging people nationwide to join in the celebrations.

Check out your local shop – which will be having a party on Thursday 7 August at 10.30am and selling 'golden items' throughout August. There are 370 shops around the UK, in this region they are at Bridlington, Filey, Cottingham, Driffield, Goole, two in Harrogate, Hull, Pocklington, Richmond, Ripon, Scarborough, Thirsk, Whitby, York.

## 'Shadowmancer' author GP Taylor supports Sue Ryder Care at Special Lunch

Graham Taylor wants to put something back. The clergyman turned best-selling author used to buy his clothes at Sue Ryder Care shops so he will speak about how he got started, his influences and his life at a special lunch to be held at Monkbar Hotel in York on 18th September 2008.



GP Taylor (the name he writes under) was born and brought up in Scarborough. He moved to London as a teenager where he worked in the record industry as a promoter for CBS Records, returning north aged 22, where he joined the Yorkshire Police Force. In 1995 he was ordained by the Church of England and became vicar of St Mary's church in Cloughton, near Scarborough. He wrote Shadowmancer in 2003, a dark thriller set in Yorkshire, drawing on history and local folklore.

One of his parishioners then challenged him to write a children's book. When an internet publishing consultant could see 'no market' for a story aimed at children about Christianity and black magic set in the 18th century, he decided to sell his Harley Davidson motorbike in order to finance his self-published book. He found a printer and filled his shed with 1,500 copies.

Word spread fast and soon he was sending out hundreds of copies. It was eventually republished by Faber and Faber. He was hotter than Potter and being compared with C. S. Lewis, the author of the Chronicles of Narnia.

The lunch will have wide appeal as Graham is quite a raconteur. Space is limited so booking is essential. Tickets are £30. Proceeds to benefit Sue Ryder Care.

Phone Jackie on 01904 426920 or e-mail [york@suerydercare.org](mailto:york@suerydercare.org) for more details.

## The 2008 Mascot Gold Cup

This surreal event, held as part of the Wetherby Racecourse Family Day in April, raised £17,000 for Sue Ryder Care and involved 83 mascots.

If your sports club or company has a mascot please get in touch as we want to break the world record by attracting over 100 mascots next year on 26 April 2009! E-mail [york@suerydercare.org](mailto:york@suerydercare.org) if you or someone you know would like to take part!



# Leave a gift in your Will



Lady Ryder died in 2000 but her legacy lives on

It was thanks to a legacy left to Lady Ryder back in 1952 that she was able to get a loan from the bank to buy her first care centre in the UK - Cavendish House in Suffolk. If it hadn't been for that individual remembering us, Sue Ryder Care wouldn't be what it is today, providing over four million hours of care a year to those who need it most.

Gifts in Wills range in size, and recent gifts left to Sue Ryder Care include half the contents of a lady's handbag! So, gifts need not be money, they also stretch to stocks and shares and contents of whole houses or single items.

It is so easy to do. You do not even have to completely rewrite your Will unless you want to do so – you can leave a gift to Sue Ryder Care by completing a codicil (a PS to a Will). For more information or assistance please contact our Legacy Officer, Els Tompkins, on 01757 288668 or e-mail her at [els.tompkins@suerydercare.org](mailto:els.tompkins@suerydercare.org) and help us provide more caring each year for many years to come.



The House at Cavendish

Gifts left in a Will help us to provide care that liberates lives, not just today, but also for many years into the future. Three quarters of the British public support a charity during their lives, but only a tiny fraction of people remember a charity in their Wills.

## Company Adoptions

We are pleased to announce that British Aerospace and Gala Coral will be working with Sue Ryder Care to raise money and complete volunteer projects over the next 18 months.

Employees can get involved in painting and decorating for the care centres or charity shops, gardening projects or organising their own fundraising events. Because there will be more opportunities in this area we have just welcomed Lucy Nalton to the fundraising team.

Does your company have a Charity Of The Year? Perhaps you could suggest that they support Sue Ryder Care and help us help more people. Do get in touch and we can supply more information to endorse your case. Thanks!

We hope to see or hear from you soon! Please send your ideas or feedback to:

**Deborah Rack, Jackie Sedgwick and Lucy Nalton**

**Sue Ryder Care  
The Raylor Centre  
James Street  
YORK  
YO10 3DW**

**Tel: 01904 426920**

**e-mail: [york@suerydercare.org](mailto:york@suerydercare.org)**

**Web: [www.suerydercare.org](http://www.suerydercare.org)**

**THANK YOU!**

## Thank you to...

**Lionel & Yvonne Cashin of News Shop, Market Weighton** who raffled a massive Easter Egg and raised £218

**Seaton Ross Open Gardens** which raised £472

**Christine Craven and Grontmij Dress Down Day** which raised £106

**Norwich Union Dress Down Day** which raised £142

Please call if your village, town, company or organisation can help us... And if your club or society needs a speaker on Sue Ryder Care we'd be delighted to spread the word.

## Events Diary

Our varied programme:

- Charity Chariot Race at York Harness Raceway, Green Hammerton. Saturday 16 August. Racing starts at 3pm.
- Ride for Ryder – a 55 mile bike ride through the North Yorkshire Moors, starting and finishing in Scarborough 6 September.
- GP Taylor, author of Shadowmancer will speak at a special lunch at the Monkbar Hotel in York Thursday 18 September. Booking essential.
- History Tea Party at Holme Hall Thursday 16 October.
- Christmas Fair Holme on Spalding Moor Village Hall Saturday 15 November.
- Lights of Love at Holme Hall Thursday 11 December.
- Street Collections  
Darlington 10 Oct  
Sunderland 22 Nov  
Hull 29 November.

If you can help at any event please call Deborah or Jackie on 01904 426920.

## Sue Ryder Care

**Who we are and what we do**

Sue Ryder Care is a leading provider of specialist hospice and neurological care as well as community-based services in the UK. We care for people living with complex conditions, including Multiple Sclerosis, Cancer, Huntington's Disease, Stroke, Brain Injury and Dementia. Sue Ryder Care is dedicated to helping people get the best from life whatever their condition.



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